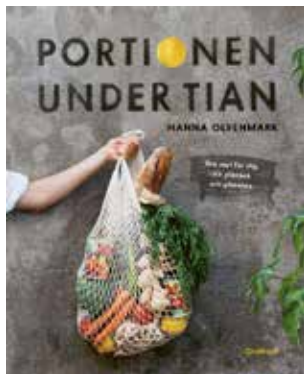


MEALS UNDER A POUND

GOOD FOOD FOR YOU, YOUR WALLET AND THE PLANET



Contents

Why is it important to be frugal?
The larder
The shopping list
Lunch boxes
When travelling
Dining out
The goal
Main courses
Picnic basket
Breakfast and snacks
30 pound weeks
Index of recipes

Portionen under tian

Hanna Olvenmark
190x235, 160p

*Hanna Olvenmark is a dietician and devoted penny-pincher, and she's on a mission: to puncture the myth that healthy eating is just for those of us with plenty of time, energy and above all money. For three years she has run the hugely popular blog **Portionen under tian** in which she shows the advantages of frugal living for the wallet, the environment and the body.*

In the cookbook *Meals under a pound* Hanna Olvenmark presents 50 vegetarian recipes in which every portion costs less than a pound (€ 1). There will also be 30 pound weeks (€ 30 weeks) complete with shopping lists and recipes, as well as general 'stay cheap' tips for both shopping on a large scale, lunch at work and dining out. If by "out" one means in the great outdoors.

About the author



Hanna Olvenmark is a dietician and devoted penny-pincher, and she's on a mission: to puncture the myth that healthy eating is just for those of us with plenty of time, energy and above all money. For three years she has run the hugely popular blog *Portionen under tian* in which she shows the advantages of frugal living for the wallet, the environment and the body.

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BENNET AGENCY

HEDINGGATAN 13
115 33 STOCKHOLM
SWEDEN

MOBILE: +46 704 67 42 70
WWW.BENNETAGENCY.COM

