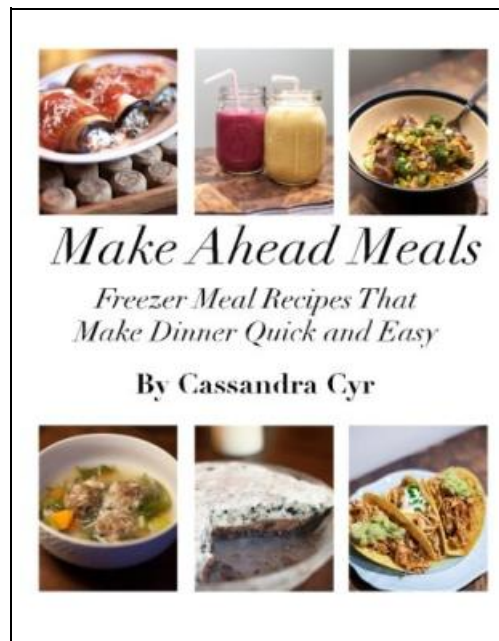


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MAKE AHEAD MEALS: FREEZER MEAL RECIPES THAT MAKE DINNER QUICK AND EASY



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a start-to-finish guide for Make Ahead Meals, otherwise known as freezer, or batch, cooking. This is an amazing concept that will save money, time, and your sanity. By making meals in advance your family will dine on healthy dishes while you enjoy the luxury of choosing when to cook based on your own schedule. This book introduces you to the concept of Make Ahead Meals and goes over all the great benefits for your family; including saving time and money without sacrificing the quality of your food. There are a multitude of ideas for getting started with freezer cooking, including what supplies you will need and how to keep track of your meal inventory. This book guides you on how to make and serve dinner efficiently and teaches you the best ways to maximize your time. Also included are three different concepts for Make Ahead Meal cooking sessions and printable inventory tracking sheets, grocery shopping lists and meal label templates. Once you're an expert in Make Ahead Meals, you will have over 50 delicious and healthy recipes to choose from to get started. You won't see any store-bought sauces, condensed soup, or processed foods in this cookbook; all the recipes use whole foods, so you know exactly what you are feeding your family. A few of these mouthwatering recipes include Stuffed Flank Steak with Mushrooms and Red Peppers, Eggplant Caponata Roll Ups, and Pancetta and Sage Pork Cutlets. Each recipe lists the calorie content per serving and also recommends other recipes in the book that share ingredients, so you can make the most of your dollar by cooking similar meals in the same...



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