



# Healthy and Easy Freeze, Heat, and Eat Meals: Quick, Delicious, and Low-Carb Freezer Meal Recipes for Your Family (Microwave Meals)

*Andrea Libman*

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Eating healthy is something that many people think is time-consuming. The fantastic news is that it doesn't have to be! When you set yourself to planning ahead and have fantastic recipes that you can make ahead of time eating healthy becomes a joy. Meals that you make ahead of time and then freeze to eat later are some of the fastest and easiest to use in order to keep you on task.

How often do you find yourself doing the weekly shopping and purchasing some of the frozen meals off the shelves to take as fast lunches for work or a fast dinner on a busy night? Chances are if you are like most American's you find yourself eating these meals several times a week. Chances are you have one in your freezer right now and if you do take a moment to go and look at the back of that freezer meal.

## **Inside you will learn:**

- 8 breakfast recipes
- 7 lunch recipes
- 17 dinner recipes
- 5 dessert recipes

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