

Frozen Assets



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出版者:

出版时间:2009-6

装帧:

isbn:9781402218590

Deborah Taylor-Hough, who saved \$24,000 on her family's total grocery bill during a five-year period, offers up kid-tested and family-approved recipes in "Frozen Assets", plus bulk cooking tips for singles, shopping lists, recipes for two-week and 30-day meal plans, and a 10-day plan to eliminate cooking over the holidays. Cooking for the freezer allows you to plan ahead, purchase items in bulk, cut down on waste, and stop those all-too-frequent trips to the supermarket. The hands-down authority on once-a-month cooking, "Frozen Assets" gives you a step-by-step plan to simplify and revolutionize the way you cook.

作者介绍:

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