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If you're looking to save money, waste less and eat better this cookbook is for you! I wrote this whilst living on a tiny income and it's packed full of mouth-watering recipes, mealplans and shopping lists which are very easy to follow. Average meal price £0.86p (2018)

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Cooking On A Budget: 13 Smart Ways To Save Money When You Cook

Top 10 Tiny Budget Cooking Tips - Cheap Ways to Save on Food

Tiny Budget Cooking

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Penny Pinching Mama: How To Save Money On Toiletries | "The Money Saving Mom's Budget" by Crystal Paine - Chapter 1

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Money Saving — Features

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31 Insanely Smart Ways To Save Money When You Cook

Cheap Food: 7 Ways To Save On Your Food Budget

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Eat well on a tiny budget. Transform your cooking and save money with four weekly meal plans from Limahl Asmall. Each meal plan includes a shopping list, clever ingredient swaps and ideas for reinventing leftovers – all guaranteed to minimize food waste and make your life easier.

Cooking large meals can save you both time and money. Leftovers can be used for lunches, in other recipes or frozen in single-portion sizes to be enjoyed later on. Leftovers usually make very good...

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Cook from scratch. Save money by cutting back on takeaways. Preparing and cooking your own meals is generally cheaper than buying a takeaway or a ready meal, and because it's easier to control what goes into your dish, it can be healthier. Buy chicken whole. The cheapest way to buy chicken is to buy a whole chicken.

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