



# Freezer Meals for a Cooler Life: The Secrets to a Stress-Free Life in the Kitchen

*Morgan White*

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We all love delicious foods! Specially if they are delicious AND healthy! The problem is that in these stressful times we are living in it is hard enough to cook, let alone make it yummy and healthy. Well, not anymore! Get ready to get all you want from the kitchen WHILE relaxing on the couch after a day's work! This book will be your best friend! Learn the recipes and methods so you can plan in advance and cook only every once or twice a week! Here you will only find recipes that are low-cost, easy, extra tasty and healthy! Just look at what you are getting: \*Chicken Freezer Meals \*Seafood Freezer Meals \*Pork Freezer Meals \*Vegetarian Freezer Meals You will also learn what you can and cannot freeze, the best way to bulk buying and more! Grab Your Copy Now!

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