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# MAKE AHEAD MEALS: FREEZER MEAL RECIPES THAT MAKE DINNER QUICK AND EASY (PAPERBACK)



## *Make Ahead Meals*

*Freezer Meal Recipes That  
Make Dinner Quick and Easy*

By Cassandra Cyr



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is a start-to-finish guide for Make Ahead Meals, otherwise known as freezer, or batch, cooking. This is an amazing concept that will save money, time, and your sanity. By making meals in advance your family will dine on healthy dishes while you enjoy the luxury of choosing when to cook based on your...

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- Authored by Cassandra Cyr
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