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KEY=GOOD - SILAS FULLER

GOOD AND CHEAP: EAT WELL ON \$4/DAY

While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as

GOOD AND CHEAP

EAT WELL ON \$4/DAY

Hachette UK By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

GOOD AND CHEAP

EAT WELL ON \$4/DAY

Workman Publishing Company A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

GOOD CHEAP EATS

EVERYDAY DINNERS AND FANTASTIC FEASTS FOR \$10 OR LESS

Houghton Mifflin Harcourt In over 200 recipes, Jessica Fisher shows budget-conscious cooks how they can eat remarkably well without breaking the bank. Good Cheap Eats serves up 70 three-course dinners—main course, side, and dessert—all for less than ten dollars for a family of four. Chapters include "Something Meatier," on traditional meat-centered dinners, "Stretching It," which shows how to flavor and accent meat so that you are using less than usual but still getting lots of flavor, and "Company Dinners," which proves that you can entertain well on the cheap. The hard-won wisdom, creative problem-solving techniques, and culinary imagination she brings to the task have been chronicled lovingly in her widely read blog Good Cheap Eats. Now, with the publication of the book Good Cheap Eats, she shows budget-challenged, or simply penny-pinching, home cooks how they can save loads of money on food and still eat smashingly well.

GOOD FOOD EAT WELL

CHEAP AND HEALTHY

Random House We're all trying to eat more healthily these days, but popular recipes often include hard-to-find and expensive ingredients. Good Food Eat Well: Cheap and Healthy is a comprehensive collection of fresh, healthy and reasonably priced recipes for every day of the week. It includes 150 balanced recipes based on store-cupboard ingredients, from delicious smoothies and soups to hearty main meals and tasty but better-for-you treats. All the recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

GOOD CHEAP EATS DINNER IN 30 MINUTES OR LESS

FRESH, FAST, AND FLAVORFUL HOME-COOKED MEALS, WITH MORE THAN 200 RECIPES

Houghton Mifflin Harcourt In over 200 recipes, Jessica Fisher shows time-pressed cooks how they can eat remarkably well without breaking the bank. Good Cheap Eats serves up 65 two-course dinners, consisting of a main dish and a substantial side, salad, or soup, all of which take 30 minutes or less to prepare. And as a mother of six and a busy parent, she shows home cooks how to get dinner on the table quickly and inexpensively without relying on heavily processed shortcuts or artificial ingredients. Great for time-pressed couples, families with picky eaters, or singles that need a quick solution to dinner tonight, Jessica's two-course pairings are artfully conceived and perfectly complementary.

CHEAP. FAST. GOOD!

Workman Publishing The creators of Desperation Dinners! explain how to save time and money in the kitchen with 275 delicious recipes that are quick and easy to prepare, economical, healthy, and family friendly, and include helpful tips on stocking the pantry, shopping, menu planning, creating one's own convenience items, food substitutions, and cooking techniques. Simultaneous.

GOOD CHEAP FOOD

Embracing the secret of cooking well on the cheap--buy what is fresh, plentiful, and in season, then find a recipe to suit it--the author offers many recipes for soups, salads, pasta, eggs, sauces, beans and rice, and poultry.

EAT CHEAP BUT EAT WELL

John Wiley & Sons From a rising television food personality, delicious meals that won't bust the budget Appearing weekly on syndicated television talk shows, Charles Mattocks has made his reputation as “The Poor Chef”—a cook who can create tasty, healthy meals that cost only \$3.50 per person or less. Now Mattocks presents more than 120 of his best money-saving dishes. Inspired by cuisines from around the globe, his recipes have only two things in common—they're incredibly cheap and they're incredibly delicious. For just a few bucks, thrifty home cooks can serve up dishes like Caribbean Lime Chicken with Grilled Pineapple, Fruity Lamb Curry, Asian-style Nutty Noodles, and Pizza Frittata. With 74 engaging photographs, a whole chapter of vegetarian dishes, and icons to help readers spot the most affordable recipes at a glance, Eat Cheap but Eat Well is sure to find a welcome audience amid today's tough economic times. Charles Mattocks (Tampa, FL) appears weekly as TV's “The Poor Chef” on Daytime, which is syndicated in the Southeast, and The Daily Buzz, which is syndicated nationally. He also has his own radio program on Blog Talk Radio, and his signature spice blend is sold in selected stores in the Southeast.

