



# Seriously Good Freezer Meals: 150 Easy Recipes to Save Your Time, Money and Sanity

*Karrie Truman*

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## **Seriously Good Freezer Meals: 150 Easy Recipes to Save Your Time, Money and Sanity** Karrie Truman **Don't Freeze Up at Meal Time -- Reach Into the Freezer Instead**

Let's admit it: we all want to save time and money while still putting healthy and tasty homemade food on the table. But how? Karrie Truman, creator of the much-beloved blog Happy Money Saver, is going to let you in on a secret: the answer is freezer meals.

When she was an exhausted young mom, Karrie found herself serving processed or fast food at the end of a busy day even though she knew it wasn't what she wanted her family to be eating. Then she discovered freezer meals. Immediately, she had home-cooked, easy and delicious food at her fingertips and more time to spend with loved ones.

In *Seriously Good Freezer Meals*, Karrie shares 150 recipes photos that will change the way you think about freezer cooking. You won't find your mother or grandmother's freezer meals here (except lasagna, of course). Her recipes include Morning Energy Bars, Empanada Hand Pies, Coconut Cashew Basil Curry Soup, Smoky Grilled Louisiana Turkey Legs, and Layered Chocolate Mousse Cake with tons of vegetarian, gluten-free and vegan options, too. Plus, she adds a bulk-batch chart for ease in making large quantities of each freezer-meal recipe.

Karrie gives you all the tools you need to become a freezer-meal genius: information on shopping, cooking, freezing, thawing and everything in between. The book includes beginner, intermediate and advanced meal plan programs to guide you in cooking 7 to 50 meals in a day. You read that right: 50 meals in a day. No more excuses: it's time to start cooking delicious meals that will have you feeling anything but left out in the cold!

## **Seriously Good Freezer Meals: 150 Easy Recipes to Save Your Time, Money and Sanity** **Details**

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# **From Reader Review Seriously Good Freezer Meals: 150 Easy Recipes to Save Your Time, Money and Sanity for online ebook**

**Amy Bell says**

Can't wait to try out some of these recipes!

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**H says**

Pros: Decent looking recipes, ingredient multiplication based on how many portions you're making/freezing, and instructions for whether you're making the recipe same day or freezing it for later.

Cons: A handful of the recipes would not really save time by being frozen (e.g. 1 or 2 ingredients to a meat); still have to make the food myself and doesn't magically appear in my freezer

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**Britt, Book Habitue says**

I LOVE the way this book is set up and organized. The conversion charts for each recipe are awesome. Sadly needed some better editing... I found at least 2 places where the page number was listed wrong and there were some awkward instructions that should have been cleaned up. (Which is really too bad... it's a disservice to a great book.)

Like another reviewer said, some of these don't seem to be saving any time as a freezer meal, though if you wanted to make freezer meals for a new mom or something they would still be good and there's something to be said for being able to pull it out of the freezer without having to think.

(Received for review)

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**David McClendon, Sr says**

We are constantly looking for ways to save time and money in the kitchen. We think Seriously Good Freezer Meals is a great way to do both.

In this book, you will find a lot of helpful information. The author gives readers a how-to-do-it guide in the front of the book and then 150 recipes with instructions for how to multiply each recipe. That way, if you only want to make one meal, you can.

We are provided with step-by-step instructions on preparing, cooking, freezing, and heating to serve each recipe.

Readers are also given instructions of what to do if they want to make the meal to serve now as opposed to freezing it for later.

We give Seriously Good Freezer Meals all five stars. The pictures alone are worth all five stars. This should

be a part of your How to Manage Your Monkey budget meal planning.

We were sent a complimentary copy of this book. We are under no obligation to write any review, positive or negative.

We are disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.

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### **NaDell says**

SO many awesome recipes with full color pictures and measurements for making much larger batches included on the same page. Tips for making recipes gluten free, and with from scratch or from store bought shortcuts, make cooking with Karrie so easy to do with any budget or skill level. I love how the sections are divided with great meals and sauces.

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