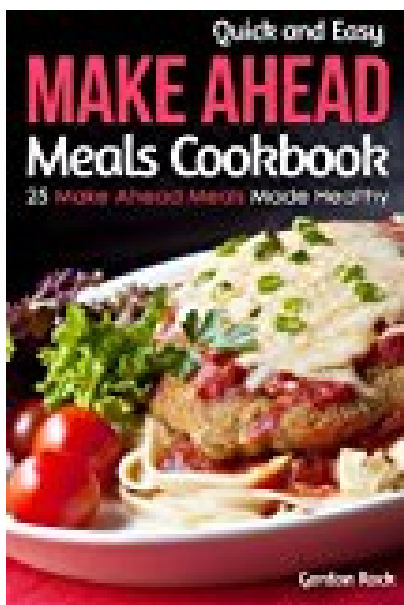


Quick and Easy Make Ahead Meals Cookbook 25 Make Ahead Meals Made Healthy



BOOK DETAILS

- Author : Gordon Rock
- Pages : 62 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 150847852X



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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