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*Cheri Sicard*

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## The Complete Idiot's Guide to Easy Freezer Meals (Complete Idiot's Guides (Lifestyle Paperback))

Cheri Sicard

"Freezers are your friends!"

Freezers allow busy home chefs to plan their family menus a weekend, a week, or even a month in advance. Now expert chef and food blogger Cheri Sicard presents recipes for 120 delicious, healthy meals that can be frozen and then reheated - and still taste fantastic.

- ? Over 120 delicious, unique and easy to prepare recipes
- ? great cooking tips designed to help the home cook
- ? Flexible menu planning from a weekend to a full month

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