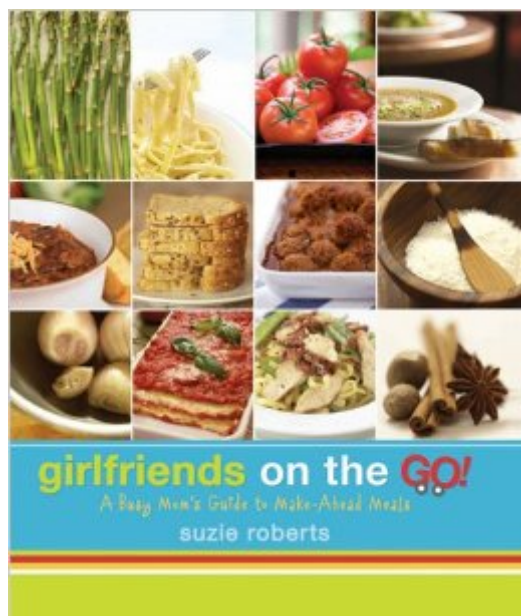


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# Girlfriends On The Go - A Busy Mom's Guide To Make-Ahead Meals



## Synopsis

Busy moms know that time is a precious commodity. Are you always looking for ways to increase the amount of time in a day? Is getting dinner on the table a nightly battle? Plenty of cookbooks claim to have recipes that take half the time that traditional dinners take to make. But author Suzie Roberts goes one step further: inexpensive, homemade meals in minutes that you don't have to make! *Girlfriends on the Go: A Busy Mom's Guide to Make-Ahead Meals* shows you how to round up other busy moms and organize your own Make-Ahead Meal Group. You each spend one night cooking a large batch of your favorite recipe, and then you get together and swap! Or, you can take advantage of the recipes and shopping lists and make and freeze your own Make-Ahead Meals. Having those pre-made ready-to-cook-and-serve meals in your freezer will save you from those panic trips to the nearest fast food restaurant. Cooking one large meal only once or twice a month also means that you don't have those hurried trips to the grocery store every other day. No more weekly menu planning, because a variety of home-cooked meals are already in your freezer. Let the simplicity and ease of Make-Ahead Meals untangle your life by allowing *Girlfriends on the Go: a Busy Mom's Guide to Make-Ahead Meals* show you how it's done. How to get started, frequently asked questions, and forms to start your own group are included, along with testimonials from those who love their Make-Ahead Meals Groups!

## Book Information

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## Customer Reviews

I recently got a big freezer and am anxious to put it to good use with this cookbook. There are several things about this recipe book that makes it great. 1. Organization--well organized to include chapters on tips, soup recipes(7), beef recipes(20), chicken recipes(32), pork recipes(13), and pizza

and pasta recipes(13).2. Ingredients--all are readily available. Not calling for tons of exotic ingredients/flavors that you never use. A majority do call for things like "cream of chicken soup" and the likes--so if you don't like cooking with these, you might not like the recipes.3. Cooking Instruction--Directions are plain and easy to follow. It gives you the options of what to do if you are cooking for that night or freezing. It tells you how to freeze and what to do when you take it out of the freezer.4. Tips--This has been the MOST helpful for me, allowing me to understand how I can use this same method with other meals that I make on a regular basis. Tips include different freezer methods, different ways to cook meats in bulk, and different foods that do not freeze well.5. Spiral Bound--Book lies flat when opened. Soooooo nice.6. Recipes--who isn't looking for new meal ideas? I've tried several recipes in this book to great success. Some I've liked better than others, but none that I've downright hated. They are all easy, some more complex than others, but all REAL meals that REAL people eat. Why only 4 stars? I've come across 2 small problems with this book.1. The author wants you to put EVERYTHING in disposable aluminum containers or freezer bags. I'm okay with the freezer bags, but she doesn't seem to have any imagination on how else to freeze products. For this reason, I do prefer another freezer book.2. Ingredients.

This book already has a good design, it's spiral bound which is perfect for anyone who is planning a day of cooking. This cookbook is tailored for a make-ahead meal group who prepare and freeze the same meal and then "trade" with another family for the same number of different meals in return. Very similar to the Fix, Freeze, Feast: More than 125 recipes to prepare in bulk and by the serving cookbook (which does not lay flat). It gives many ideas and suggestions for starting a make-ahead group, guidelines for meal costs, prices, menus, etc. Perfect for a MOPS group or whenever you just want to have extra meals to give away to shut-ins, in-laws, new families, etc. This cookbook outlines that you make 10 meals (all the same meal) and freeze to exchange within your group. Each meal feeds 6 adults and cost no more than \$75 total. Each family chooses the one meal they want to make, you can choose recipes from this cookbook or bring your own family favorite. There are excellent suggestions for cooking meat in bulk and which foods freeze well. The chapters are divided into soups, for the Minestrone Soup you purchase 10 lbs of ground beef, 20 cans of minestrone soup, 10 cans pork and beans, 10 cans black beans and dried onions. You divide it up into 10 "servings". There's a chapter of Beef, Chicken, Pork and Pizza/Pasta Recipes. No Fish recipes. The French Dip recipe calls for 10 rump roasts (does not give a size, I'm guessing 2-3 lb for a family of 6?) and 20 envelopes au jus mix. It would take some time to cook 10 rump roasts in a slow cooker as suggested (like 10 days) if you cooked one each evening.

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