



Instant Freezer Recipes: Healthy and Easy Way to Prepare Creative Meals

By Heather Kiera

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.What You Will Find In This Book? If you are a working mother or a busy bee and believe freezer foods is your only option then 50 Healthy Freezer Recipes will definitely be a convenient choice for you. What s the point of skimming through every recipe book looking for the only few that can be stored in a freezer and not perish when you have got a month s worth menu in your hands. Some of us are just fed up of eating out and wish to pursue a healthy diet lifestyle but our schedule does not allow it. 50 Healthy Freezer Recipes is a carefully drafted recipe book that caters to both vegans and meat lovers. No need to invest hours of your day to prepare a healthy fresh meal for yourself when you have these handy recipes at your disposal that can be made in a day for the entire week. The 50 Healthy Freezer Recipes recipe book includes: 1.Healthy recipes, ranging from the meat category to vegan meals. 2.A Range of...



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