



The \$5 Dinner Mom Breakfast and Lunch Cookbook: 200 Recipes for Quick, Delicious, and Nourishing Meals That Are Easy on the Budget and a Snap to Prepare

Erin Chase

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The \$5 Dollar Dinner Mom--savings guru, savvy supermarket shopper, and mommy extraordinaire Erin Chase--does it again! With the same fool proof system she used to cut your weekly food budget and put a healthy and delicious \$5 meal on the dinner table for your family, she takes it one step further with "The \$5 Dollar Dinner Mom Does Breakfast and Lunch". Tailoring her tips at how to size up supermarket deals, clip coupons, and create weekly menu plans, she helps you start your day the right way. With the help of Erin--whether at home or on the go--you can use all the same tools you learned in "The \$5 Dollar Dinner Mom Cookbook" to create breakfasts and lunches for less than \$5 that are easy and kid-friendly too!

Breakfast favorites include:

- Chocolate Chip Raspberry Pancakes
- Bacon and Egg Quesadillas
- Vanilla Almond French Toast
- Overnight Honey Nut Granola

Lunch favorites include:

- Curried Chicken Salad Sandwiches
- Swiss Tuna Melts
- Lasagna Roll-ups
- Chuckwagon Chili

And if you are wondering what to do now that breakfast, lunch and dinner are all covered, well don't worry, "The \$5 Dinner Mom Does Breakfast and Lunch" also includes a bonus section for \$2-4 snacks like pumpkin applesauce and oatmeal cranberry cookies to tide you over in between! Let Erin Chase show you how to have tasty, economical meals, all day, every day.

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Micheal Moore:

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Rebecca Wheeler:

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Tom Tucker:

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Allison Morales:

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