THE \$5 A MEAL COLLEGE VEGETARIAN COOKBOOK

GOOD, CHEAP VEGETARIAN RECIPES FOR WHEN YOU NEED TO EAT

Simon and Schuster Offers a collection of more than three hundred recipes for vegetarian and vegan dishes, which include a minimum number of ingredients and provide a nutritious, low-cost meal.

GOOD STOCKS CHEAP: VALUE INVESTING WITH CONFIDENCE FOR A LIFETIME OF STOCK MARKET OUTPERFORMANCE

McGraw Hill Professional Power through the ups and downs of the market with the Value Investing Model. Stock prices fluctuate unpredictably. But company values stay relatively steady. This insight is the basis of value investing, the capital management strategy that performs best over the long term. With Good Stocks Cheap, you can get started in value investing right now. Longtime outperforming value investor, professor, and international speaker Kenneth Jeffrey Marshall provides step-by-step guidance for creating your own value investing success story. You'll learn how to:

- Master any company with fundamental analysis
- Distinguish between a company's stock price from its worth
- Measure your own investment performance honestly
- Identify the right price at which to buy stock in a winning company
- Hold quality stocks fearlessly during market swings
- Secure the fortitude necessary to make the right choices and take the right actions

Marshall leaves no stone unturned. He covers all the fundamental terms, concepts, and skills that make value investing so effective. He does so in a way that's modern and engaging, making the strategy accessible to any motivated person regardless of education, experience, or profession. His plain explanations and simple examples welcome both investing newcomers and veterans. Good Stocks Cheap is your way forward because the Value Investing Model turns market gyrations into opportunities. It works in bubbles by showing which companies are likely to excel over time, and in downturns by revealing which of these leading businesses are the most underpriced. Build a powerful portfolio poised to deliver outstanding outcomes over a lifetime. Put the strength of value investing to work for you with Good Stocks Cheap.

VEGAN ON THE CHEAP

GREAT RECIPES AND SIMPLE STRATEGIES THAT SAVE YOU TIME AND MONEY

Houghton Mifflin Harcourt You don't have to blow your budget to eat great meatless and dairy-free meals every day. With Vegan on the Cheap, you can enjoy delicious vegan meals every day of the week. Veteran food writer and vegan authority Robin Robertson provides 150 mouth-watering, exciting recipes that cost just 50 cents to \$2 per serving—hefty savings to go with hearty vegan meals. This book presents great options for savory soups and stews, satisfying salads, hearty noodle dishes, first-class casseroles, favorites for the slow cooker, and meatless and dairy-free recipes for classics like pizza, burgers, and sandwiches. Plus, there's even a chapter for desserts to satisfy every sweet tooth. Throughout the book, smart tips and creative ideas help you save money by cooking in bulk, prepping meals in advance, and finding tasty ways to reuse leftovers. Includes 150 money-saving recipes for delicious vegan meals like Walnut-Dusted Fettuccine with Caramelized Vegetables and Fresh Pear Galette. Written by renowned vegan and vegetarian expert and food writer Robin Robertson, author of 1,000 Vegan Recipes. Features cost-per-serving icons that highlight the cost of each affordable dish. Packed with affordable recipes and money-saving tips, this is the ultimate resource for every vegan kitchen.

GOOD CHEAP COOK BOOK

GOOD THINGS AIN'T CHEAP

Xlibris Corporation Crystale James, a black music journalist, is sent to the Caribbean to cover a soca music festival. Sometimes it only takes a week to change your life.

