



Easy Recipes for Back to School: A short collection of recipes from the cookbook *Wholesome: Feed Your Family For Less*

Caitríona Redmond

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A short collection of recipes extracted from the cookbook Wholesome: Feed Your Family for Less which is a credible guide to feeding a family on a budget from well-known cook and food blogger Caitriona Redmond, whose principles of cooking well for less are widely acclaimed. Caitriona Redmond worked in the property industry until she was made redundant the day she returned from maternity leave in 2009. This heralded a personal transformation from 'high-flying' PA to reluctant stay-at-home mother.

As the prospects of finding another suitable job dried up, Caitriona turned to using the skills she had used in her job and those she had learned at her grandmother's and mother's kitchen tables to run the household on a tight food budget of €70 per week for a family of five.

In this book Caitriona shares her tips, tricks and recipes with the reader to help them save money and feed their family well on a budget. All the recipes have been extensively tested on her friends and family! The book includes budgeting tips and menu plans which enable families to pick & mix from favourite meals, keep variety in their diet and make the most of the food that they cook.

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From reader reviews:

John Newton:

Spent a free the perfect time to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the reserve untitled Easy Recipes for Back to School: A short collection of recipes from the cookbook Wholesome: Feed Your Family For Less can be very good book to read. May be it could be best activity to you.

Harry Blalock:

People live in this new morning of lifestyle always try to and must have the spare time or they will get great deal of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely without a doubt. People is human not only a robot. Then we question again, what kind of activity do you have when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, often the book you have read is actually Easy Recipes for Back to School: A short collection of recipes from the cookbook Wholesome: Feed Your Family For Less.

Lena Lewis:

The book untitled Easy Recipes for Back to School: A short collection of recipes from the cookbook Wholesome: Feed Your Family For Less contain a lot of information on the idea. The writer explains the girl idea with easy technique. The language is very clear to see all the people, so do definitely not worry, you can easy to read this. The book was written by famous author. The author gives you in the new time of literary works. You can actually read this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official website along with order it. Have a nice read.

Earnest Koontz:

Is it you who having spare time after that spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This Easy Recipes for Back to School: A short collection of recipes from the cookbook Wholesome: Feed Your Family For Less can be the answer, oh how comes? It's a book you know. You are thus out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these ebooks have than the others?

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