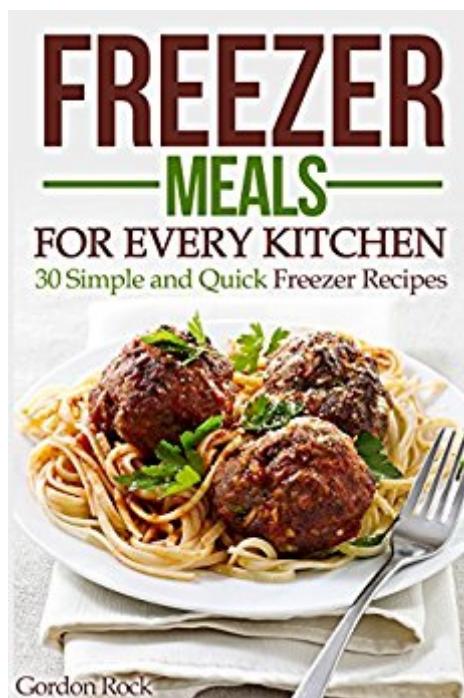


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Freezer Meals For Every Kitchen: 30 Simple And Quick Freezer Recipes



Synopsis

30 Simple and Quick Freezer RecipesLife today is fast and busy. One barely gets enough time to do anything and in midst of this hectic lifestyle, it is nearly impossible to spend long hours in the kitchen. As a result, you feed yourself and your family with junk which adversely affects everyoneâ™s health. The easy way to overcome this problem is to embrace freezer meal cooking which will not only save your time and money, but will also allow you to enjoy healthy food. This freezer meal cookbook is a work of 30 delicious recipes of freezer meals for every kitchen. Now fill your freezer with scrumptious freezer recipes like mac and cheese, baked beef ravioli, pumpkin chili, firecracker salmon, turkey tetrazzini and much more and say goodbye to unhealthy food forever.====> BUY THIS BOOK TODAY AND GET BONUS COOKBOOK INSIDE!!

Book Information

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Customer Reviews

There has been a buzz about freezer meals on Pinterest for several years now. I've wanted to try some tried and true recipes if I was going to go through the time and expense of making a weeks

worth of meals. The recipes in this book are surprising inexpensive, healthy and relatively easy to combine and freeze.

Sometimes after a long day at work I really don't feel like doing anything. ANYTHING. This book has seriously become my lifesaver. I knew I could freeze chili, but I had no idea I could freeze french toast! The blueberry pumpkin baked French toast is so delicious, and can be frozen for up to a week even with the berries and syrup already on it! Thaw it overnight and bake for a half hour the next morning, it's so easy. I'm the type where I don't have a clue how long things can be frozen unless it tells me on the package, but this book tells you how long to store each and every item. Super helpful and time saving, it even suggests choosing one day of the week to cook and freeze items so you don't have to struggle throughout the week anymore. GENIUS! I'll never buy take out again

I'm a busy person, but I love home cooked meals and hate getting fast food or junk food. This book is perfect for learning to prepare meals ahead of time and save myself the hassle of cooking when I'm tired. I am a huge chocolate fan, and this book taught me that I can even prepare brownies and freeze them, I had never thought of that. Thaw them out and serve with icing or hot fudge, simply amazing and all of the recipes still taste so fresh. I also love gumbo and have never found a recipe that allows me to properly freeze it without compromising flavor until I found this book. This is perfect for my lifestyle and palate

I saw some really fantastic recipes I can't wait to try. The Jamaican beef patties is fantastic. That is the only one I tried so far. Thank you and enjoy your meal and enjoy your day.

I just got this book a few weeks ago, and I LOVE it! I live in a household of two, and am not a Costco-type shopper when it comes to meats, so everything I have made from this book, I have just halved the recipes to fit my smaller-packages-of-meat shopping patterns. No biggie. I still have three plus meals out of each type of meat I buy for the two of us. My husband absolutely raved about the Mini Mushroom and Sausage Quiches recipe...and being a die-hard foodie, he is VERY difficult to impress. He has insisted I make them again for a potluck this weekend. I won't give the recipe away, but trust me, for just eight ingredients, this one can't be beat. It was worth the price of the book for this one recipe alone. Overall, this book was a great intro for me on the pleasures of make-ahead cooking. I think I am addicted now! And the fact the recipes in this book do not contain

any horrible ingredients like Velveeta cheese, canned "cream of" soups, or refrigerated biscuit dough is great, too! You can feed your family easily, healthfully, and with fewer preservatives and if you purchase this book and make some of the recipes as they are written. I highly recommend it!

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