



## Freezer Meals: 55 Healthy Recipes That Are Easy and Enjoyable

By Mason Mckenny

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you been stressed lately due to not having time to prepare healthy meals? Are you always trying to figure out what is best to eat and what can reduce future negative health effects? Did you know that eating the right things can give you more energy and the meal doesn't have to be a pain to prepare? What are the right proteins? What is the best size meal - is a light meal really better? ---Special Bonus At The End Of The Book--- I get it. You want get more done and not have worry about the food you eat daily. The truth is that certain foods can accelerate be made ahead of time and taste just as good when re-heating. These menu items and this guide can help reduce the daily friction of having to worry about what to eat! Did you know that the food you eat can be the one factor that improves your ailments or on the negative side can start a steady decline in health? We can take anything we want...



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