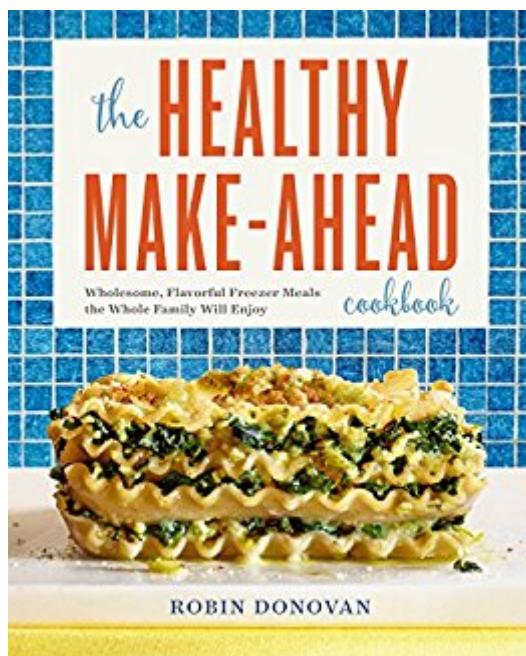


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# The Healthy Make-Ahead Cookbook: Wholesome, Flavorful Freezer Meals The Whole Family Will Enjoy



## Synopsis

Make ahead meals have always been convenient. Now, with The Healthy Make Ahead Cookbook, these hassle-free meals are wholesome and nutritious, too! The ease and practicality of make ahead meals is undeniable. The nutritional value of these meals, however, is far less appealing as they often rely on fattening, processed ingredients. Freezer-meal aficionada Robin Donovan has discovered the secret to creating make ahead meals for your family that are convenient and nutritious. By using nutrient-rich whole foods, Robin has worked around the troubling ingredient requirements found in many other make ahead cookbooks, such as copious amounts of cheese, pasta, unwanted additives like sugar or sodium, and processed ingredients like canned soups. In The Healthy Make Ahead Cookbook Robin brings her make ahead know-how to your kitchen, proving that you really can eat healthier and reduce stress, while saving money and time. Simple and fun, The Healthy Make Ahead Cookbook offers:

More than 100 healthful, straightforward recipes made with real foods and without heavily processed, artificial ingredients

Meal plans for when there's even less time including back-to-school, birth of a baby, holiday season prep, and more

Guidance for throwing your own freezer party so you and your friends can stock your freezers fast

Affordable, easy-to-find ingredients that you already shop for and are familiar with

Fill your freezer with delicious, nourishing family meals like Tandoori-Style Chicken, Slow Cooker Pulled Pork, and Baked Penne Puttanesca straight from the pages of The Healthy Make Ahead Cookbook.

## Book Information

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## Customer Reviews

I really found some helpful ideas in this book.

First time I have ever read a cook book that has great information on how to bout only prepare, but store and reheat it as well. It makes it so easy for my on the go family. I'm really glad I got this book.

Loved her knowledge of freezing foods both cooked and uncooked. I love the style in which this book is written. Recipe books should all be so helpful. The book is only missing specific, itemized nutritional information as you might find on prepared food from the store. However, she does use some of the most healthiest ingredients available. I will look for future writing from her.

I love this book. It is put togther so well, the recipes are categorize in an easy to find fashion. Some of them sound amazing. My favorite part is the kitchen staples. There are sauce recipes in their I have been looking for.

Love the recipes. Easy to understand and let you know if it is possible and when possible to freeze. The only other thing I would find helpful for me is the Nutritional Values as I am watching my carbs and sugar and cholesterol. I love to be able to make ahead meals especially for those really busy days.

The author talks about why she decided to start making "healthy make ahead meals" and how it has progressed into her regular lifestyle. We are in a time of "no time" for anything but grab and go, and we all know that most of that type of food is loaded with fat and calories. She goes into the basics, which includes equipment, must-haves, money saving tips, and the nice to have. Then there is a section about methods, what to avoid, the art of storage and meal planning as well as thawing foods safely and healthy freezer hacks. In chapter 2, the author gives you a list of meal plans from back to school to different types of parties. The recipes are well laid out and easy to follow. I wish the author had put a Nutrition Facts list for the recipes, you can tell by the

ingredients that they are healthy but for people who need to keep track of this, and you will have to figure it out with each ingredient.

What a helpful book! I am not a fan of those make ahead meals where you just throw everything in a ziplock bag and then toss it into a crock pot. Some are alright, but most are boring. What I love about this book is that it is real meals that freeze well and can be reheated in other ways! There are real recipes that are healthy and delicious! Shepherd Pie and a Salsa Verde Shrimp Enchilada Bake are just two of my favorite recipes! There are meals for breakfast, lunch, supper, and even dessert! They all include ingredients that freeze and reheat well! So say goodbye to microwave meals and takeout, and spend your free days making healthy tasty meals that you can reheat when you are in a hurry! I received a copy of this book free from the publisher.

It seems I have been in the position to either cook ahead of time, or wind up eating out or getting take out and definitely not eating as well as I want. My partner was recently diagnosed with high blood pressure, so having healthy meals available is even more important to me now. I really enjoyed the way this book was broken down, from basics, to meal plans, breakfast, meat and poultry, vegetarian, desserts and much more. I plan to use this book often. If you ever feel tired of just making the same old thing, or struggle putting together a meal plan for the week and wind up wasting food or not having the ingredients you need, I would recommend the Healthy Make-Ahead cookbook. I received a free copy from the publisher with the option of writing an honest review.

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