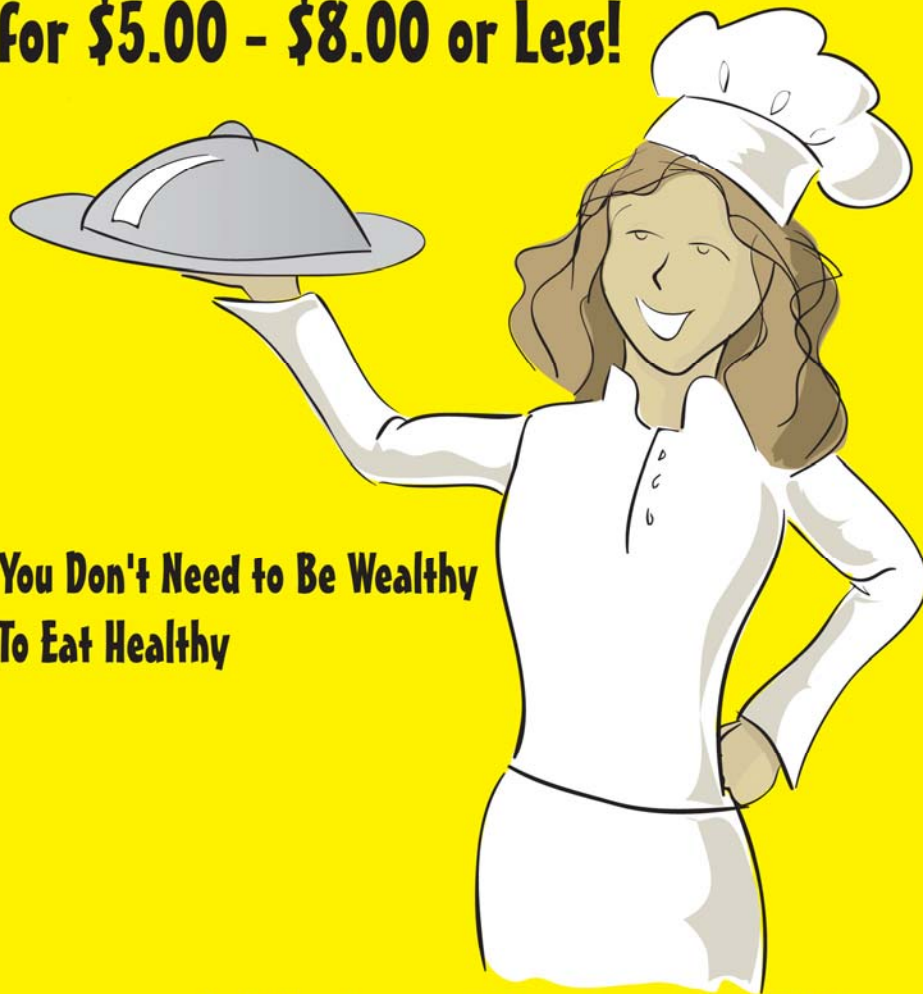


5 MEALS FOR \$5

**How to Feed 5 People 5 Meals
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**You Don't Need to Be Wealthy
To Eat Healthy**

written by "The Queen of More Green" JACI RAE

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5 Meals for \$5

How to Feed 5 People 5 Meals for \$5.00 - \$8.00 or Less!

You Don't Need to Be Wealthy To Eat Healthy

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Written by: Jaci Rae

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Chapter 2 - Learning to be Frugal

Excerpt I gave her a plan to start on that day on how she could begin save at least \$270 by the following year to use towards presents. The plan? If she could save just \$5.19 a week, (that's \$0.74 a day) or \$22.50 a month for the next 12 months and put that money in a higher interest savings account, she would have \$270 by the years end and interest.

Excerpt For this woman's current situation, I advised her to ask her parents if she could go in with them on presents for her children or explain to her children that it's been a hard year financially and then go to the dollar store and buy fun theme items she could afford. I also told her that while it would be disappointing for her children, they would understand, even though they might not be happy about it.

Excerpt On another radio show, a woman told me she could not afford the latest iPhone for her daughter or the latest designer jeans her daughter insisted she purchase for her. I asked her what her budget was, without going into debt for these items. She said she had \$93. \$93! That's more than enough to buy some wonderful gifts!

Excerpt I also stated that the word "No" or telling your child, "Honey, I'm sorry I can't afford that." is not child abuse. Using the word "No" or "Honey, I'm sorry I can't afford that." teaches your children responsibility, boundaries, respect as well as reality.

Chapter 3 - Spending Less Than You Earn – The Plan

Excerpt Get out two pieces of paper (forgo the computer for now) and make two columns on each piece of paper. Title one paper "Actual Spending / Earning Budget" on one piece of paper and "New Earning / Spending Budget" on another piece of paper. On each piece of paper, put one column for incoming money and another column for outgoing money.

Excerpt It will also give you a good gauge on where you need to start your planning. If you spend more than you make, start cutting out the extra's until you can at begin to save at least \$10 a month. Starting out simple, will help you not feel the crunch as much. If you are able to cut everything out immediately, that is much better. If not, start slow.

Excerpt Always check the tops of items for additional instant savings coupons. Sometimes an item in the front of the display won't have one, but one in the back might.

Chapter 4 – More Tips to Help You Get More out of Your Groceries and Save Even More

Excerpt Look for Deal of the Week or Deal of the Day websites. These websites list great prices for one item for one day or one week, but only or until the item is sold out.

Excerpt To get a crunchy, juicy apple every time, it's all about the ping. Look at the apple and make sure it doesn't have any flaws on the outside and is the general color you are looking for.

Excerpt To add extra flavor to salads and other fresh veggies, use a kitchen planner or grater to grate onion for the juice. You will also use this method for zesting an orange, lemon or lime peel.

Chapter 6 - The Recipes pages 36 – 155

This is just one of many recipes. Every recipe is outlined exactly like the one below. All recipes usually include the price of a salad, salad, dressing and usually five glasses of milk, soymilk or lemon wedges to compliment water. All recipes for salad and dressings are listed in the book separately.

Excerpt Chicken Divan and Rice

Cost per person for one serving \$1.58

Total cost for five people averages \$7.90

- 1 lb. chicken breast or thighs, chopped (\$0.99)
- 3 cups rice, cooked (\$0.17)
- 1 can cream of chicken soup (\$0.50)
- 1 can cream of mushroom soup (\$0.50)
- 1 tbsp. lemon juice (\$0.09)
- 1 ½ cups (12 oz.) cheese, shredded (\$1.56)
- 1 lb. broccoli (\$1.33)
- 1 garlic clove, minced (\$0.01)
- Hearts of Romaine Lettuce, Tomato, Lime and Cucumber Salad (\$2.38)
- Rosy Pink Salad Dressing (\$0.28)
- 1 lemon cut into 5 wedges (\$0.09)

Preheat oven to 350°F. Cook rice according to package. Combine all ingredients except cheese in a bowl and put into pan, then cover with cheese. Bake for 35 – 40 minutes until the cheese mixture is bubbly and golden crispy brown. Remove from oven. Serve with salad, chilled water and lemon wedges.

Catalogue

If you enjoyed this book, you will enjoy Jaci Rae's other books and products.

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