



Make-Ahead Freezer Meals: 35 Easy Freezer Meals Recipes: (Paleo Freezer Meals, Crockpot Freezer Meals) (Paperback)

By Ashley Harris

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Make-Ahead Freezer Meals: 35 Easy Freezer Meals Recipes Are you tired of making meals every night of the week? Or maybe you re always having to stop and grab fast food for your family rather than making a homemade, healthy meal? Why not try prepping the ingredients ahead of time and freezing them? Then you can dump the ingredients into your slow cooker and turn it on before you go to work, and by the time you get home, you have a homemade, delicious meal for one or your entire family! Freezer meals are nothing new, but most of the time we purchase them from the grocery store. Meals purchased from there are chock full of ingredients you don t want to eat on a daily basis. If you spend just an hour to two hours on a Sunday prepping your meals ahead of time, you can have a home cooked meal every day of the week! So scroll up...

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