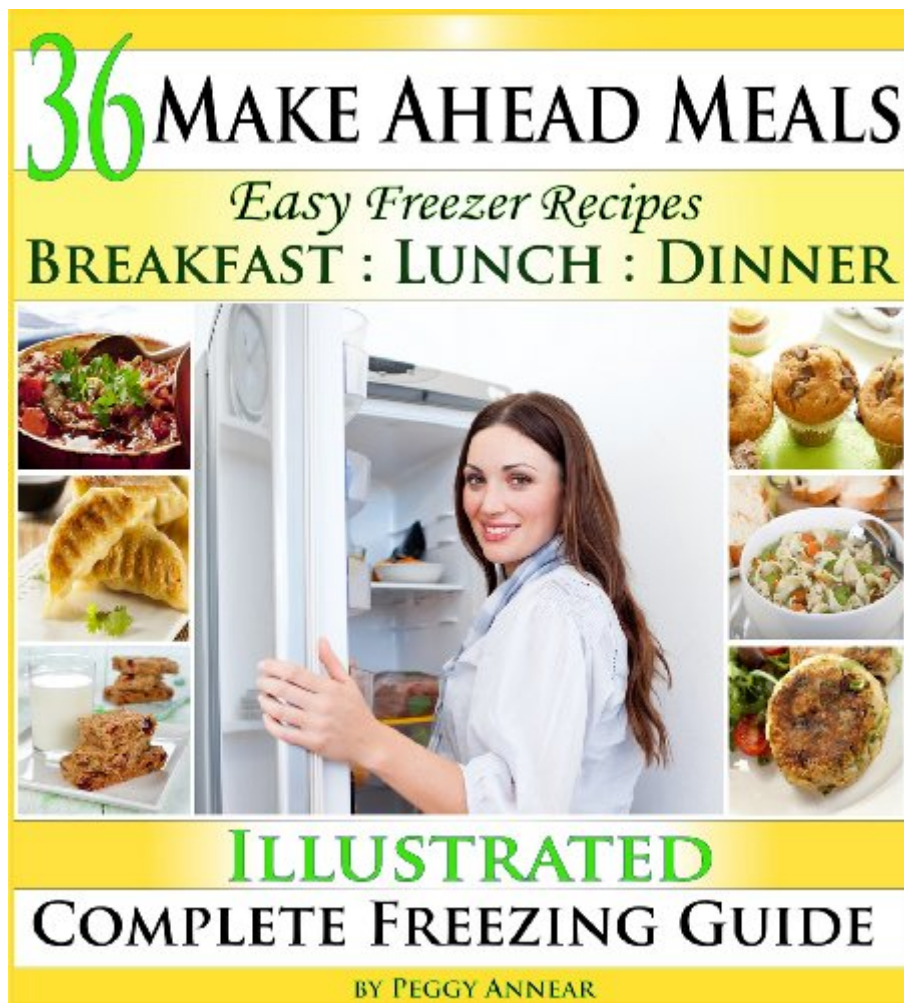


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# Make Ahead Meals: Easy Freezer Recipes To Make Ahead For Cooking Breakfast, Lunch And Dinner Including Crockpot Freezer Meals



## Synopsis

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

## Book Information

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## Customer Reviews

I loved this book! Peggy's helpful tips on freezing and planning ahead are simple and easy to follow. I especially loved the tip to put a ziplock bag in a plastic container, freeze it, then remove the container. I plan to clean out the freezer and start implementing Peggy's techniques. I plan to make the Easy Quinoa Salad this weekend and freeze half of it so I have healthy meals on hand. I love the variety of recipes. Plus they are very easy to follow. Highly recommend this freezing guide and recipe book!

This is a basic tip book on how to, what to, what not to, and how long to freeze meals. It's really as described a freezer recipe book with over 35 recipes. My problem with it is out of all those recipes there are only maybe two I would try and even then I would have to exchange some ingredients. I will be removing it from my kindle so I have space for books I can use. You may find you like the recipes. It simply wasn't for me.

I have two kids and not much time for cooking, so I'm always thinking of shortcuts and quick ideas. I bought this to generate some time-saving ideas, but I didn't realize how useful it's been! The author

has freezing tips, organization, rotating, and how long different foods last. She lists a wide variety of delicious and useful recipes, such as pancakes, smoothies, soups, pizza, crockpot recipes, muffins and sauces. After each recipe there's directions on how to freeze them (I never thought of placing a freezer bag in a container, freezing it, then removing the container for reuse!) Also, I already tried the pizza, as I have a lot of troubles with the taste of frozen pizzas. She recommends only partially cooking it, freezing, then when ready cooking it fully for 10 minutes. It tastes completely fresh!

Sometimes you just need to jog your memory, and this book does a good job of providing freezer cooking basics. No big surprises in this book, but it did motivate me to put freezer meals back on my menu for the sake of saving time.

Freezing Meals are really important in our family life. In the weekend, me and my girlfriend make our frozen food that we will eat during the week with our children. We tried two recipes last weekend: "Crockpot Chicken & Bean Chili" and "Salmon & Zucchini Patties." These are easy to make recipes. I recommend this book.

This is a very useful guide, all about freezing meals that you have made in advance, ready to bring out of the freezer on days when you are just too busy to make a healthy meal from scratch. Book includes plenty of helpful tips on how to package up food safely for freezing, a chart advising how long certain food types can be safely frozen for, as well as lists of foods that DO and DON'T freeze well. There are also many delicious recipes included - with the all important freezing directions added at the end!! highly recommend this book!

TOTAL BUMMER. I am self employed so I cook in bulk and freeze so that on work days I can just pop food in the oven or the microwave I was disappointed in the book Kind of felt robbed by it actually. All the stuff you already know or can google. Don't bother with it,

These meals are so easy to make, my favourite until now is the beef stroganoff. The tips on how to organize your freezer are so simple and pretty effective, because I always had a mess in my freezer. For example, now I put baking paper in between bags to separate them for stacking, I love this tip!

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