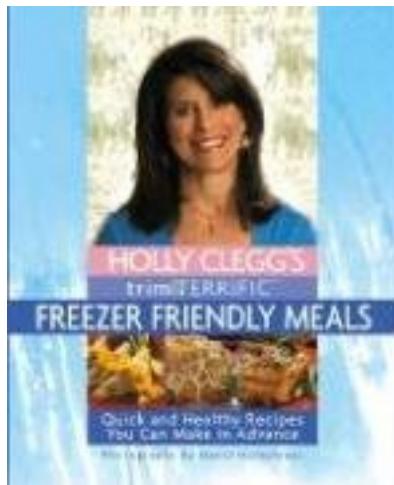


Holly Clegg's Trim & Terrific Freezer Friendly Meals



[Holly Clegg's Trim & Terrific Freezer Friendly Meals 下载链接1](#)

著者:Clegg, Holly

出版者:Running Pr Book Pub

出版时间:2006-11

装帧:HRD

isbn:9780762425976

Planning delicious, healthy meals for every day of the week can be time-consuming and frustrating. But with Holly Clegg's Trim & Terrific Freezer Friendly Meals, the next installment in the tremendously successful Trim & Terrific series, busy cooks can tackle weekly menus in a day or two, and spend the rest of the week enjoying the tasty rewards of their labor! In this handy cookbook, home chefs will find more than 200 of Holly's favorite freezable recipes, all of which are designed for real-life cooks who want to prepare healthy and appetizing meals in advance without spending hours in the kitchen. This great resource includes menus for the week and special occasions, pantry stocking tips, advice on cooking light, suggestions for substitutions, and useful kitchen shortcuts. With Holly Clegg's Trim & Terrific Freezer Friendly Meals, busy home chefs have a valuable tool to help them cut out time spent in the kitchen—make-ahead meals!

作者介绍:

目录:

[Holly Clegg's Trim & Terrific Freezer Friendly Meals_下载链接1](#)

标签

评论

[Holly Clegg's Trim & Terrific Freezer Friendly Meals_下载链接1](#)

书评

[Holly Clegg's Trim & Terrific Freezer Friendly Meals_下载链接1](#)