



# **Freezer Meals Cookbook: 23 Fast and Healthy Freezer Meals for Every Kitchen (reezer meals cookbook, freezer meals, freezer meal recipes)**

*Jeanna Gregg*

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## Freezer Meals Cookbook (FREE Bonus Included)

### 23 Fast and Healthy Freezer Meals for Every Kitchen

Does your busy lifestyle prevent you from cooking low-calorie homemade meals for yourselves, your family, your partner and your friends? And yet you wish to stay healthy and keep your ideal body weight. This book will help you in this. It will give you 23 recipes for healthy, simple and fast meals that you can freeze for up to three months. The freezer will preserve the nutrients, the flavor and the freshness of your meals. You will no longer have to buy fatty takeaways and fast food when hungry and when going to or back from work or when doing your household chores. Why waste money and gain weight, when you can prepare a larger quantity of the 23 simple, delicious and healthy meals offered in this book, freeze them and surprise your close ones simply by warming them up for breakfast, lunch or dinner?! Prepare healthy freezable snacks for your children in advance, freeze soups to warm you up in cold and dark days, make healthy freezer dishes for your family or guests and make and freeze low-calorie desserts for an energy boost.

### Here is what you will learn after reading this book:

- 6 freezer lunchbox recipes
- 3 freezable soups
- 9 freezing family meals
- 5 healthy freezer deserts

Freezing is indeed easy!

## Getting Your FREE Bonus

Read this book and see "**BONUS: Your FREE Gift**" chapter after the introduction or after the conclusion.

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