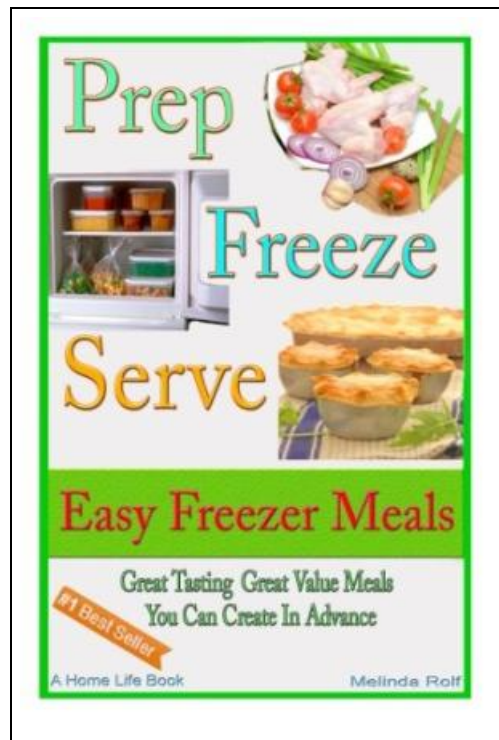


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PREP FREEZE SERVE: EASY FREEZER MEALS: GREAT TASTING, GREAT VALUE MEALS YOU CAN CREATE IN ADVANCE



Createspace. Paperback. Condition: New. This item is printed on demand. 46 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. 1 AMAZON BEST SELLER In todays busy world, it is not easy to find the time to prepare home cooked meals for your family. Meal planning can be a daunting task. But there is a solution. Its called Prep, Freeze, Serve A simple and inexpensive way for you to make sure there is a delicious, inexpensive and more importantly, a healthy home cooked meal each and every evening. For many busy parents, Eating out or buying take-out is often the choice they make for the family evening meal. This is a very expensive option unless you chose fast food, which as we all know is extremely unhealthy and consists of low or no) nutritional value. By buying your groceries ahead of time in bulk, you can save hundreds of dollars over time. Shopping at stores such as Costco, Sams Club and other warehouse type places, can help your grocery bills start to diminish very quickly. But we also know that buying in bulk is not cost effective if those foods are left in the fridge too long and end up getting thrown away. This freezer meals recipe book will show you how to Buy your groceries in bulk ahead of time Fix delicious healthy freezer meals Freeze them until you need them Reheat and serve With scrumptious recipes such as: Chicken Pot Pie Brown Sugar Pork Chops with Mashed Potatoes Crusted Tilapia with Lemon Beurre Blanc Black Bean and Sweet Potato . . . and many more, you will delight your family and friends with a fabulous and nutritious home cooked freezer meal for every occasion. This item ships from La Vergne,TN. Paperback.



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