MORE HOME COOKING

A WRITER RETURNS TO THE KITCHEN

Harper Perennial The triumphant sequel to Home Cooking by "a home cook, like you and me, whose charm and lack of pretension make her wonderfully human and a welcome companion as she chatters on about the small culinary accomplishments and discoveries that occur in her kitchen" (Chicago Tribune). Following the success of Home Cooking, Laurie Colwin returned to the kitchen to cook up this delightful mix of culinary recipes, advice, and personal anecdotes. With down-to-earth charm and wit, she discussed the many pleasures and problems of cooking at home, including such topics as "Desserts that Quiver," "The Duck Dilemma," "Real Food for Tots," "Turkey Angst," and "Catering on One Dollar a Head." As informative as it is entertaining, More Home Cooking is a rare treat for Colwin's many fans and for anyone who loves to spend time in the kitchen.

GOOD HOUSE, CHEAP HOUSE

ADVENTURES IN CREATING AN EXTRAORDINARY HOME AT AN ORDINARY PRICE

Taunton Press More than 250 color photos take readers on a tour of twenty-five well-designed homes, many built for less than \$150,000, to demonstrate how an innovative use of materials, cutting-edge design, and homeowner enthusiasm are the key ingredients to creating an affordable, comfortable home. 30,000 first printing.

HOW TO LIVE CHEAP BUT GOOD

THE STUDENT COOKBOOK

EASY, CHEAP RECIPES FOR STUDENTS

Bounty Books Want on-budget, easy, but delicious recipes? Need to know how to cook after flying the nest to University? Find all the kitchen tip, hints and dishes (and more!) in this super student cookbook. With thousands of young adults leaving home every year, the need to learn how to cook both economically and using limited equipment is essential! Whether it's recreating the perfect roast, whipping up a spag bol or omelette, baking a salmon or just making sure no-one gets food poisoning, the specially created recipes provide all the help required. The perfect size to slide into the suitcase as you wave goodbye.

12 WEEKS IN THAILAND

THE GOOD LIFE ON THE CHEAP

Lulu.com Learn how to Live the 4-Hour Workweek. Come enjoy the good life on the cheap in Thailand for 12 weeks or more. Instead of spending another month living paycheck to paycheck wouldn't you rather say: "I spend my days laying under the warm sun with a coconut in my hand." "I started my fight camp 12 weeks ago, and last night, I won my first pro muay thai match." "I can't believe I actually get paid to take people scuba diving, this is the best job ever." "I spend less in an entire month traveling, getting massages, eating out, and living in Thailand than I spent on rent alone back home." 12 Weeks in Thailand: The Good Life on the Cheap is a true story that follows the author Johnny F.D. from his home in Los Angeles, California to his first 3 week vacation to Thailand where he decides to give it all up in pursuit of a happier life under the sun. He goes home to sell everything he owns and comes straight back to Thailand for his first of many 12 week trips.

HOW TO FEED YOURSELF

100 FAST, CHEAP, AND RELIABLE RECIPES FOR COOKING WHEN YOU DON'T KNOW WHAT YOU'RE DOING: A COOKBOOK

Harmony There's a time in life when you wake up and realize you're on your own: if you don't feed yourself, it's buttered noodles for the rest of your days. HOW TO FEED YOURSELF gives you exactly what you need to take control of your tiny kitchen and feed yourself depending on what's in your fridge, what you're craving, and what's happening in your life. The goal isn't to be perfect, but to finally cook like a real adult. No special equipment or skills or ingredients or magic required. These recipes are based on the foods you probably have lying around—eggs, chicken, pasta, fish, potatoes, toast, grains, greens, and bananas. Once you've got those basics down, you'll learn how to make them anything but basic with dishes like Really Legit Breakfast Tacos, Leftover Vodka Pasta Sauce, and Empty Peanut Butter Jar Noodles. Next, you'll discover new flavor variations, including cinnamon toast three ways, how to make chicken not bland, and a complete theory of the seven best ways to stir fry. The real world of feeding yourself is actually pretty great. Welcome. Go forth and cook like a real person.

