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BBC series, Eat Well For Less: Quick & Easy Meals caters both for the time-poor and budget-conscious cook.

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Finally, add toppings of your choice, such as cheese, peppers and mushrooms, ham, onion, and place in the oven at 180° for 15 minutes. By making

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their own pizzas instead of ordering takeaway from places such as Dominoes and Pizza Hut, the Eat Well for Less experts say that you can save up to £3 per meal.

Screenshot: Eat Well For Less pizza base

## **Eat Well For Less: Pizza base recipe and coking guidelines!**

Gregg Wallace and  
award-winning

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greengrocer Chris Bavin help families across the UK save money, sort food facts from food fiction and eat well for less.

Episodes Recipes

Showing 1 - 24 of 84 recipes

## **Eat Well for Less? recipes - BBC Food**

If you're trying to cut carbs while feeding a family, these quick low carb recipes are the answer! From garlic



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butter steak bites and zucchini noodles to sausage and cauliflower rice skillet, these low carb dinner recipes are all ready in 30 minutes or less.

Cooking low carb meals doesn't have to be a chore because low-carbohydrates ingredients such as zucchini noodles, asparagus, or ...

**100+ Quick Low Carb Dinners Ready**

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Quick And Easy  
**in 30 Minutes or  
Less**

For these winner chicken dinners, we have pulled together recipes that not only save you time in the kitchen, but also cut down on clean up by using just one skillet or pan. These quick chicken recipes are loaded with vegetables, good-for-you fats and lean proteins to make a healthy, easy meal in a

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Meals  
pinch. There is a ton of variety in this list, including delectable dishes like Creamy Chicken ...

## **15 Easy Skillet Chicken Recipes That Are Ready in 30**

...

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Meals  
Chicken Katsu Curry, or  
treat your family to a  
delicious dessert like  
Coconut & Carrot  
Macaroons.

## **Eat Well for Less: Quick and Easy Meals:**

**Amazon.co.uk ...**

Find healthy, delicious  
recipes and menu  
ideas from our test  
kitchen cooks and  
nutrition experts at  
EatingWell magazine.

Learn how to make

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healthier food choices  
every day.

## **Healthy Recipes, Healthy Eating - EatingWell**

From Eat Well for Less  
- an easy, cheap,  
nutritious dal with naan  
bread, that's on the  
table in about half an  
hour. Each serving  
provides 410 kcal, 20g  
protein, 60g  
carbohydrates (of  
which 8.5g...

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**Dal with quick naan  
breads recipe - BBC  
Food**

Frozen fish is cheap and easy. Use it in 'Eat Well for Less' simple Thai fish curry for a delicious, budget meal. Each serving provides 519 kcal, 32.5 protein, 62g carbohydrates (of which 6.5g sugars), 14g fat (of which 7.5g saturates), 7g fibre and 1.7g salt.

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## **Eating Well for Less | Nutrition Education Site ...**

While Eat Well For Less? series 6 is taking a two-week hiatus (it will be back on Wednesday, June 12th), they've been repeating some of our favourite episodes with their best recipes. And last night's episode (Thursday, May 30th)



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saw one of their  
tastiest treats yet...

## **How to make the Eat Well For Less? berry crumble bars ...**

Keto Dinner Recipes - Here, we have gathered a collection of quick keto dinner recipes that are perfect for helping you get in shape if you follow the ketogenic diet, and free up your time in the kitchen. All these delicious keto dinners

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are ready in 30 minutes or less! Whether you're looking for keto-friendly recipes for chicken, beef, shrimp, or pork, we are 100% sure you'll find ...

## **Quick Keto Dinner Recipes: 85+ Low Carb Keto Dinner You ...**

The coronavirus pandemic is unlike anything most of us have ever experienced.

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One of the many things changing: How we eat. A lot of us are either eating more than we usually do, or not at all.

## **How to Manage Stress Eating (or Not Eating) - The New York ...**

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Meals  
Chicken Katsu Curry, or  
treat your family to a  
delicious dessert like  
Coconut & Carrot  
Macaroons.

## **Eat Well for Less : Quick and Easy Meals by Jo Scarratt**

...

And it maintains that  
drinking less is  
generally better for  
health than drinking  
more. ... eat healthier  
diets, and have less  
obesity. ... to moderate

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drinkers — defined as having two drinks ...

## **Should We Be Drinking Less? - The New York Times**

Whip up a quick weeknight dinner like Spiced Cod Burgers or Chicken Katsu Curry, or treat your family to a delicious dessert like Coconut & Carrot Macarons.

<BR><BR>As well as a foreword from Gregg Wallace and Chris

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Bavin, *Eat Well for Less- Quick and Easy Meals* is full of tips that will save you time and money.

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