

# 45 Recipes by Registered and Licensed Dietician: Make Ahead and Freeze for Convenience

In today's fast-paced world, convenience is key. Who has time to cook every single meal from scratch? That's where *45 Recipes by Registered and Licensed Dietician: Make Ahead and Freeze for Convenience* comes in. This cookbook is filled with delicious and nutritious recipes that you can make ahead of time and freeze for later.

## About the Author

The author of *45 Recipes by Registered and Licensed Dietician: Make Ahead and Freeze for Convenience* is a registered and licensed dietician with over 10 years of experience. She has a passion for helping people eat healthy and live well. She knows that cooking can be a challenge, especially when you're short on time. That's why she created this cookbook, to make it easy for people to enjoy healthy and delicious meals, even when they're busy.



## Keto Diet Make Ahead Freezer Meals & Snacks: 45 Recipes by a Registered and Licensed Dietician to Make Ahead and Freeze for Keto Dieters (The Convenient Keto Series Book 1)

★★★★☆ 4 out of 5

Language : English  
File size : 2950 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled

Print length : 121 pages  
Lending : Enabled



## What's Inside the Cookbook?

*45 Recipes by Registered and Licensed Dietician: Make Ahead and Freeze for Convenience* is divided into five chapters:

\* Soups and Stews \* Casseroles \* Entrees \* Side Dishes \* Desserts

Each chapter contains a variety of recipes, all of which are designed to be made ahead of time and frozen. The recipes are easy to follow and include clear instructions and helpful tips.

## Benefits of the Cookbook

There are many benefits to using *45 Recipes by Registered and Licensed Dietician: Make Ahead and Freeze for Convenience*. Here are a few:

\* **Save time:** One of the biggest benefits of this cookbook is that it can save you a lot of time. By making meals ahead of time and freezing them, you can have healthy and delicious meals on hand whenever you need them. \*

**Eat healthier:** When you're short on time, it's easy to reach for unhealthy convenience foods. But with this cookbook, you can have healthy and delicious meals ready to go, so you can avoid unhealthy temptations. \*

**Reduce food waste:** Another benefit of this cookbook is that it can help you reduce food waste. By freezing leftovers, you can avoid throwing away food that you don't have time to eat.

*45 Recipes by Registered and Licensed Dietician: Make Ahead and Freeze for Convenience* is a valuable resource for anyone who wants to eat healthy and live well. With its delicious and nutritious recipes, this cookbook can help you save time, eat healthier, and reduce food waste.

## Appendix

### Additional Tips for Making Ahead and Freezing Meals

\* Use airtight containers freezer-safe containers. \* Label and date all containers. \* Freeze meals within 2 hours of cooking. \* Thaw meals in the refrigerator or in the microwave. \* Reheat meals until they are hot and bubbly.

### Recipes from the Cookbook

Here are a few recipes from *45 Recipes by Registered and Licensed Dietician: Make Ahead and Freeze for Convenience*:

\* Slow Cooker Turkey Chili \* One-Pot Chicken and Rice Casserole \* Shepherd's Pie \* Creamy Tomato Soup \* Chocolate Chip Cookies

### Image of the Cookbook



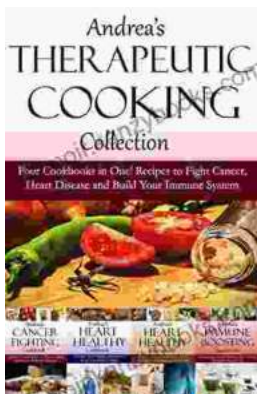
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