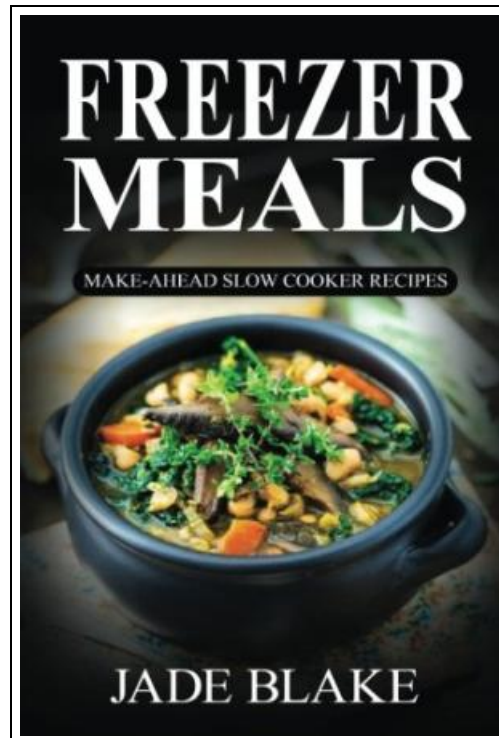


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Make-Ahead Freezer Meals Have Never Been Easier! Over 225+ Authentic Slow Cooker Recipes 1 FULL Month Meal Plan Included in this Book! Slow Cooker Freezer meals are a real Game-Changer. Whether you've made slow cooker freezer meals before or are brand-new to freezer cooking, this book will share all the things that you need to know to make all of your Freezer Meals a massive success. With this book, you will learn the secrets of making freezer meals (make-ahead meals) which are not only healthy, delicious and homemade, but that also require very little or no further preparations prior to serving. You ll be amazed how much time you can save by using simple freezer meal recipes. Preparing your meals once a week means that you ll have enough food to last the whole week without having to cook every single night. This book contains HUNDREDS of the VERY Best Wholesome Freezer Meal Slow Cooker Recipes to get you started on Your Make-Ahead-Meal Journey Slow Cooker+Freezer Meals=A Match Made In HEAVEN! Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious FREEZER meal. Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola! Your Delicious Dinner is ready without any mess or dishes to clean! The device requires only a very small amount electricity only to do its work and when compared with a standard oven, a slow cooker uses a lot less energy. And just because you re saving time and money doesn t mean you re sacrificing taste. Vegetables cooked in a slow cooker can absorb stocks, bone...

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