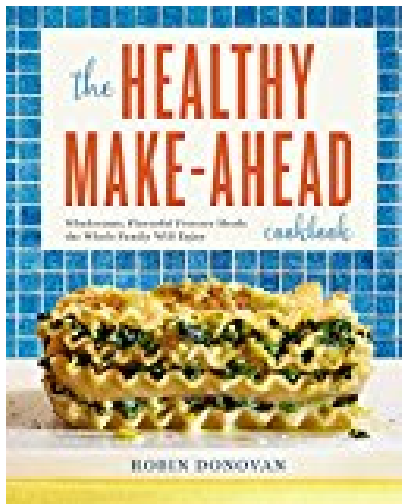


The Healthy Make-Ahead Cookbook Wholesome Flavorful Freezer Meals the Whole Family Will Enjoy



BOOK DETAILS

- Author : Robin Donovan
- Pages : 200 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN :



BOOK SYNOPSIS

Presents recipes for nutritious, healthy dishes which can be prepared ahead of time and frozen, with instructions on preparation and storage and including such options as appetizers, soups, stews, casseroles, side dishes, main courses, and desserts.

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