



# **Make Ahead Meals: 31 Fast and Easy Freezer Meal Recipes For a Whole Month Ahead (Make ahead meals, Freezer meal recipes, Freezer meals)**

*Jenny Stone*

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Would you like more time to relax at the end of a hard day? Never have to worry again about rushing home to cook the family meal? Have the opportunity to spend more quality time with your family? Plus make monetary savings?

These statements would certainly bring a resounding yes from most and these are some of the benefits that you can achieve with the help of this book. Make ahead meals or once a month cooking as it is also known is the simplest way to ensure that you have more time and can also provide you with many other benefits besides.

The chances are that you are already freezer cooking in a smaller way and whilst making meals ahead does require a certain amount of planning and organization the benefits will certainly be worth it. This type of cooking promotes efficiency and eliminates waste and the probably the best thing is that you can adapt your family's favorite foods so that everyone is happy.

## **Making meals ahead is not for everyone, so it's best to begin by exploring the idea in more depth and this book has been designed to cover the basics, including:**

- Get Organized
- The Shopping List
- Preparation
- Recipes
- Advantages of Once a month Cooking
- Disadvantages of Once a month Cooking

Take the challenge and you really will wonder why you have never embark on this before. Let's get cooking!

## **Getting Your FREE Bonus**

Download this book, read it to the end and see "**BONUS: Your FREE Gift**" chapter after the conclusion.

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