



## Freezer Meals: Delicious Gluten-Free Slow Cooker Recipes for Make-Ahead Meals That Will Save Your Time and Improve Your Health (Weight Loss Plan Series) (Volume 4)

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By Goodman, Annete

CreateSpace Independent Publishing Platform, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Discover Delicious and Quick Gluten-Free Slow Cooker Recipes for Make-Ahead Meals That Will Save Your Time and Improve Your Health As a busy businesswoman, wife and mom I know exactly how hard it is to prepare healthy and tasty meals for me and my family everyday, especially when they have to be gluten-free See yourself that gluten-diet doesn't have to be bland, and home cooking doesn't have to be time-consuming -Most of these recipes can be prepared in no more than 30 minutes and then just effortlessly cooked in your crockpot when you're at work or doing your business -I included a shopping list inside to save your precious time. -No matter if you are gluten intolerant or not - these meals are delicious, healthy and suitable for everyone -In this book you will also find freezing and thawing safety guide. These recipes will enrich your culinary experience and let you save massive time Table of Contents: Chapter 1: Shopping List Freezing Guidelines Freezer Food Safety Chapter 2: Soups Tomato Soup Mexican Chicken Soup Broccoli Soup Vegetable beef soup Chicken Noodle...



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