

Stilton Literary Agency



Low Budget Dinner Recipes

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Cooking tasty food on a low budget is both sustainable and trendy

This book shows you how you can save money on the food budget, without sacrificing taste. Marie Thrane shares simple and healthy dinner recipes, all at a very low cost per portion!

You will also learn about where to shop and what to put in your shopping bag.

Each recipe comes with tips for which ingredients are replaceable, so you don't have to buy new ingredients for each dish. You'll also get smart super saving tips and suggestions for how to use dinner leftovers, to avoid food waste.

All the recipes in this cookbook contain few, well known ingredients that are easy to get hold of, to inspire you to cook reasonable food that is filling, tastes good and is good for your body and the planet.

Marie Thrane

Marie Thrane has a bachelor's degree in Lifestyle Change and Public Health and a master's degree in Public Health Science. She wrote her master's thesis on attitudes towards a sustainable diet - and how they have changed in the last 10 years. Besides being an adviser at Høsykolen Kristiania, she is a food enthusiast on her instagram account @middagfor25kr