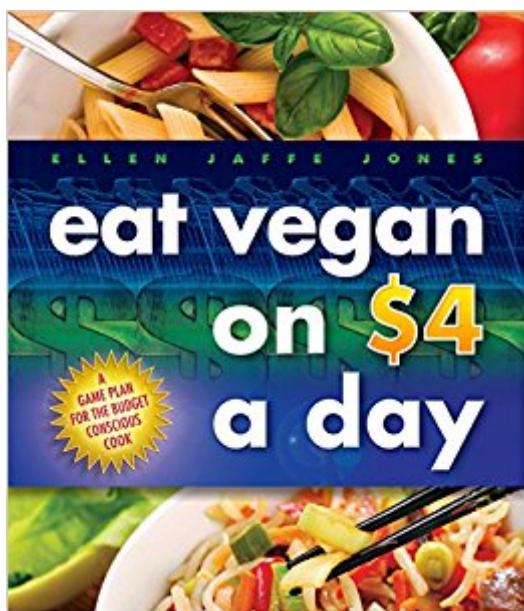


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# Eat Vegan On \$4.00 A Day: A Game Plan For The Budget Conscious Cook



## **Synopsis**

Not only can a plant-based diet be good for health, it can also be easy on the pocketbook. At a time when many people are looking for a way to cut costs, Vegan on \$4 a Day will show readers how to forgo expensive processed foods and get the most flavor out of delicious, high-quality basic ingredients. Author Ellen Jaffe Jones has combined passion, money savvy, journalistic expertise, and culinary skills into a consumer's guide for an economically viable dietary lifestyle. She has scoured the shelves of popular supermarkets and big-box stores and calculated exactly how much it costs to eat healthfully and deliciously. Readers will learn how to adapt their favorite recipes, cook with beans and grains, and use bulk buying to get big savings. Includes nearly 100 nutritious, delicious and low cost recipes and a week's worth of menu- planning ideas that show how the recipes can be combined to get a cost of \$4 a day.

## **Book Information**

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## **Customer Reviews**

At 58, Ellen Jaffe Jones is "THE VEG COACH." She is a personal trainer, running coach, author, and is a cooking instructor with The Cancer Project, a program of the prestigious Physicians Committee for Responsible Medicine. She spent eighteen years in TV news as an investigative reporter, morning anchor, and producer for network affiliates around the country, winning two regional Emmys among other awards.

There were things I really liked about this book and things I didn't like about it. I am a vegetarian who is striving to move to a totally vegan diet and I really liked the premise of this book. I thought it

would really help me make the transition and do it inexpensively. In a way, it did help me. The first 29 pages of the book are very helpful - packed with info on shopping inexpensively for vegan food. The rest of the book contains a 7 day menu [3 meals per day] and recipes. The author is clear and concise without being preachy. I found her writing easy & enjoyable to read. But, in another way, I felt kind of ripped off. The first 29 pages were full of info and were great reading, but they weren't worth the price of the book by a long shot. The recipes were OK - some of them are extremely simplistic [like the one for oatmeal: water, oats, salt. Put it in a pot and cook it]. I did not find many recipes that I found appealing - in fact, I doubt I'll try any recipes in the book [other than oatmeal, which I already eat on a regular basis....]. So, it was kind of frustrating - it took me less than 45 minutes [literally] to read this entire book [it is a slim volume, even padded with simple recipes]. I really did not feel I got my money's worth out of the book - I could have done better spending one hour on the internet googling vegan meals and tips. I also felt that the claim that you can eat vegan for \$4 a day was a bit exaggerated. For one thing, the portion sizes she gives are extremely small - for example, on day one you are supposed to eat half a cup of oatmeal for breakfast [and that is it.] For most people, one half a cup of plain oatmeal would not be enough to get them through till lunch. Can you imagine a 180 lb guy trying to get by on that? I can't. The lunches and dinners seemed very slim on serving size too - I think most people would probably end up having to increase what she counts as a full meal just to get enough calories. She does not include calorie counts in her menu plan, but looking at them, I'd guess the menu plans have 1,000-1,200 calories planned per day, which isn't enough for most healthy, active adults. [that is "famine level" caloric intake according to the World Health Organization]. I also felt the prices she said she was getting on the items she includes were awfully low - I am a long time frugal shopper and I have never seen prices as low as the ones she was quoting on some of the products she recommends. I'm a bit skeptical that anyone could really eat what she's recommending for \$4 a day. [She also assumes a well stocked pantry in that calculation - such as spices on hand that aren't counted in the cost]. Now, that said, I DO believe that eating the way she recommends is FAR less expensive than eating the average American diet, even if she has exaggerated the inexpensiveness of it. This is still a far superior way of eating - both health wise and financially. So, I truly felt conflicted by this book - 29 pages of good info and some recipes that were somewhat helpful, but not worth the price of an entire book IMO. I wish there had been MORE to this. In summary, this book was helpful, but it could have been so much more helpful!

