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LUVW71 - ERICKSON MALDONADO

Not only is lunch often cheaper than dinner, but eating during "off" times can save you money. Many restaurants offer late afternoon or happy hour menus, and half price appetizers are common at bars. Visiting a bakery at the end of the day is also a good way to score a deal on food. 3. Pack Smart

Save Money on Family Food. Have at least one meat free day a week. Buy cheaper cuts of meat. Avoid large cuts of meat, very good quality mince and stewing meat will go much further. Stop being brand loyal - look for the best price. Follow brands on social media to get best offers & coupons.

10 Ways to Save Money on Food Shopping - WebMD

One of my favorite ways to save money on groceries is to use meal planning. You could easily make a bi-weekly meal plan using any of the cheap dinners below. Be sure to sign up for my meal planning pack, and add in your dinners and fill your shopping list for weekly or bi-weekly cheap family meals and save money on your groceries.

All recipes taken from Save Money: Good Food - Family Feasts For A Fiver, the accompanying book to ITV's series, out now (£18.99, Hodder & Stoughton).

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50 Cheap Family Meals That Will Fill You Up - Most Under ...

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Save Money. Body. Grocery costs can add up. But there are lots of little things you can do to save money while still making healthy meals that your family will love. Before You Shop. Making a list and planning before you go to the store will make shopping easier—and help with your budget. Save More with Coupons.

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