

# CSIRO Total Wellbeing Diet Recipes on a Budget

**Author: Dr Manny Noakes**

## Extract

### Introduction

These days, watching what we spend on food has become a necessity for many of us. Here at CSIRO, we know that it can sometimes be difficult to stick to a budget while eating for good health, so this new recipe book helps you to do both. Packed full of ideas and tips, it's devoted to those of us who want to economise on food without compromising on flavour or nutrition.

The Total Wellbeing Diet includes ingredients from all food groups, so there's no need to miss out on anything, and the recipes are designed to use everyday items in your pantry. We begin with some clever ideas for recreating healthy, low-cost versions of those delicious cafe-style breakfasts and brunches. There's a section on vegetables, salads and soups that will ensure you get your five serves a day, and there are sweet treats too: delicious puddings, muffins and fruit dishes that draw on the dairy, fruit and grain food groups. When it comes to buying fruit and vegetables, remember that what's in season will always be cheaper – and it will taste better too.

We've included a chapter devoted to slow-cooked recipes. Slow cooking is perfect for transforming budget cuts of meat into hearty meals without affecting any of the essential minerals they contain. There is a great collection of chicken and fish recipes too, as well as some tasty and exciting vegetarian meals.

So often we use salt as the main way to flavour our meals, yet too much salt can increase blood pressure and cause deterioration of our blood vessel walls. Using herbs and spices to enhance flavour is a much healthier option, and there are plenty of ideas on how to do this here. Spices are cheap to buy, can be stored over a relatively long period and a little bit goes a long way. Simple guidelines on growing your own herbs will bring out your inner gardener, and the fruits of your labour can be used in myriad ways. As the cost of buying fresh herbs can really add up, this is a perfect way to have a ready supply. Talking about adding flavour, check out the Basics section, too, which includes recipes for delicious dips, pastes, dressings and spice mixes that are inexpensive to make but really add pizzazz to your cooking.

Minimising food waste is good for your budget (and good for the planet as well), so with this in mind we've included a section on how to use leftovers to make substantial meals. With a bit of forward planning, this will save you time and money in the long run, and you'll be amazed at the delicious meals you can create second time around.

We hope you enjoy this latest collection of Total Wellbeing Diet recipes, and have fun expanding your repertoire of recipes for all occasions.

**Dr Manny Noakes**



