



Frozen Assets: Cook for a Day, Eat for a Month

Deborah Taylor-Hough

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The best-selling freezer-based cookbook, with more than 22,000 copies sold.

This breakthrough cookbook delivers a program for readers to cook a week or month's worth of meals in just one day by using easy and affordable recipes to create a customized meal plan. 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 ten-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 drive-thru. 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.

"Finally, a realistic way to combine the cost-effectiveness of cooking from scratch with the convenience of quick and easy meals!" -Mary Hunt, author of *The Financially Confident Woman*

"Belongs in every family's kitchen! One of the best time - and money - savers a busy family can have." -The Dollar Stretcher

"Offers relief to those tired of eating restaurant fare or expensive, over-packaged convenience foods at the end of a hard day." -Library Journal

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From reader reviews:

James Lapham:

Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try matter that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Frozen Assets: Cook for a Day, Eat for a Month, it is possible to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

Faye Wilson:

Frozen Assets: Cook for a Day, Eat for a Month can be one of your starter books that are good idea. All of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort that will put every word into pleasure arrangement in writing Frozen Assets: Cook for a Day, Eat for a Month however doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be considered one of it. This great information may drawn you into brand-new stage of crucial contemplating.

Linda Caron:

The book untitled Frozen Assets: Cook for a Day, Eat for a Month contain a lot of information on that. The writer explains your ex idea with easy technique. The language is very clear and understandable all the people, so do not worry, you can easy to read the idea. The book was compiled by famous author. The author gives you in the new period of time of literary works. You can easily read this book because you can read on your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and order it. Have a nice learn.

Clifford Harvey:

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