CHEAP AND WICKED GOOD!: 5-INGREDIENT BUDGET-FRIENDLY RECIPES FOR EVERYDAY MEALS

Independently Published Eating on a budget doesn't

\$5 A MEAL COLLEGE COOKBOOK

GOOD CHEAP FOOD FOR WHEN YOU NEED TO EAT

Simon and Schuster Say goodbye to the dining hall! Need a break from the monotony of your meal plan? Can't afford to waste money on lukewarm takeout? Well, now you can ditch the dining hall's soggy excuse for the Monday-night special thanks to this appetite-saving book packed with cheap, easy, and delicious recipes. Offering up more than 300 hassle-free dishes, this cookbook will not only satisfy your hunger but your meager bank account, too! Whether you need a morning-after greasy breakfast, a cram-session snack, or date-night entree, here you'll find ideas for everything you crave, including: Western Omelet Asian Lettuce Wraps Easy Eggplant Parmesan Simple Pepper Steak Decadent Apple Crisp Saving you from overcooked, overpriced, and dull dishes, if you have to buy a book for college, this is required reading.

GLUTEN-FREE ON A SHOESTRING

125 EASY RECIPES FOR EATING WELL ON THE CHEAP

Da Capo Lifelong Books Gluten-free cooking has never been this easy—or affordable! Tired of spending three times as much (or more) on gluten-free prepared foods? If you're ready to slash the cost of your grocery bill, you've come to the right place. In *Gluten-Free on a Shoestring*, savvy mom Nicole Hunn shows how every gluten-free family can eat well without breaking the bank. Inside this comprehensive cookbook, you'll find 125 delicious and inexpensive gluten-free recipes for savory dinners, favorite desserts, comfort foods, and more, plus Nicole's top money-saving secrets. Recipes include: Apple-Cinnamon Toaster Pastries • Focaccia • Spinach Dip • Ricotta Gnocchi • Chicken Pot Pie • Szechuan Meatballs • Tortilla Soup • Baked Eggplant Parmesan • Never-Fail White Sandwich Bread • Banana Cream Pie with Graham Cracker Crust • Blueberry Muffins • Cinnamon Rolls • Perfect Chocolate Birthday Cake With advice on the best values and where to find them, meal planning strategies, and pantry-stocking tips, *Gluten-Free on a Shoestring* is your essential guide. Never fall victim to the overpriced, pre-packaged gluten-free aisle again. Roll on by—happier, healthier, and wealthier.

GOOD CHEAP COOK BOOK

COOK WITH JAMIE

MY GUIDE TO MAKING YOU A BETTER COOK

Hyperion My guide to making you a better cook. I can't tell you how long I've dreamed about writing this book. It's the biggest book I've ever done, and I've really tried to make it a timeless, modern-day classic. Whether you're a student, a young couple, an established cook, or a novice, I'll take you through a whole load of simple and accessible recipes that will blow the socks off your family and any guests you might have round for dinner. There's information on the equipment that I think you should have in your kitchen, advice on how to recognize and cook loads of different cuts of meat, as well as on how to get the best value and quality when you're out shopping. With all of us consuming more processed food than ever, it's a sad fact that most people just aren't confident enough to cook anymore. With this in mind, now is the time for you to get stuck in and reclaim your fantastic cooking heritage! You know what . . . if you're going to eat three times a day for the rest of your life, you might as well learn to cook properly and enjoy it! So roll up your sleeves and let me help you. P.S.: By the way, you should feel good about buying this book because every single penny I make from it will go toward training and inspiring young kids from tough backgrounds all over the world to have a career in food through the Fifteen Foundation. So on behalf of them, thank you.

GOOD NEWS BIBLE SUNRISE

HarperCollins UK Conveniently sized and illustrated throughout, the Good News Bible is the UK's most popular Bible translation and the Sunrise edition is ideal for use in Secondary schools. Key Features and Benefits of the Good News Bible, Sunrise edition: * Accurate, reliable and easy to read and understand - ideal for the whole class * Extra 'help' sections to ensure ease of use * Line illustrations liven up each page * Used by 75% of Secondary Schools - the leading Schools Bible

A HISTORY OF THE WORLD IN SEVEN CHEAP THINGS

A GUIDE TO CAPITALISM, NATURE, AND THE FUTURE OF THE PLANET

Verso Books Nature, money, work, care, food, energy, and lives: these are the seven things that have made our world and will shape its future. In making these things cheap, modern commerce has transformed, governed, and devastated Earth. In *A History of the World in Seven Cheap Things*, Raj Patel and Jason W. Moore present a new approach to analyzing today's planetary emergencies. Bringing the latest ecological research together with histories of colonialism, indigenous struggles, slave revolts, and other rebellions and uprisings, Patel and Moore demonstrate that throughout history, crises have always prompted fresh strategies to make the world cheap and safe for capitalism. At a time of crisis in all seven cheap things, innovative and systemic thinking is urgently required. This book proposes a radical new way of understanding—and reclaiming—the planet in the turbulent twenty-first century.

