



## Make-Ahead Meals Made Healthy Exceptionally Delicious and Nutritious Freezer-Friendly Recipes You Can Prepare in Advance and Enjoy at a Moments Notice

By Michele Borboa

Fair Winds Press. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 9.0in. x 8.0in. x 0.7in. Dazzle your dinner table with homecooked meals every night of the week! Serve your family the best, most nutritious food AND save time and money with this mega-delicious guide to preparing meals you can fix-and-freeze now and enjoy any night of your crazy-busy week! Unlike the sodium-laced, preservative-filled meals you might find in your grocers freezer aisle, Make-Ahead Meals Made Healthy features all-natural recipes full of flavors that come to life the instant you reheat them so your meals don't just taste as good as the day you stored them away, but even better. In addition, you'll find great tips and advice on how to best prep, store, and reheat every single recipe, making mealtime prep a cinch for any member of your household. From comforting casserole and lasagna recipes made new again with fresh veggies and whole grains, to hearty and wholesome breakfast baked goods and sweet treats, you'll discover so many healthy must-make recipes inside that you may need to get a larger freezer! Such show-stopping recipes include: Baked Whole Wheat Pasta with Turkey Sausage, Pesto, and Fontina Saucy Succulent Saffron Chicken Rave-Worthy Apricot Pistachio Rice Pilaf Tantalizing Teriyaki...



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### Reviews

*Simply no words to spell out. It can be rally fascinating throug studying period of time. You will not really feel monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).*

*-- Dr. Isabella Turner*

*This book is definitely worth getting. It usually will not price too much. Its been printed in an extremely simple way in fact it is only right after i finished reading this publication where basically altered me, modify the way i think.*

*-- Avery Daugherty*