

Budget Bytes Peanut Stew

Beth Moncel

Budget Bytes Beth Moncel,2014-02-04 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.

Foods for Special Dietary Regimens Elevina E. Pérez Sira,2021-10-05 Foods for Special Dietary Regimens is an overview of alimentation for people with specific medical conditions. Each of the nine featured chapters describes a recommended diet with special reference to the lifestyle or disease conditions in a specific patient group. The book covers a diverse range of patient groups that have special nutritional requirements including the elderly, athletes, vegetarians, diabetics and phenylketonurics to name a few. Diets for individuals affected by specific diseases such as celiac disease, autism, dyslipidemia, and COVID-19 are also recommended. Readers will gain a broad perspective about special dietary regimens, including information about what works and what does not for different patient groups, and potential avenues of research in this area. Key Features: - 9 chapters organized into a simple reader-friendly format - guidelines for patient groups on lifestyle - information for patient groups based on different clinically relevant diseases (including COVID-19) - information about general concepts and clinical research - references for further reading.

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