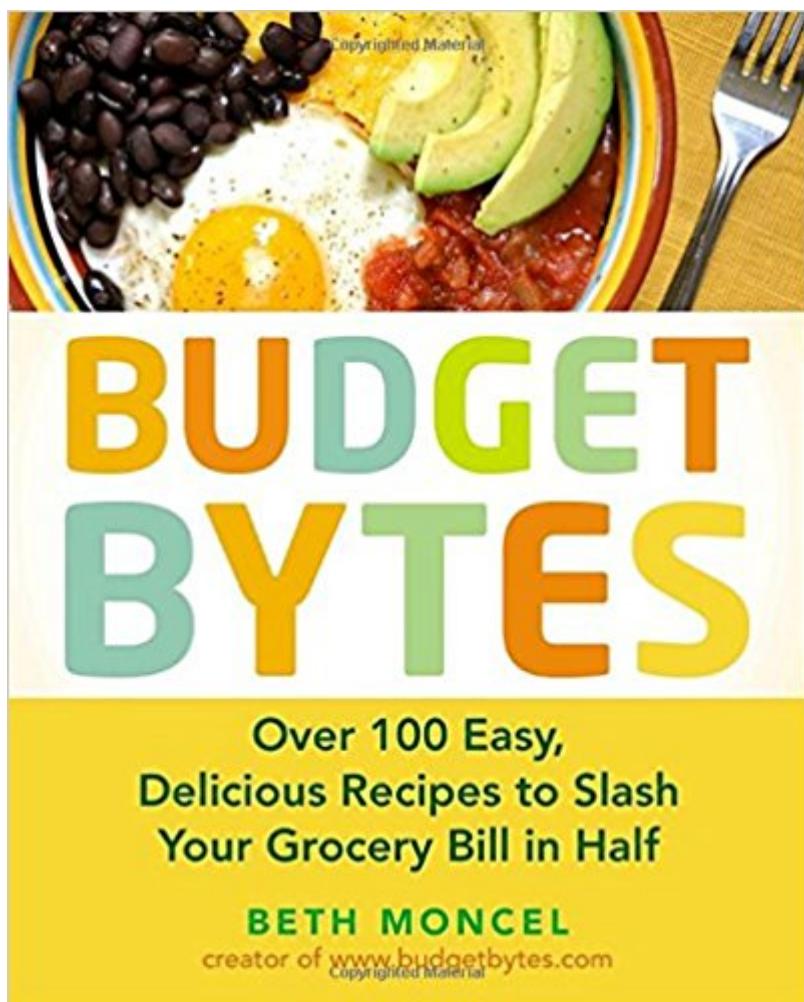


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# Budget Bytes: Over 100 Easy, Delicious Recipes To Slash Your Grocery Bill In Half



## Synopsis

The debut cookbook from the *Saveur* blog award-winning Internet expert on making eating cheap dependably delicious. As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, *Budget Bytes*. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. *Budget Bytes* has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, *Budget Bytes* is guaranteed to delight both the palate and the pocketbook.

## Book Information

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## Customer Reviews

"It doesn't matter who you are--college student, young professional, new parents, seniors; watching your pennies or rich as Croesus--"Budget Bytes" is one of those rare books that is meant for absolutely everyone; the recipes are remarkable in their scope, simplicity, flavor, and

cost-consciousness, proving once again that "real food" never has to break the bank. I adored this book!" --Elissa Altman, author of "Poor Man's Feast" "Quick and delicious recipes, easy-to-follow instruction, and priceless cost-cutting tips from the queen of eating well on a dime. A great addition to any kitchen!" --Antonia Lofaso, author of "The Busy Mom's Cookbook" ""Budget Bytes" demystifies how to eat home-cooked meals without sacrificing taste or your wallet." --Rebecca Lando, author of "The Working Class Foodies Cookbook " "Affordable ingredients and fabulous, easy recipes all in one delicious, healthy cookbook." --Holly Clegg, author of the "Trim&TERRIFIC" cookbook series

Beth Moncel has a B.S. in nutritional science and dietetics and a B.S. in clinical laboratory science from Louisiana State University. Her blog, Budget Bytes, won the 2016 Best How-To Food Blog Award from Saveur magazine. She lives in New Orleans.

