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Freezer Meals Quick and Easy Money-Saving Recipes

By Jenny Davis

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 110 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Written by a mom who knows what its like to juggle work and family, this book is for people who live busy lives but dont want to sacrifice nutritious, home-cooked meals. By preparing meals ahead of time and freezing them, you can easily have a healthy meal on the table without spending hours in the kitchen each night. Reduce your stress and stop resorting to unhealthy dinner options that are just convenient. This book will guide you every step of the way and includes: Freezing guidelines Food safety 45 delicious recipes including: soups, chicken, pork, lamb, beef, vegetarian, sides, pizza dough, desserts, and more! Nutrition facts for each recipe Cooking, freezing, thawing, and reheating instructions for each recipe What are you waiting for Grab your copy so you can get started straight away! This item ships from La Vergne, TN. Paperback.



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