



Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook)

Imogen White

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BOOK #1: Freezer Meals: 16 Delicious And Healthy Freezer Meals With No Meat

Reducing our meat consumption has many benefits. Meat (especially organic or higher welfare meats) can be expensive, there are some health risks associated with a high meat diet (particularly cured meats) and the use of land for animal rearing rather than arable farming has significant global implications.

This book shows you how to cook delicious, straightforward meals which can be frozen in advance, saving you time and effort.

It includes recipes for dishes such as:

- • Breakfast blueberry pancakes
- • Beetroot veggie burgers
- • Chocolate chip cookies

With a little planning, you can stock your freezer with delicious, nutritious meals ready and waiting whenever you need them!

BOOK #2: Freezer Meals: 20 Healthy Crockpot Freezer Meals In 2 Hours

In this busy world that we live in, it is hard to find time to do the extra things, and even getting the normal day to day things done can be a challenge for many. Dinner happens to be one of those things.

As many of us would like to be able to toss dinner on the table in a matter of minutes, it is hard to do. With work, errands, household chores, and every other things that manages to come up in a day, it is remarkable we are able to get anything done at all.

Thank goodness for crockpots. These handy little things have been saving time and effort for years, and there are countless ways that you can use them, making it so easy to make them a part of your day, and free up the busier times of day later on.

That is what this book is about. Offering 20 different crockpot recipes that will fit any budget, any schedule, and any kind of eater. These meals are:

- Healthy
- Easy
- Tasty
- Budget friendly
- Exciting
- And perfect for any occasion

BOOK #3: Freezer Meals: 30 Day Make-Ahead Meals For Your

Busy Family. 25 Simple and Money Saving Recipes You Will Absolutely Love

If you're like a lot of people you spend a lot of time every day thinking about what you're going to feed your family. Yet, you're never really sure how you can go about making something that's going to be healthy (at least reasonably so), good tasting and quick (since no one has the time or energy to spend making meals for hours at a time. So what do you do?

If you're like a lot of people you decide that quick is going to take preference over healthy (or maybe you're one of those really good parents that chooses healthy over quick). No matter what you choose you spend a lot of time attempting to figure out meals and that means you're not spending that time with your family.

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Marian Storie:

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