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The Creative Knowledge Site



Home of the  
'Cooking Good Food on a Budget'  
Guide  
As featured on  
BBC Radio Hereford & Worcester

## 'Cooking Good Food on a Budget!'

Cooking on a real budget?

Want to learn some new recipes for budget costs of around £3 for 3?

Limited income but want good tasty food from around the world?

Do you want to create a varied range of 7 evening meals for £27 for 3?

If you want to find out more including shopping tips, herb and spice mixes without breaking the bank on ingredients you'll only use once, or simply want to improve your range without finding you're always short of that one ingredient, for Free?

Then go to [www.ckmhome.co.uk](http://www.ckmhome.co.uk) to find them.



A great site for free advice and cookery guide downloads with no ad banners and no personal details or logins required.

Just simply open up the book in PDF format, for free, by clicking on the book cover image and save it to your PC then start cooking!

Ideal for low income families looking for variety, students living in accommodation fending for themselves, first time or novice cooks, unadventurous cooks who wish to improve their range, or anyone wishing to save money, cook better and shop more wisely.

Visit [www.ckmhome.co.uk](http://www.ckmhome.co.uk)

We hope you find our work helpful.

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