



Freezer Meals Cookbook Box Set: Healthy and Easy Freeze, Heat and Eat Meals for You and Your Family (Freezer Meals & Healthy Recipes)

Andrea Libman, Monica Hamilton

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Freezer Meals Cookbook Box Set (2 in 1)

Book one: Healthy and Easy Freeze, Eat, and Heat Meals: Quick, Delicious, and Low-Carb Freezer Meal Recipes for Your Family

Do you find yourself wanting to eat healthier, but running short on time? Have you heard about low carb meals, but don't understand why they are better for you? Are you curious about what freeze, heat and eat can do for you?

Eating right does not have to be a stressful process and it doesn't have to take a lot of time either, if you just learn how to plan ahead a little. Knowing what meals make tasty combinations that can be put in the freezer to take out anytime you need them is one of the best time savers you can have.

Inside you will learn:

- Why low carb is a healthy lifestyle choice and not just a diet.
- Why freezer meals are healthy and good for the environment.
- Delicious recipes for breakfast, lunch and dinner.
- What containers are best to store your freezer meals in.
- And much more!

Don't let eating healthy escape you because you think that you don't have time for one moment longer. Once you download this book you will be armed and ready to have good for you food that is ready to freeze, heat and eat.

Book two: Freezer Meals: Money Saving Delicious and Easy Freezer

Recipes for Your Family

Is preparing dinner each night for your family becoming more of a chore than something that you enjoy? Many families these days tend to fix fewer meals at home because they simply do not have the time to prepare a delicious and nutritious meal. Daily meal preparation does not have to take up the majority of your day, as long as you know a few shortcuts to take along the way. Freezer meals can help you to save time, and money, when it comes to enjoying delicious and healthy meals at home.

Download Money-Saving Freezer Recipes: Save Time and Money with Delicious Freezer Meals today to learn more about the benefits and convenience associated with freezer meals and why this form of cooking and meal prep is becoming more popular with today's busy families.

Inside you will learn:

- How freezer meals can help you save time each day
- Why freezer-friendly meals are also budget-friendly
- How to properly heat up and store your freezer meals for food safety and quality
- How to make easy freezer meals for Breakfast, Lunch and Dinner
- How to create casseroles, enterees and even desserts that your family will love
- Why freezer meals are ideal for families that are always on the go
- How to use freezer recipes to prepare for holidays or other special events

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Amy Zambrano:

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Laura Dumas:

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Louis Ono:

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