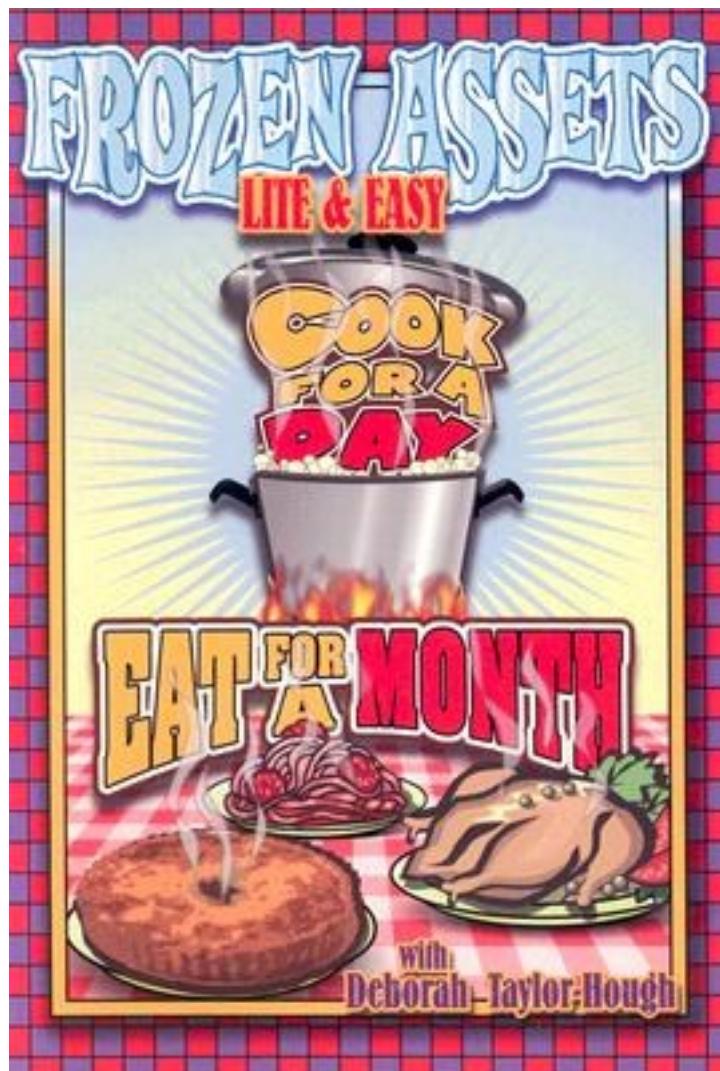


# Frozen Assets Lite and Easy



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著者:Taylor-Hough, Deborah

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Low-fat, lower-calorie bulk cooking from bestselling author Deborah Taylor-Hough. Through the bestselling cookbook *Frozen Assets*, Deborah Taylor-Hough became known as the "once-a-month" cooking expert. She taught people how to increase time at the family table while decreasing time in the kitchen and drive-thru lanes. She also saved more than \$24,000 over a five-year period and taught readers to do the same. In *Frozen Assets Lite and Easy*, Taylor-Hough is back with a book of lowfat, lower-calorie meal plans that use the same time-saving and cost-effective methods. Why cook every night when you can cook once a week for seven (or more) delicious, healthy, family-approved meals? *Frozen Assets Lite and Easy* shows readers how to be healthy while still saving time and money, with shopping lists, recipes, and detailed instruction on how to make freezer cooking work for you.

作者介绍:

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