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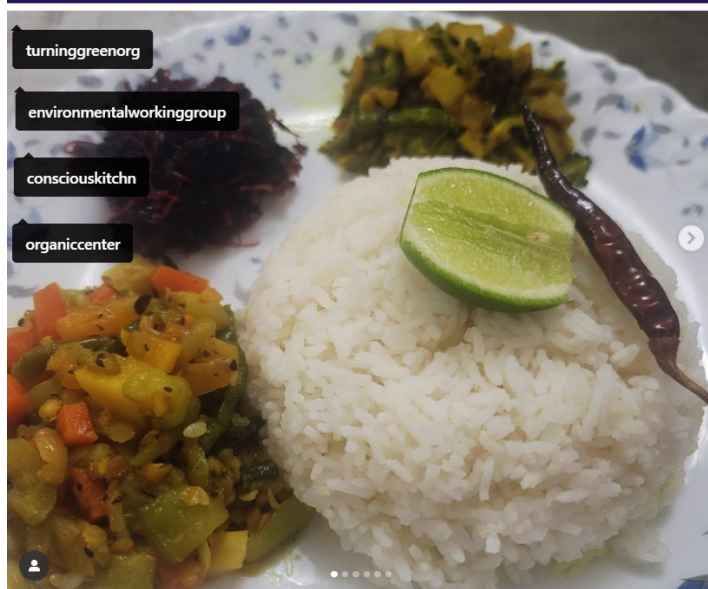
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This classic Bangladeshi veggie plate is a perfect example of eating healthy and hearty without spending much! The meal centers on **Sada Bhaat** (plain rice) and features a colorful trio of side dishes. You get the vibrant, savory **Lal Shak Bhaji** (bright red leafy greens), the distinct, slightly bitter **Korola Bhaji** (Bitter Gourd stir-fry)—a unique flavor essential to local cuisine—and a comforting mixed **Torkari** (vegetable curry). What truly sets this meal apart is its incredibly local origin: approximately 90% of these fresh ingredients come directly from the bustling **Kacha Bazaar** (local market), meaning the produce is often picked the same day it's cooked. This deep reliance on short, resilient supply chains not only supports local farmers but keeps the overall cost incredibly low and the food super fresh. A complete single-serving of this nutritional powerhouse only costs between 34 to 50 Bangladeshi Taka, which works out to just about \$0.30 to \$0.45 USD. This amazing affordability makes it a sustainable daily staple that everyone in the community can access and enjoy.

Make a Bangladeshi Style FLOSN-based meal for yourself, friends and family



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