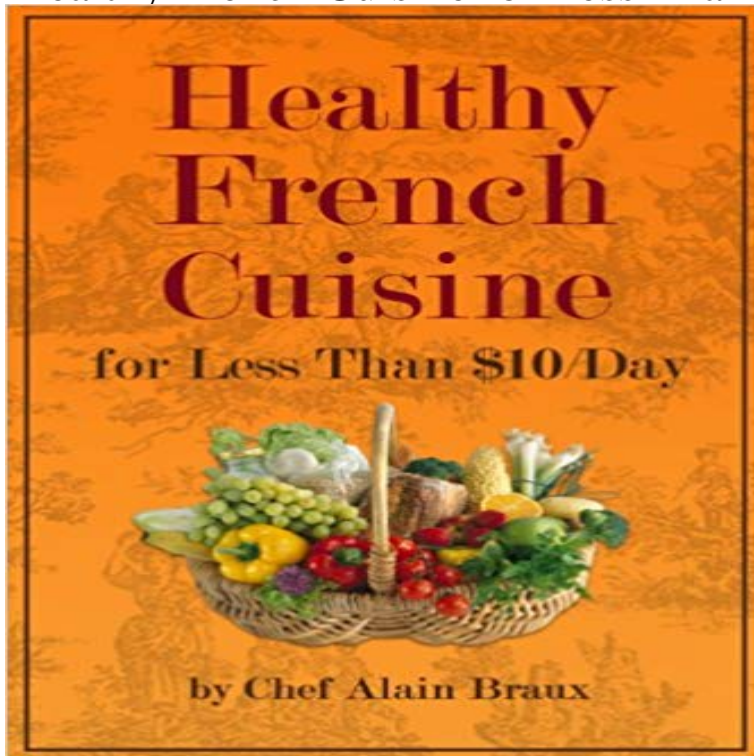


Healthy French Cuisine for Less Than \$10/Day



Chef Alain Braux's approach to healthy eating is literally down to earth in this delightful and extremely useful guide to balanced, nutritious meals on a budget. With a passion for flavor and fresh ingredients, chef Braux takes us through an eye-opening grocery shopping experience (including the 12 most contaminated foods in the produce section, and what natural really means on food labels), to alternative shopping and growing choices (farmers markets, growing your own). Inspired by the foods he grew up with in his native France, chef Braux's recipes will not only sate the appetite, but can feed a family of four on less than \$40 per day! Try the Soupe a la Tomate et aux Pommes (tomato and apple soup, \$2.03 per serving), the Crepes aux Courgettes (zucchini crepes, \$1.18 per serving), or the Poulet Epice au Basilic (spicy chicken with basil, \$2.56 per serving). Who knew French cooking could be so affordable! Chef Braux supplies us with a wealth of accessible dietary information that can be easily incorporated into everyday life. He gives us recipes and health tips giving the maximum nutrients for the minimum cost. Not only do the foods help you achieve an energetic lifestyle, they are inexpensive and delicious. Say goodbye to the dreary dietary statistics and hello to affordable health - not only will you spend less at the grocery store but you will most likely be spending less at the doctor's office too. Alain's book is so useful - I will encourage my patients and friends to read it. - Dr. Janet Zand - L.Ac., OMD, Dipl. Ac., CH, CAN. Author of Smart Medicine for a Healthier Child. Chef Alain Braux has inspired me yet again. As though gourmet eating on a fast food budget wasn't enough, fabulous recipes like the French Green Goddess Salad with Shrimp and Orange Grand Marnier French Crepes make this book a must have. Filled with dozens of quick tips on how to shop, food

preparation, budgeting both money and time and keeping a basic pantry this book is everything you wish your mother had taught you about the kitchen. Bon Appetit!
- Dr. Amy Neuzil, ND. Author of DIY Health: For Women. No more excuses! Chef Alain Braux provides those of us concerned about eating well on a budget with everything we need to feast our bodies, minds, and spirits. Combining inspiring down-to-earth advice, expert insights, and delicious, easy-to-follow French recipes, this book is essential reading for every American household especially those with children. - Dr. Liz Alexander - The Book Doula. Author of Birth Your Book.

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