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Freezer Recipes - Easy and Convenient Recipes To Save Time, Money and Your Health (The Easy Recipe Book 43)

Scarlett Aphra

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Save Time, Money and Your Health With Easy Freezer Recipes

No one wants to spend several hours a day in the kitchen cooking and prepping for every meal, or waste time in the morning making a nutritious breakfast after sleeping in. That’s where freezer meals come in. Freezer meals are already prepared main courses for every meal that are either pre-cooked or ready to be placed directly in the slow cooker or oven when you need them most. Simply reheat, steam a side of vegetables, and serve!

The recipes in this book are intended to save you time by cutting down the hours you spent in a day cooking, giving you valuable hours back to spend with family or catching up on work at the office. By taking some time at the beginning of the week or month to prep several meals for breakfast, lunch, or dinner, you’ll extend your days, your health, and your wellbeing.

Inside Easy Freezer Recipes, You Will Discover:

- Tons of healthy, tasty freezer recipes for breakfast, lunch and dinner. Each recipe includes HD photographs and the nutritional facts.
- A comprehensive guide to the history of freezer cooking.
- A grocery list of foods to embrace and foods to avoid.

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