I expected more than the usual budgeting advice for some reason. Great for someone starting out

living on their own, not so much for someone used to stretching their money. I also don't do soy or processed foods, so the recipe portion of the book was a major flop for me.

I have read many veagan books over the years. This is the most no nonsense approach to vegan eating I have ever read. It's practical and not pretentious in any nanner. The recipes had everyday items I keep in my fridge and pantry . This made trying new recipes inexpensive and immediate. Super book! I would recommend it for the novice and the seasoned vegan. Great read!

With a family of 6, I have reduced my grocery bill from \$250-\$270 a week to \$160-\$180. The recipes, when just browsing through them, aren't overly exciting, but are worth trying before you judge them "too plain" or "too boring." So far, two great examples of recipes that were much tastier than expected: the lentil soup, and the quesadillas. This book delivers on it's promise of both a lower grocery bill and tasty recipes, and pays for itself after just 1 week. I highly recommend you give it a try.

First 29 pages are a class in \$ (some politics too, but I take what I need and leave the rest) . Her top ten money saving tips start on pg 11 (check unit prices, shop the perimeter of the store, track prices, keep your receipts). Money saving tasty recipes and every recipe has additional tips. (if you want to sweeten a miso dressing add raisins before blending; try the bean recipe without oil and use it only if you must (p 51), ratatouille, thai no-fry spring roles, potato pancakes and popeyes secret smoothie look especially good.

This book had some good ideas on how to eat inexpensively. However, the recommended portion sizes were tiny. I would probably need to double the portions of a lot of the meals in the book, which would add to the cost of meals. Even so, the cost of eating the meals described would be low, and the meals are nutritious.

I have only read the first part so far and have not got to try the recipes yet. Kind of a long intro.  
UPDATE\*So now that I have had this book for a while I have tried some recipes and they are pretty good, of course I modify them to my taste and only try what I think I'll like anyways. This is how I use the book. When I first started cooking I wanted to make some easy cheap vegan food but really didn't know where to begin. So I got this book to help give me ideas and inspire me, its done exactly that. Honestly I knew I was not going to eat on 4 dollars a day like the title claims, and its

pretty hard to do that. But if that's what you expect then keep looking, all I wanted was cheap ways to make vegan food and that's what I got. So its not 4 dollars a day but its a good price though compared to what most other books show.

I eat/ate mostly vegetarian but decided to give veganism a try. I wondered how I could do it without spending a fortune and came across this book. I recommend this book to everyone who thinks being vegan is expensive, difficult or boring (I also recommend for those who don't think being vegan is expensive difficult or boring ;-p). Every recipe I have tried has worked beautifully and tastes amazing. My favorites so far are the Save Cash Quinoa Loaf and Pot Of Gold Rainbow Stew. The Heavenly Mango smoothie is excellent too. Once the weather cools down I'll try the soups.

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