

# Healthy Budget Meals



I have written this book to share with everyone how our family coped with living on a very low income and our personal budgeting experiences. Included are some of the recipes and the things we had to do and the methods we regularly used to help provide meals and other necessities over the last few years, because we were suddenly faced with having to live on a very restricted budget. This made it necessary for me to use my experiences as a chef gained over the last 40 years, providing me with a reasonable working knowledge of basic food preparation. I have adapted my knowledge to create recipes and menus that are healthy, nutritious and within our budget. Living on a very low budget does not necessarily mean you should just buy the cheapest possible food and go without treats and other things that make life enjoyable, but it is finding a balance or ways to use your available resources in the most cost effective way possible. By using the strategies and the recipes in this book, I have been able to make huge savings of up to 80% in our weekly/monthly expenditure and reduce our family living costs to levels that are within our modest income. This I have achieved by making all our families food from scratch using mainly fresh, live produce, much of which we grow ourselves in our organic mulch garden, barter with friends and neighbors or buy from local farmers. We use very little processed foods of any type; instead make our own vegetable and nut flour for breads, biscuits, cakes, confectionery, desserts and other baked goods. We make our own preserves including jams, marmalades, condiments, fermented vegetables, vinegar, pickles, chutneys and pesto. Ham, bacon, sausages sardines and marinated seafood, yoghurts, cheeses and other dairy foods, fresh coffee, herb teas, lemon and orangeades fermented juices, or soda and other beverages, we also make all our own home and body care

products, such as soaps, toothpaste and shampoo replacements, moisturizers, insect repellents, skin lotions, cough syrups and health tonics, dishwashing and laundry detergents, as well as an array of household cleaners. Since we have adopted these measures and started living well within our financial resources, we have found that we now enjoy a huge improvement in our overall health, with our family suffering very little of the common sicknesses and the multitude of ailments that affect many people around us, with the result that our medical expenses have reduced to almost nothing as we never seem to get sick.

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