

works used

While I was writing this book, I used other cookbooks to help come up with recipes and to get nutrition information and such. I have provided a list of them to both to cite where I got my information, but also to give you all more references to make healthy, affordable meals!

Cooking Basics for Dummies by Bryan Miller, Marie Rama, and Eve Adamson

Complete Idiot's Guide: Eating Well on a Budget by Lucy Beale and Jessica Partridge

4 Ingredients: KIDS—Simple, Healthy Fun in the Kitchen by Kim McCosker
Cheap. Fast. Good! by Beverly Mills and Alicia Ross

One-Dish Meals: 100 Delicious Recipes by Good Housekeeping

The Art of Nutritional Cooking: Third Edition by Michael Baskette and James Painter

One-Pot Meals: Great Taste, Low Fat by Time-Life Books

Betty Crocker's Kids Cook by Betty Crocker

Common Ingredient Substitutions by Allrecipes Staff

<http://dish.allrecipes.com/common-ingredient-substitutions/>

Ideally How Many Grams of Fat Should You Consume Daily by Erin Coleman

<http://healthyeating.sfgate.com/ideally-many-grams-fat-should-consume-daily-5501.html>

Common Ingredient Substitutions by The Old Farmer's Almanac

<http://www.almanac.com/content/common-ingredient-substitutions>

Allrecipes.com for multiple base recipes

Myrecipes.com for multiple base recipes