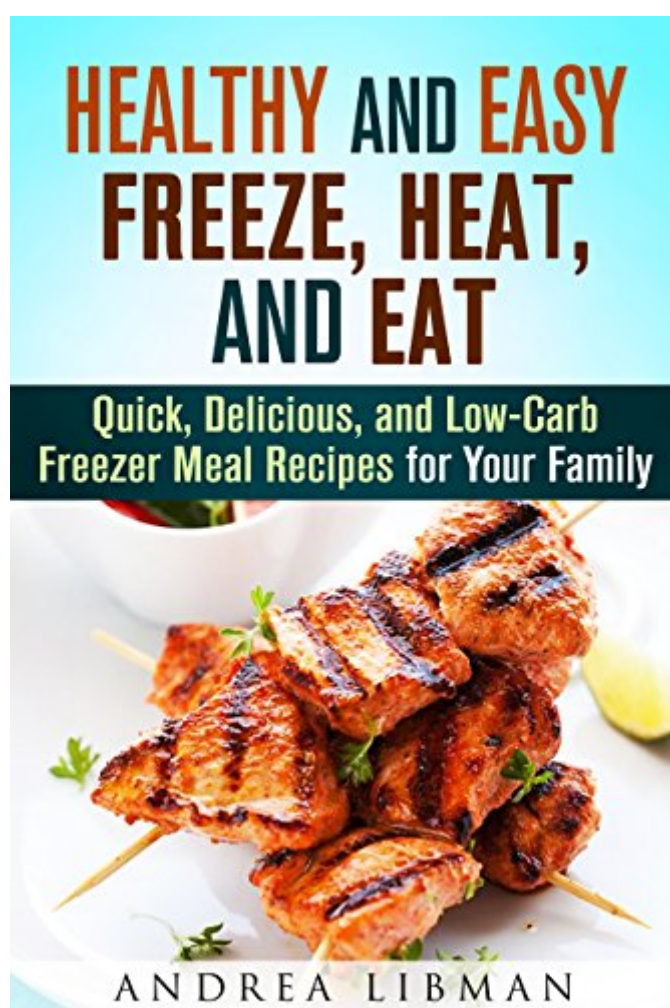


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# Healthy And Easy Freeze, Heat, And Eat Meals: Quick, Delicious, And Low-Carb Freezer Meal Recipes For Your Family (Microwave Meals)



## Synopsis

Eating healthy is something that many people think is time-consuming. The fantastic news is that it doesn't have to be! When you set yourself to planning ahead and have fantastic recipes that you can make ahead of time eating healthy becomes a joy. Meals that you make ahead of time and then freeze to eat later are some of the fastest and easiest to use in order to keep you on task. How often do you find yourself doing the weekly shopping and purchasing some of the frozen meals off the shelves to take as fast lunches for work or a fast dinner on a busy night? Chances are if you are like most American's you find yourself eating these meals several times a week. Chances are you have one in your freezer right now and if you do take a moment to go and look at the back of that freezer meal. Inside you will learn: 8 breakfast recipes 7 lunch recipes 17 dinner recipes 5 dessert recipes What are you waiting for? Don't delay and download this book today!

## Book Information

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## Customer Reviews

I feel so stressed when I get back from work and I absolutely have no interest in cooking at that time. So I just fill my stomach with crackers or ice cream. As it's not a healthy lifestyle I was thinking about cooking food for the week days during the weekends and just freeze it and heat it before

eating. I was looking for the recipes that could stay good for a longer time without altering its flavor. I am glad I found this book as the recipes are low in carbs as well. The recipes are easy to prepare and are good for health. I loved the concept and I am happy to follow.

This book contains recipes with milk, whole grains, sugar, honey, crackers - not low carb ingredients - disappointed in purchasing it.

I usually skip the cooking part due to the lack of time. So I depend on the ready made frozen meals. Having found that these frozen meals are rich in sodium which is not good for health, I have decided to cook at home. I found these recipes to be very easy and delicious. The advantages of going low carb was informative. Tips such as writing the date and using airtight containers were useful.

Freezer meals seem to have lots of benefits for our health, I've just learnt it from the book. Nice recipes, which are mostly new to me, I'm eager to try the most of them. It's not so complicated and really delicious.

I love the recipes in this little cookbook. They add a frugal and convenient way to help you keep on budget. Tasty and full of flavor, these meals are easy to put together and store in the freezer for convenient ways to use your crockpot.

I have been handling two jobs for the past few months. I feel like my personal time has been stripped away from me. I also can't bear the smell of cereal or fast food any more. Relying on outside frozen food doesn't seem to be a good idea. Preparing healthy recipes ahead of time and freezing it and heating it just before eating is very healthy, convenient and time saving. I found the recipes to be very delicious and easy. The portion and packaging control makes it easy on my budget. I'm saving a lot of time making my meals ahead of time and relishing on healthy food!

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