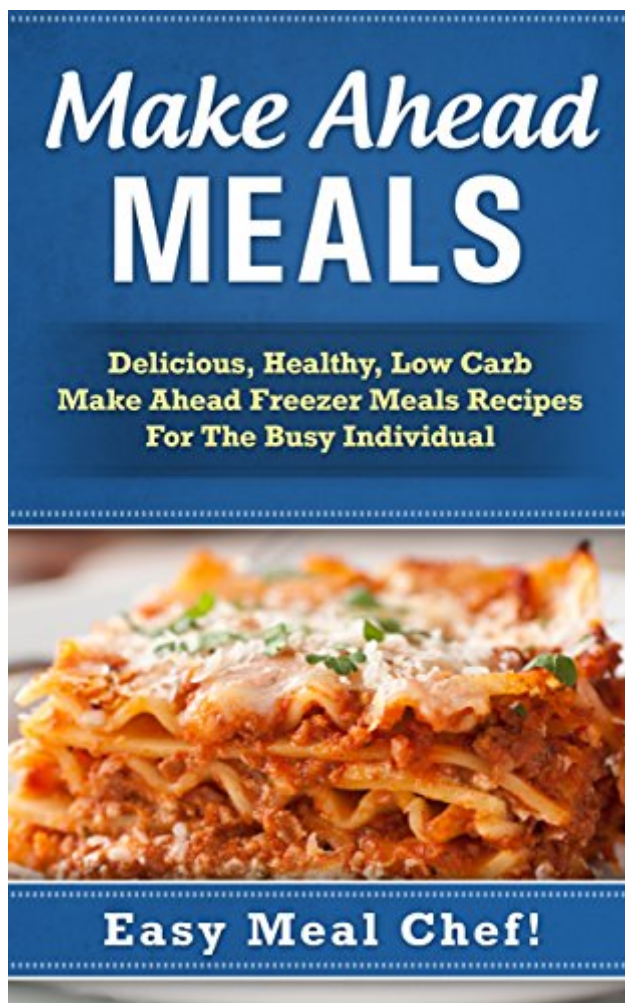


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# **Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook)**





## Synopsis

Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual! Looking For Easy Recipes To Prepare in Advance?! You've Come To The Right Place \* \* \* LIMITED TIME OFFER! 50% OFF! \* \* \* You're Busy, Cooking Takes Time... These Recipes Are The Solution! Here's A Preview Of The Recipes You'll Find Inside... An Introduction To Make Ahead Meals Beef Recipes Including Easy Pepper Steak & Italian Enchiladas Poultry Recipes Including Turkey Burgers & Chicken Tandoori Seafood Dishes including Crunchy Fried Cod & Grilled Shrimp Tacos Pork Dishes Including Ginger & Soy Pork Tenderloin & Herb Sausage Burgers! And Much, Much More! Be Sure To Download Your Bonus Content At The Back Of The Book! Hurry! For a limited time you can download "Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual" for a special discounted price Download Your Copy Right Now! ----- Tags: Easy Meals, Dump Meals, Dump Dinner, Meals For One, Meals For Two, Easy Recipes, Slow Cooker Recipe Book, Crock Pot Recipe Book, Dump Cake Recipes, Dinner Recipes

## Book Information

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## Customer Reviews

This cookbook is different with its focus on real, healthier ingredients, all of which can be found at any larger grocery store. The recipes themselves are not complicated so cooks of any level will be able to master them. I love that most of these items are already in my pantry. If you are already a healthy eater who likes to cook many of these items will be in your pantry too. Many of these items are very affordable. Included are casseroles, meats, poultry, and seafood; soups, stews, and chilis; side dishes and vegetarian options, breads, rolls, and pizzas. The meals are great to freeze as well as great if you are having a lot of people over for food. I would recommend this book.

It was my mom who introduced me to the idea of cooking meals ahead of time and freezing these in containers to be cooked as needed. Now that I live independently, I have only to rely on myself for my meals. This book has lots of good recipes that are also easy to prepare. These dishes will definitely fit my very busy lifestyle. No doubt, I will use all of these recipes in rotation.

This is a good booklet but I think the price is high for how small it is.

Recipes that can be planned ahead for is a busy mom's answer to serving something other than cold cereal. Love the variety of recipes, how simple and quick they all are to prepare. This cookbook has a wide variety of recipes and a lot of helpful hints. I liked how the author included many tips for customizing the recipes according to personal preferences or dietary restrictions.

I'm somebody who is always on the go so as soon as I saw this title it caught my eye. After reading it I can safely say this is one of the most practical recipe guides I've come across for those of us who need to prepare ahead of time. There's some great tips and tricks in here to really help you make some delicious meals. I definitely recommend this book, and I'll be sharing it with my friends too.

Great Book! This book is perfect for any busy schedule, these recipes are easy and delicious. The idea of planning ahead meals is perfect for your family. I highly recommend this book to every busy person. Life may be hectic but that doesn't mean that you shouldn't have a nice home cooked meal.

Today i just read this book. I think this is a best book for Meals Lover. Writer wrote this book in very easy step. All recipes in this books are very delicious, mouth watering and easy to cook. Thanks to author and Recommended !

Not many recipes I'm fond of.

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