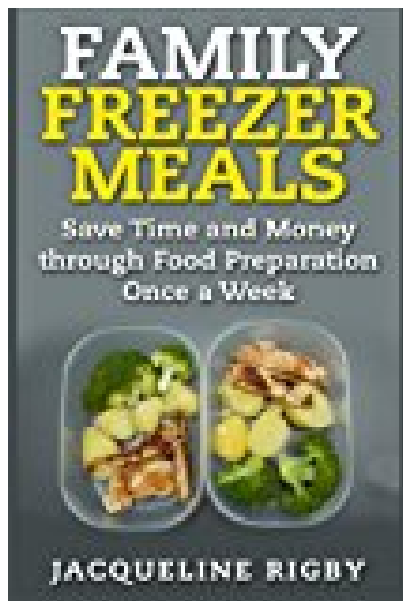


# Family Freezer Meals Save Time and Money through Food Preparation Once a Week

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## BOOK DETAILS

- Author : Jacqueline Rigby
- Pages : 32 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1511981210

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## **BOOK SYNOPSIS**

Mimi Wilson and Mary Beth Lagerborg are back with a brand new book that features their Once-A-Month Cooking™ technique guaranteed to save time and money. Filled with all-new cycles - two one-month cycles, two two-week cycles, and three specialty cycles: gourmet, summer, and gluten-free - their trademark method remains the same: You shop for an entire cycle all at once, buying in bulk and saving money. You do all the food prep for the cycle the next day, freezing and refrigerating what needs to be kept cold, stocking the pantry when appropriate. Then, as the family assembles for mealtime, you do some quick finishing and it's ready - fast and delicious! Once-a-Month Cooking™ Family Favorites has something for every kind of eater and includes such soon-to-be favorites as: -Adobe Chicken -Baked Mediterranean Cod -Chicken Wild Rice Soup -County-Style Ribs -Texas-Style Lasagna With the perfect plan in hand and bulk shopping at economically-friendly prices, the Once-A-Month Cooking™ technique is a surefire way to get a delicious dinner on the table fast so that you can spend more time with your family!

### **FAMILY FREEZER MEALS SAVE TIME AND MONEY THROUGH FOOD**

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