



## Once A Month Cooking

By Jody Allen

Penguin Aus., 2014. Paperback. Condition: New. 1. Freeze with ease. Want to take the stress out of feeding your family? Jody Allen, founder of the phenomenally successful Stay at Home Mum online community, has the answer for busy mums on a budget. In a single day, cook all your main dishes for a month, freeze them, and then enjoy homemade food that is super-quick to prepare when the kids are hungry. From how to budget for and plan your menus, to how to cook and freeze in bulk, this book has step-by-step instructions and 150 freezable recipes that will save time and money. They include: Family-friendly meals Handy lunch-box snacks Seriously scrumptious desserts Never-fail cakes and slices You'll wonder how you ever survived without Once a Month Cooking. Paperback.

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