THE HUNGRY HEALTHY STUDENT COOKBOOK

MORE THAN 200 RECIPES THAT ARE DELICIOUS AND GOOD FOR YOU TOO

Hachette UK A student cookbook with a difference, *The Hungry Healthy Student* offers a choice of more than 200 quick, cheap and easy recipes, meaning more money in your pocket and more time to play! All the recipes have a healthy focus which means increased brain power and more energy to enjoy student life to the full. There are also indispensable tips on healthy habits, mood boosters, free ways to get fit and takeaway alternatives. With chapters dedicated to Breakfast and Lunchbox; Healthy and Hearty; Good Grains, Beans and Pulses; Super Salads, Snacks and Sides; Make it Light and Sweet Alternatives, there are recipes whether you want food on the go, for impromptu parties, or just comfort food and delicious treats for a night in. All the recipes in this book are balanced for a healthy diet, and they each have an affordability stamp to help with budgeting, as well as detailed instructions to make them accessible to even the most novice cook. Forget the textbooks, this is the only book you'll ever need to get through your first year!

AIR FRYER MINIMALIST COOKING

40 GOOD AND CHEAP, MOSTLY LOW-CARB, DELICIOUS EVERYDAY AIR FRYER RECIPES FOR LESS THAN \$30 A WEEK

One of the most difficult tasks that every homemaker or even those who live on their own face is definitely budgeting their money for all their weekly and monthly expenses. As a matter of fact, those who are struggling with this part can attest that the first thing that suffers, when one has poorly budgeted their funds, is food. It doesn't matter whether you are married, with kids or living in your own condo, all alone; without proper budgeting, you can bet that your food and meal plans will surely be sacrificed. If you are low on budget, you tend to gravitate to those instant meals, microwavable TV dinners, and fast food items. Because instead of buying fresh ingredients and cooking them from scratch, which you think is really expensive, you opt to buy something inexpensive, instant and terribly unhealthy. Luckily, this book was written to help those on a low budget when it comes to planning meals, eating healthy and using a terrific kitchen gadget known as an air fryer. Inside *You Will Learn: How an air fryer can help any minimalist home cook plan meals even on a tight budget*. All recipes are affordable and can meet your \$30 budget. How to cook healthy dishes that are low in fat, calories, and carbs. New tips and tricks to improve and alter your recipes without sacrificing the quality of the food. Top benefits of using an air fryer. When you read this book, you will surely help convince you that cooking healthy doesn't have to be complicated and expensive. All you need is a trusty air fryer and a few nutritious ingredients, and you are on your way to becoming that minimalist home cook that you have always wanted to be.

STUDENT EATS

FAST, CHEAP, HEALTHY - THE BEST TRIED-AND-TESTED RECIPES FOR STUDENTS

Random House Broke, stressed and hungry? Make sure every student you know has a copy of this essential cookbook! Recently graduated, Rachel Phipps knows the reality of a student kitchen - what you want to eat versus what you can actually make and afford. Here she offers hundreds of tried-and-tested ideas to cook with the minimal utensils, no fancy gadgets and affordable ingredients, for everyone from absolute beginners to kitchen wizards. Also included: Rachel's essential student kitchen kit, starter store cupboard shopping list, smart meal maths and simple menu plans for one, two, four or more. Chapters include: Breakfast, Lunch, Solo Dinners, Food for Friends, Something Sweet, Drinks. Recipes include: Chorizo Baked Beans, Green Eggs & Ham, Leftover Fajita Burritos, Frying-pan Lasagne, Kitchen Cupboard Fishcakes, Pizza Baked Potato, Quick Late-night Miso Soup, One-Bowl Chocolate Cake and Banana & Nutella Muffins

EATING CHEAP

Paladin Press Learn Ragnar's own secret methods of obtaining good, wholesome food in less than ideal circumstances. Chapters include Cheap Meat Sources, Easy Pickins, The Fine Art of Gleaning, Wild and Semi-Wild Game, Raising a Garden, and Do-It-Yourself Butchering.

