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## Freezer Crockpot Recipes: One a Dime or Out of Time with Shopping List

By Erika Wilburn

Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have your ever wanted to save money on grocery shopping but did not know where to start? This book can help you get a handle on your spending. You should be able to keep your budget to about \$300 per month. This is a great way to spend more time with your family and less at the grocery store. 3 months of freezer meals. Each month includes a shopping list. Plenty of room on each page to make notes for you to use for later. Additional copies of shopping lists each include plenty of space to add your items. Includes tips on making your own rubs, laundry soap and other household cleaners. Manage your time and money. Shop one time a month and prepare dinners for 1 month in about 2 hours. For more tips on saving time and money join our facebook group frugal budgeting 101.



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