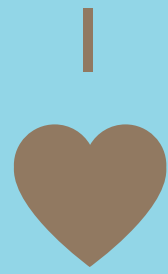


"Prepare your own food. This means reviving in your own mind and life the arts of kitchen and household. This should enable you to eat more cheaply, and it will give you a measure of "quality control": you will have some reliable knowledge of what has been added to the food you eat."

—Wendell Berry

Cheap breakfasts  
Cheap lunches  
Cheap suppers

EAT  
BEANS



cabbage  
soup

The 10 in 10 Diet is a total system that makes it easy to transition off meat and cook healthy food conveniently while keeping your grocery bill under \$150 a month per person, and reducing our contribution to climate change - with a goal in mind of 10% reduction of CO2 in 2010. It's a way to fast track to a simpler, more peaceful life.

**10 in 10 Diet.com**

Diet for a small footprint and a small brocery bill

Eating a diet for climate change doesn't mean you have to become a stick-in-the-mud vegetarian who won't take a little piece of turkey at Christmas dinner at your mother's. But to make a difference in global warming, we need a wave of change in eating patterns across populations, enough to affect agribusiness and shipping traffic. Let's do it.