



Freezer Cooking Book BOX SET 2 IN 1: Top 30 Freezer Slow Cooker Meals + 25 Healthy Freezer Meals For Every Kitchen.: (Recipes, Meals, Diet, Freezer, Make, ... meals, freezer cooking, quick & easy)

Imogen Abney, Nadene Acker

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BOOK #1: Freezer Cookbook. Healthy Freezer Meals For Every Kitchen

Are you making the most of your freezer? Not only is the freezer a great place to store frozen food and ready meals, it can also save you money by allowing you to take advantage of cheap special offers and leftovers. Used properly, your freezer will save you time and money.

Most foods can be frozen with little to no loss of taste and texture. Some are even improved— many curries and stews develop an even richer and more complex flavor through being frozen before being consumed. It is also an excellent way to preserve the nutrients in

your food — studies have shown that frozen peas have more vitamins than ones which have been bought fresh, since they have been frozen within a few hours of being picked.

A little time and preparation means that your freezer can supply you with quick, delicious, healthy meals throughout the week.

BOOK #2: Freezer Crockpot Meals. Top 30+ Freezer Slow Cooker Meals For Every Kitchen That Everyone Will Love

Do you often not have enough time during the week to even prepare a slow cooker meal in the morning for that night's dinner?

Perhaps you're a busy mom or just someone who goes to work too early to have to chop vegetables and toss some meat into their slow cooker in the morning, but there's a solution! Prepare your meals and freeze them over the weekend or even a month ahead of time so that you can pull out the bag from the freezer and dump the contents into your slow cooker. It'll take you less than ten minutes!

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Alicia Hendrickson:

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Anita Cannon:

A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read the book. It is really fun in your case. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book Freezer Cooking Book BOX SET 2 IN 1: Top 30 Freezer Slow Cooker Meals + 25 Healthy Freezer Meals For Every Kitchen.: (Recipes, Meals, Diet, Freezer, Make, ... meals, freezer cooking, quick & easy) it doesn't matter what good to read. There are a lot of people who recommended this book. They were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore easily to read this book from the smart phone. The price is not to cover but this book features high quality.

Deborah Fishman:

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