



Make Ahead Meals: Freezer Meal Recipes That Make Dinner Quick and Easy

By Cassandra Cyr

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a start-to-finish guide for Make Ahead Meals, otherwise known as freezer, or batch, cooking. This is an amazing concept that will save money, time, and your sanity. By making meals in advance your family will dine on healthy dishes while you enjoy the luxury of choosing when to cook based on your own schedule. This book introduces you to the concept of Make Ahead Meals and goes over all the great benefits for your family; including saving time and money without sacrificing the quality of your food. There are a multitude of ideas for getting started with freezer cooking, including what supplies you will need and how to keep track of your meal inventory. This book guides you on how to make and serve dinner efficiently and teaches you the best ways to maximize your time. Also included are three different concepts for Make Ahead Meal cooking sessions and printable inventory tracking sheets, grocery shopping lists and meal label templates. Once you're an expert in Make Ahead Meals, you will have over 50...



[READ ONLINE](#)
[5.43 MB]

Reviews

This kind of pdf is every little thing and taught me to looking forward and more. It is one of the most incredible book i have read. You wont truly feel monotony at whenever you want of your time (that's what catalogs are for about should you check with me).

-- **Miss Amelie Fritsch DVM**

The best publication i ever study. It is really basic but unexpected situations within the fifty percent of your publication. Your lifestyle period is going to be enhance as soon as you total reading this article publication.

-- **Ashton Kassulke**