



25 Healthy Freezer Meals! Freezer Cooking Cookbook: (freezer cookbook, freezer meals cookbook, freezer recipes, freezer meals the make-ahead meals cookbook) ... freezer meals quick and easy Book 1)

Nadene Cale

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25 Healthy Freezer Meals!

Freezer Cooking Cookbook

Do you find that you're tapped for time in the evening or even in the morning and you can't seem to find the time to make a healthy dinner for just you or you and your family?

You're not the only one who struggles with this conundrum, probably more often than you'd like. Instead of resorting to frozen meals from the grocery store that are unhealthy and full of empty calories, why not prepare a few meals at the beginning of the week or month for those times when you don't have a moment to make an elaborate dinner? They'll taste just as good as fresh and they'll be healthier for you than takeout!

Just take one day on a free weekend or prepare double of a meal when you make one so that you can freeze half for later! You don't need to be a freezing genie in order to make these meals. Most of them are frozen fully assembled and simply need to be popped into the oven for a few minutes in order to heat or cook them through, and then they're ready! A few of them are even microwaveable for those days where you're really stressed for time.

In this book you'll find twenty-five recipes that include main dishes, breakfasts, soups and stews, sides, and even casseroles! Get your copy now and start making freezer meals that are nutritious and fulfilling today!

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Tags: freezer meals for a month, freezer meals healthy, freezer meals quick and easy money-saving recipes, make ahead meals, freezer cooking, freezer meals healthy, freezer meals for a month, freezer meals for one, freezer meals for a week, freezer meals with chicken, freezer meals for the slow cooker, freezer meals crockpot cookbook, freezer meals crock pot, freezer meals slow cooker, freezer meals 55 healthy recipes,

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