



Freezer Meals: Delicious, Money-Saving Meals to Feed your Family: Freezer Meals, Meals, Delicious Meals, Money-Saving, Dinner

Kathy Oriz

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Freezer-meal cooking is planning and making meals in advance which can be frozen easily for a later use. It is as simple as just doubling the recipe and eating one part that day and freezing the remaining for later. Or, freezer-meal cooking could take form of exchanging pre-prepared frozen-meals with friends.

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Larry Hayes:

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