



Cheap and Delicious Box Set: 31 Fast Freezer Meal Recipes For Money Saving and 33 Easy to Follow Steps For Canning, Freezing, Dehydrating your Favourite ... Delicious, cheap meals, Make Ahead Meals)

Jenny Stone, Emma Moore, Melvin Garcia

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BOOK #1: Make Ahead Meals: 31 Fast and Easy Freezer Meal Recipes For a Whole Month Ahead

Would you like more time to relax at the end of a hard day? Never have to worry again about rushing home to cook the family meal? Have the opportunity to spend more quality time with your family? Plus make monetary savings?

These statements would certainly bring a resounding yes from most and these are some of the benefits that you can achieve with the help of this book. Make ahead meals or once a month cooking as it is also known is the simplest way to ensure that you have more time and can also provide you with many other benefits besides.

Making meals ahead is not for everyone, so it's best to begin by exploring the idea in more depth and this book has been designed to cover the basics including:

- Get Organized
- The Shopping List
- Preparation
- Recipes
- Advantages of Once a month Cooking
- Disadvantages of Once a month Cooking

Take the challenge and you really will wonder why you have never embark on this before. Let's get cooking!

BOOK #2: Cheap and Delicious: Top Secrets For Money Saving while Cooking and Serving Delicious Meals

Are you ready to learn how to save money on your grocery budget? Do you think that it's impossible to eat delicious foods on the cheap? Well, you can save money and continue to treat your family to delicious meals. In this ebook you will learn the top secrets to slashing your grocery budget. You won't just be eating beans and rice.

Here is what you will learn after reading this book:

- How to save money on your favorite products
- Learn how to buy and preserve fresh produce
- Learn why you should shop the clearance items
- Examine the Farmers' Market and learn ways to save even more money while you're there

BOOK #3: Preserving Food: 33 Easy to Follow Steps For Canning, Freezing and Dehydrating Your Favorite Fruits and Vegetables

A wonderful how-to guide to begin preserving your fruits and vegetables.

Stop throwing wasted food and money down the drain. This 33 step guide to preserving your fruits and vegetables will show you step-by-step how to start preserving today. Learn about the most popular forms of preserving, which are canning, freezing, and dehydrating. This quick little guide talks about everything from tools and equipment you need, how to store your finished products, and even some easy beginner recipes. Preserving your food is a great way to get that fresh produce to last all year long.

Preserving fruits and vegetables yourself allows you to control what is going into your food. No scary ingredients, chemicals, artificial colors, and "natural" flavors. Preserving allows you to serve your family delicious produce all year long.

This guide will show you the benefits and how easy it is to start preserving:

- All the tools and equipment you'll need to get started
- Simple to follow step-by-step instructions
- Easy troubleshooting
- How to store your preserved fruits and vegetables
- General shelf life for each method

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the

conclusion.

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Henry Carlino:

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Kent Brown:

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Shelia Tonn:

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