



Freezer Meals: The Make-Ahead Meals Cookbook (Paperback)

By Aimee Anderson

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you tired of spending long hours slaving away in the kitchen and want a way to cook delicious meals in a fraction of the time it normally takes? If so, freezer meals may be exactly what you re looking for. With freezer meals, one day cooking equals a month or more of quick and delicious meals your family will love. Instead of running to the nearest fast food spot or ordering pizza the next time you re pressed for time, reach into the freezer and grab a quick and easy freezer meal. This quick and easy guide gives you all the information you need to get started cooking freezer meals. It includes the following helpful information: Why make-ahead meals are the way to go when you want a quick and easy meal.How to find time to whip up a batch of freezer meals.What freezer meal parties are and how they can be used to your advantage.Tips for getting started, including how to save time by cooking similar items.How to label your freezer foods.What foods can and can t be frozen.A step-by-step...

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