



Make-Ahead Meals Made Healthy: Exceptionally Delicious and Nutritious Freezer-Friendly Recipes You Can Prepare in Advance and Enjoy

Michele Borboa

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Cook the best, most nutritious food for your family and save time and money with this mega-delicious guide to preparing meals you can fix-and-freeze now and enjoy any night of your crazy-busy week!

Unlike the sodium-laced, preservative-filled meals you might find in your grocer's freezer aisle, the recipes in this book feature wholesome ingredients full of flavors that harmoniously come to life the instant you reheat them—so your meals don't just taste as good as the day you stored them away, but better!

From comforting casserole and lasagna recipes made new again with fresh veggies and whole grains, to show-stopping breakfast baked goods and sweet treats, you'll discover so many “must-make” recipes inside that you may need to consider a larger freezer!



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