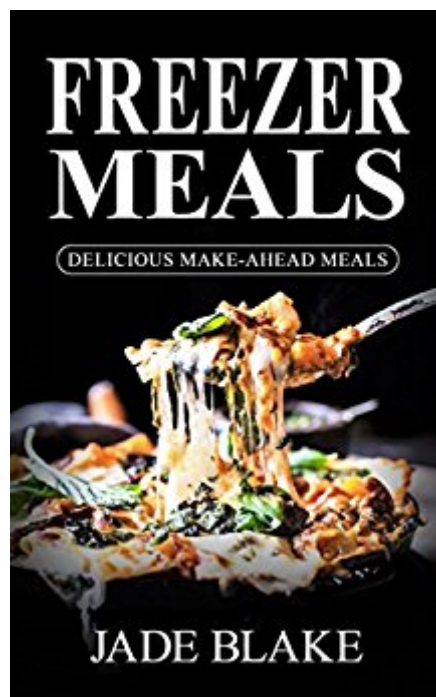


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Freezer Meals: Top 365+ Quick & Easy Make-Ahead Recipes For Busy FamiliesÂ© Includes 1 FULL Month Meal Plan (Your Ultimate Freezer Meal Cookbook)



Synopsis

Quick & Easy Freezer Meals for EVERY DAY OF THE YEAR! Over 365+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book! Introducing The Revolutionary Freezer Meal Cookbook... Specifically designed for the people who want to eat healthy food, but don't have time to prepare food regularly. 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. Your life will be much easier and you'll have so much extra time to spend doing what you truly love. Once the cooking and freezing is done in a batch, you're spared the task of cooking lunch and dinner and sometimes even breakfast for the next 7 days! This book contains HUNDREDS of the VERY Best Wholesome Freezer Meal Breakfast, Lunch, Dinner & Dessert recipes to get you started on Your Make-Ahead-Meal Journey! In this Book You Will Learn: What Will I Need? What I Can Freeze? Pro Tips for Freezing What Shouldn't I Freeze? Cooking from Frozen 6 FULL WEEKS Meal Plan Some of the Profound Benefits You are Guaranteed to Experience: Save Time to Do Things that Really Matter Never not know what's for Supper Increase Energy Levels & Vitality Accelerated Fat Loss Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance Think of the Freezer Meal Diet like pushing the "reset" button with your overall health and relationship with your food habits. Here Is A Preview Of The Wholesome recipes you will find in this book: Chicken topped with Mango Salsa Grilled Chicken Over Squash Spaghetti Steak and Veggie Kebabs Asian Lettuce Wraps Spicy Chicken Cilantro Wraps Arugula Salmon Salad Gazpacho & Guacamole Roasted Rack of Lamb with Blackberry Sauce Lamb Ragu with Celery Root Pasta Pork Meatloaf with Sun Dried Tomato & Mushrooms Energizing Acai Bowl Beef Breakfast Casserole Spicy Pumpkin Patties Apple Cinnamon Porridge Egg Breakfast Muffin Breakfast Casserole And Much Much More! Comes with One Full Month Meal Plan to Jump-start your new Freezer Meal Lifestyle! ... Take Action Today and Make Freezer Meals a Part of Your Life! ...

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Customer Reviews

Freezer meals are quite fascinating to do. They are not just easy to prepare, but also very helpful when we are also a busy person. We do not have to prepare everytime we have to eat. This food can even last for seven days. Also, when it comes to being nutritious. This recipes will not fall behind. You are going to have a meal that is healthy, delicious and easy to make. Everybody must have this book.

These freezer recipes is really a big help for me and my wife! We are a very busy couple and we don't have a lot of free time to prepare meals that takes a lot of time to serve. I would like to say kudos to the author of this book and keep on publishing books that has information and guidelines on how to make people's life easier.

We are a very active family and this book has transformed my time as well as my grocery bill. It is specifically geared to shopping "warehouse style". Now I am buying in bulk every other week. It seems to be a good solution for cooking, saving money, time and work for myself. I have two picky food critics at home -- two little girls who have a hand signaling system that rates my meals after one bite. After each of the recipes that I have tried, I have gotten a "Best in the World" rating. No more yucky faces! I can't recommend this book enough. It has completely changed meal times from stressful to fun.

No matter what happens, I will always love this book and will always appreciate that I came across it. This has more than 365 recipes that will involve my freezer! How can I not love it? I find this book very helpful and will always come in handy. It's not easy coming up with meal ideas each time and this book has solved this issue for me. I just can't imagine the time I will save too. Preparing meals in advance and putting them on freezers is surely revolutionary for me. The tips give are also epic. This book is epic in itself.

This book is perfect for my boyfriend's house. He lives with his father and they don't cook much, so his grandma comes and cooks for them for several days. Having this book I'll be able to cook few meals for them when I am around without thinking what could be freezed or not. Also there so many recipes here that I won't think if they had that meal recently or not. I tried few of them and they are so tasty even after being freezed. Highly recommend!

Easy steps and common ingredients for a delicious meal every day. This book is the best fit for those people who are very busy. I really like this book since it has a lot of recipes. It satisfied my needs and gives me simple meal ideas to cook every day that I am going to present to my very handsome boyfriend.

You are not going to cook every single meal because this freezer meal guidebook is going to teach you on how to prepare foods that is ready to eat for the whole week. These recipes are very healthy and nutritious. Giving you enough energy to use for the daily activities. Each one of them have unusual and unique taste that you will definitely going to like. These recipes will not give you so much time in preparing them. They are easy and simple to make. Making us fit and feel great.

The author did a great job of compiling these recipes. They are concise and easy to read-usually on one page. She sorted all the recipes into categories which made it really easy to find them, too. Some of the recipes only have microwave instructions, and others only oven instructions. It would have been nice to include some form of conversion table for all three-, microwaves, ovens, and toaster ovens, too. If I had to pick one, my favorite section is the Soups and Stew Recipes.

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