MARY BERRY'S SIMPLE COMFORTS

Random House Find comfort with Mary's easy home cooking. In this brand new tie-in to a new BBC Two series, Mary Berry shares over 120 of her ultimate food recipes, all made simply and guaranteed to get smiles around your kitchen table. Mary's utterly reliable recipes are perfect for days when you want tasty and dependable food. Come home to the delicious simplicity of a Whole Roasted Squash with Garlic and Chilli Butter, or a warming Spicy Sausage and Red Pepper Hot Pot. Treat your family to Slow Roast French Lamb with Ratatouille, and spoil everyone with a decadent Frangipane Apple and Brioche Pudding. Featuring all the recipes from Mary's new series, plus many more fresh from Mary's kitchen, every single dish is accompanied by a photography of the finished food, so you know exactly what you're making. Each recipe includes Mary's trademark no-nonsense tips and techniques for getting ahead, and has been rigorously tested to make your cooking stress-free.

THE VIEW FROM THE CHEAP SEATS

SELECTED NONFICTION

Hachette UK *The View from the Cheap Seats* draws together myriad non-fiction writing by international phenomenon and Sunday Times bestselling author Neil Gaiman. From *Make Good Art*, the speech that went viral, to pieces on artists and legends including Terry Pratchett and Lou Reed, the collection offers a glimpse into the head and heart of one of the most acclaimed writers of our time. 'If this book came to you during a despairing night, by dawn, you would believe in ideas and hope and humans again' Caitlin Moran 'Literature does not occur in a vacuum. It cannot be a monologue. It has to be a conversation' This collection will draw you in to exchanges on making good art and Syrian refugees, the power

of a single word and playing the kazoo with Stephen King, writing about books, comics and the imagination of friends, being sad at the Oscars and telling lies for a living. Here Neil Gaiman opens our minds to the people he admires and the things he believes might just mean something - and welcomes us to the conversation too.

GOOD FOOD: CHEAP EATS

TRIPLE-TESTED RECIPES

Random House Divided into Salads, Snacks and Light Meals; Pasta and Noodles; Meat; Fish; One-pot Dishes and Desserts, with Good Food: Cheap Eats you're guaranteed to find a delicious, cheap recipe for every occasion. Whether you choose Sausage and Potato Bake, Pork and Tarragon Meatloaf or Canadian Pecan Tart, every recipe has been tried and tested by the BBC Good Food Magazine team to ensure fantastic results, every time you cook. The 101 recipes are all short and simple with easy-to-follow steps, using readily available ingredients and are accompanied by a full-colour photograph of the finished dish.

A GIRL CALLED JACK

100 DELICIOUS BUDGET RECIPES

Penguin UK 100 simple, budge and basic-ingredient recipes from the bestselling and award-winning food writer and anti-poverty campaigner behind TIN CAN COOK 'A terrific resource for anyone trying to cook nutritious and tasty food on a tight budget' Sunday Times ____ Learn how to utilise cupboard staples and fresh ingredients in this accessible collection of low-budget, delicious family recipes. When Jack found herself with a shopping budget of just £10 a week to feed herself and her young son, she addressed the situation with immense resourcefulness and creativity by embracing her local supermarket's 'basics' range. She created recipe after recipe of delicious, simple and upbeat meals that were outrageously cheap, including: · Vegetable Masala Curry for 30p a portion · Jam Sponge reminiscent of school days for 23p a portion · Onion Pasta with Parsley and Red Wine - an easy way to get some veg in you · Carrot, Cumin and Kidney Bean Soup - tasty protein-packed goodness In A Girl Called Jack, learn how to save money on your weekly shop whilst being less wasteful and creating inexpensive, tasty food. ____ Praise for Jack Monroe: 'Jack's recipes have come like a breath of fresh air in the cookery world' NIGEL SLATER 'A terrific resource for anyone trying to cook nutritious and tasty food on a tight budget' Sunday Times 'A plain-speaking, practical austerity cooking guide - healthy, tasty and varied' Guardian 'A powerful new voice in British food' Observer 'Packed with inexpensive, delicious ideas to feed a family for less' Woman and Home

