

Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook)

Julie Eldred

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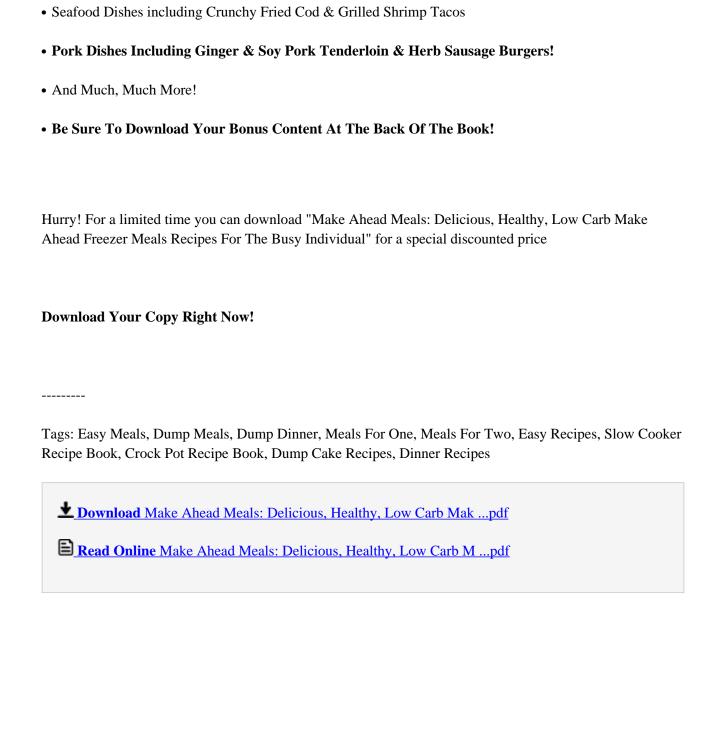
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## Here's A Preview Of The Recipes You'll Find Inside...

- An Introduction To Make Ahead Meals
- Beef Recipes Including Easy Pepper Steak & Italian Enchiladas
- Poultry Recipes Including Turkey Burgers & Chicken Tandoori



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