

# Introduction

We understand that eating healthy can be challenging, so we are offering this free cookbook with healthy recipes to make it more convenient for you.

Eating healthy really can be delicious without making you broke. Most ingredients in this cookbook were bought at Walmart, Aldi, Ruler, and local farmer's markets to help keep the cost down. If necessary, take advantage of The Vine, the food pantry at Ivy Tech, and SNAP benefits at local farmer's markets.

The recipes are broken down in sections:

- Breakfast
- Lunch, Dinner, and Side Dishes
- Snacks and Treats
- Desserts
- Plant-Based Recipes by Susannah Dickman

There are also some holiday recipes and recipes that are just for fun! You can find these recipes on our web page at [www.ivytech.edu/evansville](http://www.ivytech.edu/evansville), then select Wellness and Fitness.

**If you have any special dietary restrictions or food allergies, please consult with your medical doctor or a dietician before trying any new types of food or supplements for the first time.**



Welborn Foundation  
Wellness & Fitness Center

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Front cover designed by Joie Fuller, Ivy Tech  
Graphics Design Instructor.