

**EAT WELL, SAVE MORE: FEED 4 PEOPLE FOR \$80 A  
WEEK**

Cathryn Elise Henwood

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**Eat Well, Save More: Feed 4 people for \$80 a week | Armstrong, Cath | The Co-op**

Thrift queen Cath Armstrong reveals how to feed four people healthy food for less than \$80 per week, with menus, strategies, tips and recipes for the savvy.

**Eat Well, Save More : Cath Armstrong :**

In EAT WELL, SAVE MORE thrift queen Cath Armstrong demonstrates how you can feed four people with healthy, delicious food for only \$80 per week. this book .

## How I Feed a Family of Seven for \$ a Month - Life in the Circus

Eat Well, Save More: Feed 4 people for \$80 a week In Eat Well, Save More thrift queen Cath Armstrong demonstrates how you can feed four.

## 11 Best Free Meal Plans: Budget-Friendly Meal Planning | Busy Budgeter

Eat Well, Save More by Cath Armstrong, , available at Book Depository Eat Well, Save More: Feed 4 people for \$80 a week.

Related books: [Fighting With Me](#), [Thirteen Hands And Other Plays](#), [Twas the Night Before Christ](#), [First Steps out of Weight Problems \(First Steps Series\)](#), [Sinner \(Shadow Ancient\)](#), [The Valkyrie Option](#), [La vida desenfocada \(Spanish Edition\)](#).

I shop at the Asian for things like rice flour and Asian seasonings and the Mexican markets where I find better buys on fruits and veggies and some pastries. He said one of the keys was to shop at more than one supermarket.

Everythingsoinformative,Iloveit!IcannottellyouhowimpressedIamwith I so so happy I not as stressed this month making our food. However, and this is huge, not all of us have money elsewhere that can be allocated towards organic, free-range, happy food. Have a great week!

Sometimesthingsgoonsaleseasonallyas.Iuseahomemadewhitesauce,too!E for a few minutes and let cool.