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Fast Slow Cooker Freezer Meals: How to Create Quick & Easy Freezer Meals Using the Slow Cooker

Mely Gold

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cation Date: February 8, 2013 Have you wanted to make delicious and nutritious meals, while saving time and money? Fast Slow Cooker Freezer Meals is a new concept that focuses on combining freezer meals with the slow cooker. It includes information on what freezer meals are and how to make them in less time that the standard freezer meal cookbook As you make and use these recipes, you will see how quick and easy freezer meals can be, especially when using the slow cooker. Fifty-two recipes, with shopping lists, help you prepare meals for up to two months or in any combination you would like. By following the simple instructions in this book, you will: • Save time by not having to think up and prepare a meal every night • Have multiple meals to choose from that can be put together simply and almost already prepared • Save money by buying in large quantities and cutting down on frequent trips to the grocery store • Be able to serve a healthy nutritious meal without having to think up something to cook Each recipe includes detailed instructions on what to freeze and how to prepare and serve each dish. You can also choose to purchase all the ingredients, but not prepare the recipes ahead of time and make each meal completely on the day you want to serve it like you would a regular slow cooker recipe.

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