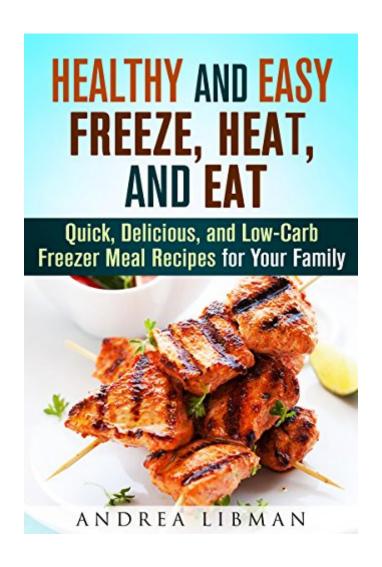
The book was found

Healthy And Easy Freeze, Heat, And Eat Meals: Quick, Delicious, And Low-Carb Freezer Meal Recipes For Your Family (Microwave Meals)





Synopsis

Eating healthy is something that many people think is time-consuming. The fantastic news is that it doesn't have to be! When you set yourself to planning ahead and have fantastic recipes that you can make ahead of time eating healthy becomes a joy. Meals that you make ahead of time and then freeze to eat later are some of the fastest and easiest to use in order to keep you on task. How often do you find yourself doing the weekly shopping and purchasing some of the frozen meals off the shelves to take as fast lunches for work or a fast dinner on a busy night? Chances are if you are like most American's you find yourself eating these meals several times a week. Chances are you have one in your freezer right now and if you do take a moment to go and look at the back of that freezer meal. Inside you will learn:â ¢8 breakfast recipesâ ¢7 lunch recipesâ ¢17 dinner recipesâ ¢5 dessert recipesWhat are you waiting for? Donâ TMt delay and download this book today!

Book Information

File Size: 1742 KB

Print Length: 100 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 4, 2015

Sold by: A Digital Services LLC

Language: English

ASIN: B014XJ7A6A

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #300,824 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Microwave Cookery

#42 in Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #331

in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

I feel so stressed when I get back from work and I absolutely have no interest in cooking at that time. So I just fill my stomach with crackers or ice cream. As it's not a healthy lifestyle I was thinking about cooking food for the week days during the weekends and just freeze it and heat it before

eating. I was looking was the recipes that could stay good for a longer time without altering its flavor. I am glad I found this book as the recipes are low in carbs as well. The recipes are easy to prepare and are good for health. I loved the concept and I am happy to follow.

This book contains recipes with milk, whole grains, sugar, honey, crackers - not low carb ingredients - disappointed in purchasing it.

I usually skip the cooking part due to the lack of time. So I depend on the ready made frozen meals. Having found that these frozen meals are rich in sodium which is not good for health, I have decided to cook at home. I found these recipes to be very easy and delicious. The advantages of going low carb was informative. Tips such as writing the date and using airtight containers were useful.

Freezer meals seem to have lots benefits for our health, lâ ™ve just learnt it from the book. Nice recipes, which are mostly new to me, lâ ™m eager to try the most of them. Itâ ™s not so complicated and really delicious.

I love the recipes in this little cookbook. They add a frugal and convenient way to help you keep on budget. Tasty and full of flavor, these meals are easy to put together and store in the freezer for convenient ways to use you rcrockpot.

I have been handling two jobs for the past few months. I feel like my personal time has been stripped away from me. I also can't bear the smell of cereal or fast food any more. Relying on outside frozen food doesn't seem to be a good idea. Preparing healthy recipes ahead of time and freezing it and heating it just before eating is very healthy, convenient and time saving. I found the recipes to be very delicious and easy. The portion and packaging control makes it easy on my budget. I'm saving a lot of time making my meals ahead of time and relishing on healthy food!

Download to continue reading...

Healthy and Easy Freeze, Heat, and Eat Meals: Quick, Delicious, and Low-Carb Freezer Meal Recipes for Your Family (Microwave Meals) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrade, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Freezer Meals: 26 Make-Ahead Low Carb

Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Freeze, Heat and Eat Box Set (5 in 1): Budget-Friendly, Low Carb, Microwave, Dump Freezer Meals for Busy People (Microwave Meals & Recipes) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low-Carb Freezer Meals Box Set (6 in 1): Healthy Meals to Choose and Prepare in One Day for the Whole Week (Low Carb & Microwave Meals) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb Dump Meals: 30 Tasty, Easy and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb: Low Carb Dumb Meal Recipes For Weight Loss, Energy and Vibrant Health (Clean Eating)

