



# **365 Freezer Recipes (Freezer Meals, Freezer Recipes, Freezer Cooking, Dump Dinners, Make Ahead, Slow Cooker)**

*Julianna Sweeney*

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DISCOVER 365 AMAZINGLY QUICK & EASY FREEZER RECIPES! If you want to prepare delicious, easy freezer meals, this recipe book is for you.... In the constant frenzy of activity that we are faced with day in and day out, people are finding less and less time to prepare and cook healthy meals for their families. While the intention is there, the reality is that most families find themselves strapped for time, and ultimately wind up making unhealthy meal choices because they are in a bind. Throughout this book, you will become familiar with the concept of freezer meals, a newer technique that many people have flocked to and started to incorporate into their daily routines. This unique method of cooking will no doubt be a life-changer for you and your family; you will see your stress levels go down, your grocery bills decrease since you are buying food in bulk, and the amount of time you spend with your family increase. You can choose to prepare one meal each day for an entire year if you stick to this book, and imagine what a change you will see in your family. Throughout this book, you will be able to look through and prepare 365 different freezer meals. Whether you are looking to prepare a protein-rich breakfast for yourself, a healthy lunch for your friends, or a wholesome, delicious dinner for your family and loved ones, this book will provide everything you need to ensure that your freezer meals are a complete success! **HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK** • Freezer Sausage & Onions Meal • Freezer Biscuits & Sausage Gravy • Freezer Chicken Enchiladas • Freezer Chicken Penne Casserole Meal • Freezer Breakfast Sausage Burritos • Freezer Slow Cooker Barbeque Spareribs • Freezer Mustard Barbeque Ribs • Bacon & Tomato Freezer Meatballs • Freezer Beef and Vegetable Stew • Freezer Baked Cheese and Beef Ravioli • **MUCH MUCH MORE!**

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