I'm a single parent of a small child. Sometime last year, a friend who's a mother of eight sent me a link to a recipe on the Budget Bytes blog. I was hooked. Beth tells you how much each recipe is going to cost you, how much each serving will cost in the end, how long it's going to take to cook, and she gives you pictures of every single step of each recipe (on the website, not in the book). She also teaches you how to stock your pantry, how to shop for big-dollar ingredients when they're on sale, and how to use your freezer (hint: fill it with meat bought on sale and homemade stock!). Budget Bytes completely changed how I shop and cook. I never come home anymore and wonder what we're going to have for dinner. I don't buy pre-packaged anything - it's all made from scratch, for a fraction of the cost. It has a ton of recipes that AREN'T on the website, and gives shopping or cooking tips appropriate for each one. The only thing I don't like about the cookbook is that the prep/cooking time isn't listed for each recipe. If you think you don't have time to cook, or if you don't know HOW to cook, this cookbook is for you. I'll be buying a dozen or so copies to give as birthday and Xmas gifts this year.

Love love love this book. I ordered the book because I have been a fan of the author's website for quite some time. The recipes have been a consistent hit w/ my kids. Overall, the dishes are quick to prepare, don't require elaborate techniques or hard-to-find ingredients, and have easy to follow instructions. There are loads of good soups, crockpot recipes, and one-pan dishes, salads, you name it. The author is great about using fresh ingredients. The book includes dishes that aren't found on her website. I've been using it for weekly menu planning and shopping and it has become

my go-to book. This has really been a great book for a single working mom - I love being able to get good fresh food on the table for my kids after work w/ minimal stress and have something that they like to eat (rather than mac-n-cheese or chicken nuggets).

I bought this book on a whim after successfully making several of the dishes on Beth Moncel's "Budget Bytes" blog. I was home on maternity leave, and after a month of sandwiches and frozen meals, I needed to do something to help me get out of a rut, and her recipes really fit the bill; I could do the prep and cooking within the span of a single baby nap, and many recipes are largely pantry-based, so I rarely ran into the problem of having to pop out for that one missing ingredient. Many are covered by what you would normally buy on a weekly shopping trip. I was delighted to discover that this book offers a lot that's not available online, and even the familiar recipes have been reworked in significant ways. I probably use this book more on the day-to-day than any other cookbook, especially now that I'm back at work and faced with coming up with quick dinners when I get home. The Banana Bread Baked Oatmeal has become a staple on weekend mornings (when it makes a great toddler breakfast), and the Orzo-spinach-goat-cheese recipe has been a lifesaver on nights when I am low energy and yet still need to feed myself. Honestly, I wish I had found this book sooner, as I think it would have helped me break out of the take-out trap when I was single and living on my own. I didn't really lean in to cooking until my late 20s, and I may have done it sooner if I had something with this kind of casual, pragmatic, yet satisfying approach to doing it day-to-day, and not just on special occasions.

I bought this for my girlfriend a while back because she used the blog religiously. Nearly a year later, I can honestly say that this inexpensive little cookbook is probably the best gift I have given her. The recipes are inexpensive, easy, and delicious, making this something you can use almost every day (as opposed to those "big production" recipes that are difficult to follow, let alone execute). What's more, many of the recipes are downright creative, making use of leftovers, would-haves, or things that you may not normally think to try / buy. If you like the blog, do yourself (and the author) a favor and pick this up. I can say with certainty that if there are more cookbooks to come, I'll be buying those, as well.

I discovered budget bytes blog from a review of this book. I checked out the blog and man was I impressed! After trying a couple out from the blog, I bought her book. The recipes are simple, healthy, delicious, and affordable. My family (Which includes a toddler) loves the meals. She uses a

lot of every day ingredients. There are some Asian recipies that call for 5 spice, tahini, or sesame oil. These are not cheap, but you don't need a lot of them, so buy the small size and you will be good for awhile. I love having a recipie book since unlocking my phone is annoying as I cook. My mother (who is equally frugal and health conscious) loved the book as well. This was a great buy.

Bought this on a whim after the combo of looking at my monthly food expenditure and realizing that a lot of my waste is because I never really learned how to cook. I've visited her blog and tried a few recipes with great satisfaction but there's something nice about having an actual book at hand while you cook (makes me feel more authentic, I guess). Very pleased. The layout has that instant gratification feel like you'd get online in terms of being simply laid out, detailed info followed by quick summaries, and accessible to the everyday person. Having in book form, though, forces you to slow down and take the time to plan meals, which is something of struggle for me. I also really like that she gives information on reducing waste by educating the reader on general foodie stuff such as food storage issues. Aside from getting this for myself, I would definitely purchase it as a gift- perhaps a wedding present or for a college student or really anyone looking for creative ways to save on food expenses without sacrificing quality or healthy choices.

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