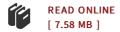




## Freezer Meals: 33 Quick and Easy Make Ahead Meals Your Whole Family Will Love

By Sara Elliott Price

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Would You Like Delicious And Healthy Freezer Meals Ready When You Are? Would you like to enjoy your favorite foods anytime without having to spend every night in the kitchen? How about having healthy meals ready for your family at a moments notice? Or maybe you just want to know how to properly prepare and freeze your meals for later? If that sounds like you then keep reading. In this book you II find over 30 delicious make ahead freezer meals to satisfy your tastebuds! Not only that but you II also learn how to freeze food properly, how to keep food safe to eat and how to save time and money by cooking in batches. You II be amazed how much time you can save by using simple freezer meal recipes. Preparing your meals once or twice a week means that you II have enough food to last the whole week without having to cook every sing le night. Your life will be much easier and you II have so much extra time to spend doing what you...



## Reviews

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