



# Easy Freezer Meals: Recipes and Freezer Cooking Guide for Make Ahead Meals (Family Cooking Series) (Volume 7)

*Debbie Madson*

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## Easy Freezer Meals: Recipes and Freezer Cooking Guide for Make Ahead Meals (Family Cooking Series) (Volume 7) Debbie Madson

When you've had a busy day, frantically handling a thousand activities relating to your job and your kids, wouldn't it be great to come home to a ready-made meal that's both nutritious and delicious? We can show you how you can stock up on a wide range of family-friendly meals and snacks that are ready for defrosting and serving any time. Freezer meals are ready when you are - when you're too tired after a long day to think about dinner; when you're home late and just want something quickly; or when the fresh meal you planned just doesn't tempt you. Freezer meals do take some advance planning but you will see they are worth the little extra effort when they come through for you in an emergency!

What you'll find in the book:

- \* how freezer meals can save you time and money
- \* making the most of your freezer space
- \* thawing your meals
- \* cooking tips for preparing and serving
- \* an essential what to stock in your freezer list
- \* best and worst ingredients to freeze
- \* how to freeze meats
- \* choosing your freezer containers
- \* sample one week freezer meal plan
- \* Freezer recipes for breakfast
- \* freezer meals for lunch and dinner
- \* Freezer to crockpot meals
- \* Freezing condiments
- \* Freezing bread and bread dough
- \* Tips for using bread dough
- \* Soups to freeze
- \* Stock your Freezer with desserts
- \* Freezer Meal FAQ's

This book includes over 100 recipes as well as tips and tricks for great freezer meals, so you can be sure of delicious family-friendly results every time.

\*\*\*Please note: Our paperback version has no pictures included within the book to keep the cost of the cookbook below \$10.

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