CHEAP AND WICKED GOOD! VOL. 2: 5-INGREDIENT BUDGET-FRIENDLY RECIPES FOR EVERYDAY MEALS

Simple and Easy Budget Meals Eating on a budget doesn't mean you have to sacrifice flavor or nutrition! In this volume 2 of the Cheap and wicked Good, discover a new collection of cheap and delicious recipes that will surprise you by its variety and how easy each recipe can be prepared with only 5 ingredients! Everyone needs to save money sometimes and cutting down on restaurant meals in favor of budget-friendly home cooking is an excellent way to do it. The great news is that this doesn't mean you have to settle for macaroni and cheese or packaged food. The diverse and delicious recipes in this cookbook all contain five ingredients or less, and each meal can be prepared for ten dollars or less for a family of 4 - in some cases, much less! Nor do you have to sacrifice your health to eat economically. Everything here is far healthier than TV dinners and fast food-things you'll be happy to see your family eating and enjoying. For added convenience, many of these recipes share one or more ingredients, making it easy to shop once and have what you need to make meals throughout the week. This new collection of inexpensive meals where each recipe has only five major ingredients! There won't be a whole lot of peeling and chopping, mixing, or getting out every single container in your kitchen to get a teaspoon of this or a cup of that. These recipes are simple. They are designed around a few main foods, with only the addition of some healthy oils or spices. It's food the way it was meant to be enjoyed. And time isn't the only thing you'll be saving. When you are using only a few main ingredients, you'll save money as well! You'll be surprised to learn what you can prepare on a budget! We will show you how to combine staple ingredients with a variety of vegetables and spices to create healthy meals that you'll be proud to serve. Our recipes include things like Cinnamon Apple Quinoa, Fish Tacos, Rigatoni with Turkey meatballs, and Pesto Chicken; there is no compromise on quality or flavor needed. Just some planning and a tiny bit of effort. Inside, you'll find: All about eating on a budget, including tips and a list of what to buy or to skip Delightful breakfast recipes such as the Spinach Scrambled Eggs and the Ham Red Pepper Muffins Hearty soup recipes such as the Sausage Kale Soup and the Tomato Cream Soup Wholesome poultry and chicken recipes like the Cheesy Backed Chicken and the Italian Turkey Roast Satisfying pork, beef, lamb and veal recipes such as the Rosemary Lamb Chops and the BBQ Orange Pork Chops Bountiful fish and seafood recipes like the Shrimp Mayo Salad and the Teriyaki Salmon Rice Meal Tasty vegetarian and vegan recipes such as the Classic Cheese Pizza and the Tomato Bean Salad Luscious dessert recipes like the Blueberry Cobbler Delight and the Cream Lime Pie All recipes come with a detailed list of ingredients, cooking and preparation times, the number of servings, easy to follow step-by-step instructions, and nutritional information per serving. Let's start cooking! Scroll back up and order your copy today!

THIRTY DAY BOYFRIEND

WhitGBooks I should've never agreed to this arrangement... Thirty days ago, my boss (Mr. Wolf of Wall Street), came to me with an offer I couldn't refuse: Sign my name on the dotted line and pretend to be his fiancée for one month. If I agreed, he would let me out of my employment contract with a "very generous" severance package. The rules were pretty simple: No intimate kissing, no actual sex. Just pretend to love each other for the press, even though I've secretly wanted to knock that sexy smirk off his face since the first day we met. I definitely didn't need to think twice about this. I signed my name and started counting down the seconds to when I would never have to deal with his special brand of ass-holery again. I only made it to one minute... We argued the entire four-hour flight to his hometown, failed to make a convincing impression with the welcoming press, and right when I was about to knock that arrogant look off his face in real life? He purposely dropped his bath towel in front of me, distracting me with his nine-inch cock to "show me who the bigger person was" in our relationship. Then he gave me his trademark smirk once again and asked if I wanted to consummate our marriage. Tragically, this is only day one. We still have 29 more days to go...

