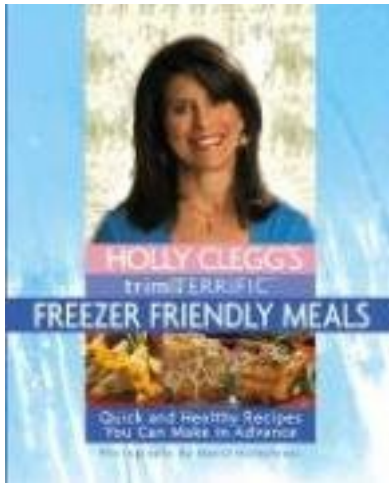


# Holly Clegg's Trim & Terrific Freezer Friendly Meals



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著者:Clegg, Holly

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Planning delicious, healthy meals for every day of the week can be time-consuming and frustrating. But with Holly Cleggs 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 Hollys 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 Cleggs 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:

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