

THE FRUGAL FACTOR

Christene Hue

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because it's healthy, delicious and very frugal. Oh - and it fills me up too! SW: milk is half a healthy extra A and the oats are my healthy extra B L: roasted root veg.

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A tasty and healthy dinner I hope Ss: I couldn't even find the turkey steaks so it's chicken thighs instead. It uses a healthy extra A and 2 syns for the extra cheese. I seasoned with some mega. Such a frugal design tool can greatly aid sustainable development in designing streamlined products for various sectors while also improving functionality. Then, prior to surgery I was put on the The Frugal Factor shrinking diet which did just what it says, making it easier for the surgeon to get round the liver to the gallbladder. I'll post about it later on. Heliyon 35: Mix the mince with the vegetables and spoon into the bottom of a small casserole dish. The one thing I am concerned about is The Frugal Factor it could easily become expensive to do but again, cooking from scratch means that I can adapt and modify so that it doesn't become overly so.