OVERDRESSED

THE SHOCKINGLY HIGH COST OF CHEAP FASHION

Penguin Until recently, Elizabeth Cline was a typical American consumer. She'd grown accustomed to shopping at outlet malls, discount stores like T.J. Maxx, and cheap but trendy retailers like Forever 21, Target, and H&M. She was buying a new item of clothing almost every week (the national average is sixty-four per year) but all she had to show for it was a closet and countless storage bins packed full of low-quality fads she barely wore—including the same sailor-stripe tops and fleece hoodies as a million other shoppers. When she found herself lugging home seven pairs of identical canvas flats from Kmart (a steal at \$7 per pair, marked down from \$15!), she realized that something was deeply wrong. Cheap fashion has fundamentally changed the way most Americans dress. Stores ranging from discounters like Target to traditional chains like JCPenney now offer the newest trends at unprecedentedly low prices. Retailers are producing clothes at enormous volumes in order to drive prices down and profits up, and they've turned clothing into a disposable good. After all, we have little reason to keep wearing and repairing the clothes we already own when styles change so fast and it's cheaper to just buy more. But what are we doing with all these cheap clothes? And more important, what are they doing to us, our society, our environment, and our economic well-being? In Overdressed, Cline sets out to uncover the true nature of the cheap fashion juggernaut, tracing the rise of budget clothing chains, the death of middle-market and independent retailers, and the roots of our obsession with deals and steals. She travels to cheap-chic factories in China, follows the fashion industry as it chases even lower costs into Bangladesh, and looks at the impact (both here and abroad) of America's drastic increase in imports. She even explores how cheap fashion harms the charity thrift shops and textile recyclers where our masses of clothing castoffs end up. Sewing, once a life skill for American women and a pathway from poverty to the middle class for workers, is now a dead-end sweatshop job. The pressures of cheap have forced retailers to drastically reduce detail and craftsmanship, making the clothes we wear more and more uniform, basic, and low quality. Creative independent designers struggle to produce good and sustainable clothes at affordable prices. Cline shows how consumers can break the buy-and-toss cycle by supporting innovative and stylish sustainable designers and retailers, refashioning clothes throughout their lifetimes, and mending and even making clothes themselves. Overdressed will inspire you to vote with your dollars and find a path back to being well dressed and feeling good about what you wear.

COOKING ON A BOOTSTRAP

OVER 100 SIMPLE, BUDGET RECIPES

Pan Macmillan Award-winning cookery writer and anti-poverty campaigner Jack Monroe is back with Cooking on a Bootstrap: a creative and accessible cookbook packed with affordable, delicious recipes, most of which are vegetarian. Winner of the Observer Food Monthly Best Food Personality Readers' Award 2018. Jack Monroe is a campaigner, food writer and activist, her first cookbook A Girl Called Jack, was a runaway bestseller. The sequel Cooking on a Bootstrap makes budget food fun and delicious, with 118 incredible recipes including Fluffy Berry Pancakes, Self-Love Stew, Marmite Mac 'n' Cheese and Hot Sardines with Herby Sauce. Chapters include Bread, Breakfasts, A Bag of Pasta and a Packet of Rice, Spuds and Eat More Veg. There are vegan, sweet and what Jack calls 'contraband' dishes here, as well as nifty money-saving tips. With her trademark humour and wit, Jack shows us that affordable, authentic and creative recipes aren't just for those with fancy gadgets or premium ingredients. Initially launching this book as a very limited black and white edition on Kickstarter, Jack reached the funding target in just one day. This beautiful edition contains illustrations and original full-colour photographs to really make your mouth water.

GOOD CHEAP EATS DINNER IN 30 MINUTES COOKBOOK

HEALTHY WHOLE FOOD RECIPES AND HEAL THE ELECTRIC BODY

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