

Make Ahead Meals: Easy Freezer Recipes to Make Ahead for Cooking Breakfast, Lunch and Dinner Including Crockpot Freezer Meals



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This is a freezer recipe book packed with delicious make ahead meal ideas. It is also a complete guide to freezing foods. The freezer recipes will have you covered for breakfast, lunch, dinner with a few snacks and smoothies included too. Each recipe is accompanied by a picture so you can see what the finished recipe will look like.

Measurements are in both imperial and metric so the book is user friendly, no matter where you live in the world! I have also included charts and links to guidelines giving more information on freezer cooking, freezer organization and freezer thawing.

Make ahead meals can give us more precious time, they can save us money when we buy in bulk, and there isn't cooking and clean up at each meal time! You get more time to spend with your family or do the things you want to do. There are many ways to preserve food, freezing is just one of them. You can freeze individual foods or make ahead meals including pastries, soups and stews. Unexpected guests arriving on the door step can be stressful...not if you have some freezer recipes handy in the fridge. Life in the kitchen can be made a whole lot easier when you plan ahead. Cooking larger quantities of foods at once then freezing into smaller quantities and portions has many benefits. It's especially helpful if you have young children, are a shift worker or live on your own. It's wonderful getting home after a busy day and having a meal already prepared and ready to go. Instead of cooking every night, you can choose to cook double or triple every second or third night. Your kitchen will be a whole lot cleaner too! There will be far less mess and fewer dishes.

If you think smart and think ahead, you can be putting up your feet more often. Here is a look at what's inside the complete guide to cooking and freezing recipes book. I hope you like it! Tips for Freezing Foods Foods That Freeze Well Foods That Don't Freeze Well Freezing Tips and Guidelines How to Pack and Organize the Freezer Freezing Small Quantities How to Thaw Foods Correctly Apple Puree Pancakes Berry Acacia Smoothie Gluten Free Healthy Granola Crockpot Bean & Chicken Chili Easy Pizza Lentil Soup with Lemon Cream Creamy Broccoli Soup Pumpkin and Potato Soup Gluten Free Fish Sticks Quick Quinoa Salad Green Power Sauce Crockpot Olive & Chicken Soup Salmon & Zucchini Patties Meatballs in Tomato Sauce Chicken & Bacon Casserole Easy Beef Jerky Tuna Pasta Casserole Tasty Cheese Waffles Easy Salsa Chicken Beef Stroganoff Chicken Noodle Soup Meal Potstickers Crockpot Pork Ragù Quick Vegetable Pizza Cashew Crumbed Chicken Slow Cooker Creamy Beef Vegetarian Tortellini Macaroni Cheese Mushroom and Capsicum Frittata Moroccan Kebabs Basic Beef Bolognese Sauce Hearty Hungarian Goulash Teriyaki Pineapple Chicken Carob Health Truffles Banana Bender Muffins Cherry Chocolate Balls