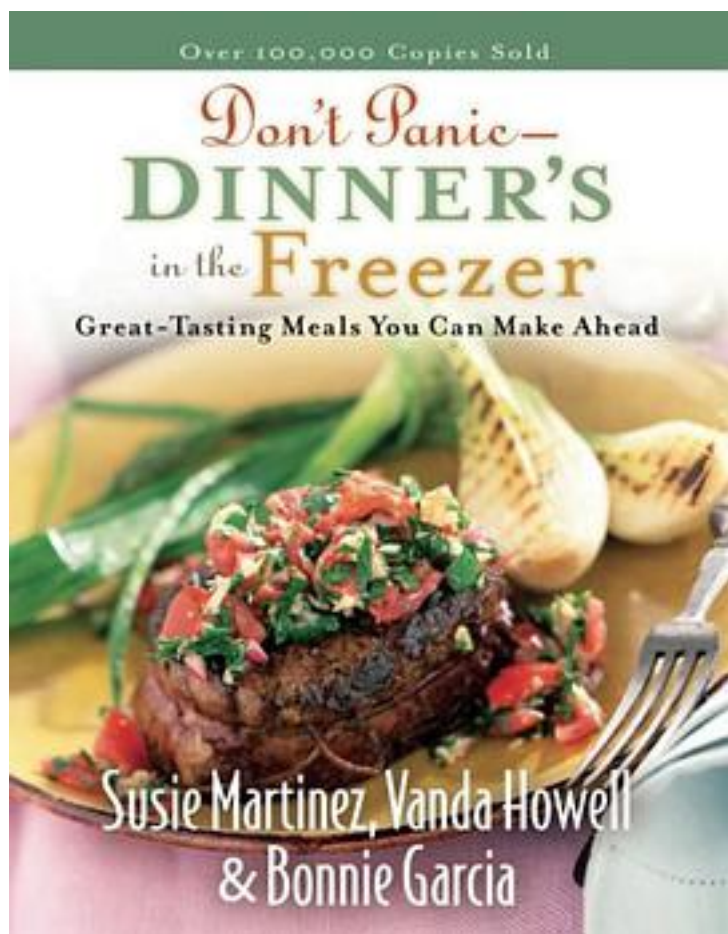


# Don't Panic - Dinner's in the Freezer



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Hectic lifestyles and over-full schedules make traditional cooking methods nearly obsolete in many families. The results are poor nutrition and budgets strained by the high cost of fast food or commercially prepared meals. Don't Panic-Dinner's in the

Freezer offers a simple and economical alternative, featuring dozens of recipes designed to be prepared and frozen for future use. With over 23,000 copies sold in its original self-published edition, this book gives practical tips for planning, organizing, and shopping for meals, as well as unique ways to freeze and reheat prepared foods. Every recipe includes measurements for cooking alone or as a joint venture with one or two friends. Families, singles, retirees-everyone who needs to eat-will find fast and easy answers to the question, "What's for dinner?"

作者介绍:

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