



# **Prep Freeze Serve: Easy Freezer Chicken Meals: Great Tasting, Great Value Meals You Can Create in Advance (A Home Life Book) (Volume 6)**

*Melinda Rolf*

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In today's busy world, it is not easy to find the time to prepare home cooked meals for your family. Meal planning can be a daunting task. But there is a solution. It's called "Prep, Freeze, Serve" (The chicken Edition) A simple and inexpensive way for you to make sure there is a delicious, inexpensive and more importantly, a healthy home cooked meal each and every evening. For many busy parents, Eating out or buying take-out is often the choice they make for the family evening meal. This is a very expensive option unless you chose fast food, which as we all know is extremely unhealthy and consists of low or no nutritional value. By buying your groceries ahead of time in bulk, you can save hundreds of dollars over time. Shopping at stores such as Costco, Sam's Club and other warehouse type places, can help your grocery bills start to diminish very quickly. But we also know that buying in bulk is not cost effective if those foods are left in the fridge too long and end up getting thrown away. This freezer meals recipe book will show you how to • Buy your groceries in bulk ahead of time • Fix delicious healthy chicken freezer meals • Freeze them until you need them • Reheat and serve With scrumptious recipes such as: Salsa Verde Chicken Chicken and Bow Pasta Wild Rice Chicken Curried Chicken Thighs with Buttery Croutons Rich Chicken Stew Cheesy Basil Stuffed Chicken Breast Grilled Island Chicken Chicken Casserole with Red Wine, Ham and Peppers ..and many more, you will delight your family and friends with a fabulous and nutritious home cooked freezer meal for every occasion. Get this book today and you will be on your way to preparing nutritious, healthy and delicious chicken freezer meals for your whole family.



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