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Green capsicum is a lot cheaper than red or yellow capsicum. Similarly, you can find cheaper options in another colour for beans, aubergine, and potatoes. When buying beans, you can opt for ones with seeds or just plain beans depending on your needs and the prices will be different based on your choice.

Bitter gourd comes in two forms. One is bigger in size and has a slightly lighter colour while the other looks a shade greener. Pick the one that suits better in your budget.

Think fish

Protein is a crucial nutrient that keeps us



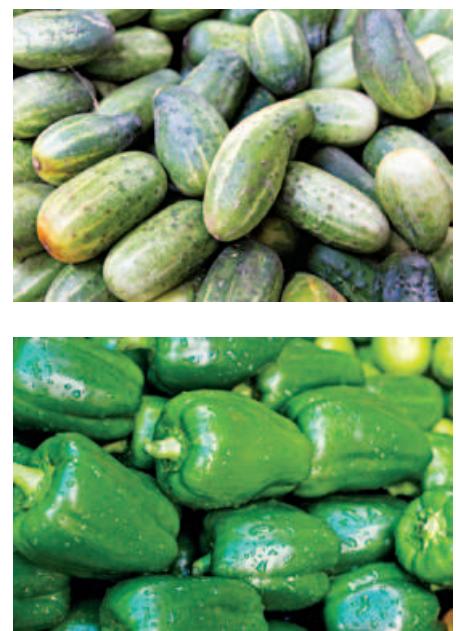
going by repairing and forming new cells. But getting the right protein can be tricky. Beef can be an amazing source of protein, but eating beef regularly can be expensive not to mention detrimental to health.

Considering this, one can switch to a more affordable source of protein in the form of fish. They are comparatively cheaper than beef and are an excellent source of protein. Besides, with all the variety of fish available in the market, one can easily try something different every other day so it does not get tedious for their tastebuds.

The path to new and tasty food must be passed through experiments. Trial and error are the only way to determine which dish works for you and which does not. So, this very weekend, why not try something different?

By Ashif Ahmed Rudro

Photo: Collected



◆ HOROSCOPE ◆


ARIES
(MAR. 21-APR. 20)

Be careful when dealing with family members. Control your emotions. Put effort into household duties or redecorating plans. Your lucky day this week will be Saturday.


TAURUS
(APR. 21-MAY 21)

Opportunities to advance are evident. Make notes about changes to improve. Consider turning your entertainment room into a family space. Your lucky day this week will be Saturday.


GEMINI
(MAY 22-JUN. 21)

Work diligently to achieve your goals. Avoid donating if finances are tight. Call a good friend for support. Your lucky day this week will be Thursday.


CANCER
(JUN. 22-JUL. 22)

Focus on building financial security. Don't let in-laws upset you. Real estate ventures may prove profitable. Your lucky day this week will be Thursday.


LEO
(JUL. 23-AUG. 22)

Drastic changes in attitude are likely. Organise responsibilities clearly. Use this time to get back on track. Your lucky day this week will be Tuesday.


VIRGO
(AUG. 23-SEP. 23)

You may face difficulties at home. Avoid staying stagnant; embrace change. Brunch or a long walk may strengthen relationships. Your lucky day this week will be Saturday.


LIBRA
(SEP. 24-OCT. 23)

You may overlook flaws in loved ones. Romantic partners may appear on trips. Stay ahead in your endeavours. Your lucky day this week will be Tuesday.


SCORPIO
(OCT. 24-NOV. 21)

Events involving children may be hectic. Avoid signing contracts hastily. Expand your social circle with unique activities. Your lucky day this week will be Monday.


SAGITTARIUS
(NOV. 22-DEC. 21)

Engage in competitive activities to boost stamina. Share innovative ideas with others. Pamper yourself to recharge. Your lucky day this week will be Tuesday.


CAPRICORN
(DEC. 22-JAN. 20)

Attend seminars to enhance business skills. Avoid overreacting to advances. Educational short trips will be beneficial. Your lucky day this week will be Wednesday.


AQUARIUS
(JAN. 21-FEB. 19)

Consider starting a small business. Explore affordable vacation destinations. Mix business with pleasure when travelling. Your lucky day this week will be Friday.


PISCES
(FEB. 20-MAR. 20)

Engage in activities involving children. Use your creativity to solve issues. Stay calm and seek mutual understanding. Your lucky day this week will be Wednesday.

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