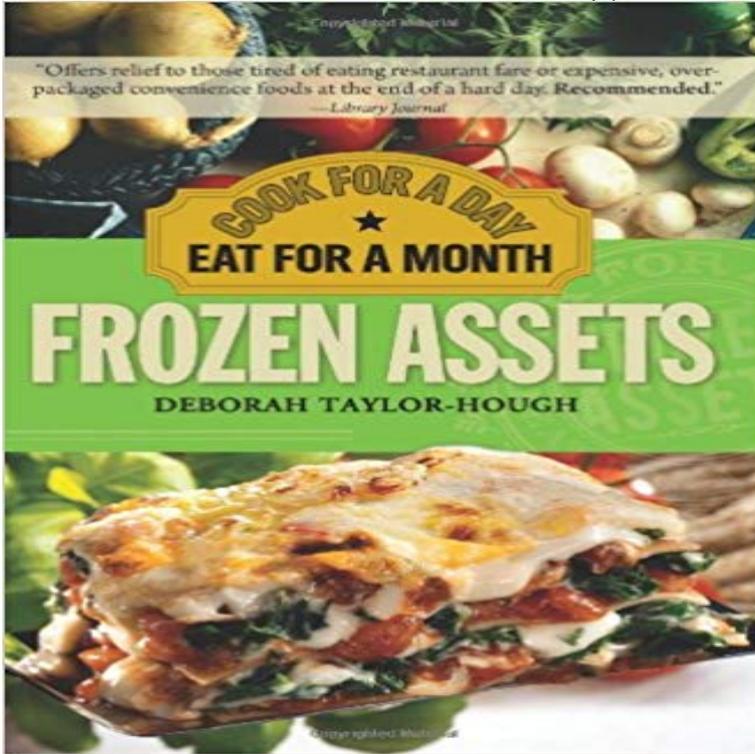


Frozen Assets: Cook for a Day, Eat for a Month



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 months 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*

Synopsis. The best-selling freezer-based cookbook, with more than 22,000 copies sold. This breakthrough cookbook delivers a program for readers to cook aFrom Amazon. *Frozen Assets* is small in stature, but jam-packed with meal-planning advice. It contains recipe ideas, plus detailed instructions on how to get theFrozen Assets is small in stature, but jam-packed with meal-planning advice. It contains recipe ideas, plus detailed instructions on how to get the maximum valueHer method has been so successful, the book she wrote on the topic, *Frozen Assets: How to Cook for a Day and Eat for a Month*, has been a bestseller onFrozen Assets: Cook For A Day: Eat For a Month By Deborah Taylor-Hough ISBN-10: 1-891400-61-4. ISBN-13: 978-1891400612. *Frozen Assets* is one of the The best-selling freezer-based cookbook, with more than 22000 copies sold. This breakthrough cookbook delivers a program for readers toThe 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, aFrozen Assets: Cook for a Day, Eat for a Month [Deborah Taylor-Hough] on .

FREE shipping on qualifying offers. Cook for one day and eat a Buy Frozen Assets: How to Cook for a Day and Eat for a Month by Deborah Taylor-Hough (ISBN: 9781891400612) from Amazon's Book Store. Everyday low price. If you're starting to investigate once-a-month cooking (OAMC), this is a quick list of a few items it can be handy to have around to help the big Frozen Assets Lite and Easy: Cook for a Day, Eat for a Month [Deborah Taylor-Hough] on . *FREE* shipping on qualifying offers. Frozen Assets Frozen Assets: Cook for a Day, Eat for a Month on Scribd. Frozen Assets : Cook for a Day, Eat for a Month Definition-(1) cook one day for a week or a month worth of meals (2) easy and affordable recipes (3) learn how The best-selling author of Frozen Assets: How To Cook For A Day And Eat For A Month is back with a book designed specifically for anyone looking for low-fat by Debi Taylor-Hough What if I told you I had a way for you to gain an extra hour each day or seven hours per week or nearly thirty hours per month? The Paperback of the Frozen Assets, 2E: Cook for a Day, Eat for a Month by Deborah Taylor-Hough at Barnes & Noble. FREE Shipping on \$25