



Make Ahead Meals: Over 100 Easy Time-Saving Recipes

Michael Smith

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Cooking ahead is not only easy and affordable, it's a great way to save time and eat well!

Life is busy and sometimes it's a challenge to get a healthy home-cooked meal on the table. Want to avoid the time pressure of cooking from scratch every day? Looking for fresh ways to save time in the kitchen and still turn out great-tasting meals? Michael Smith knows what you are up against and is here to help you keep time on your side in the kitchen.

Make Ahead Meals is packed with over 100 time-saving recipes, including soups, stews, slow cooker favourites, casseroles, and more that take the stress out of cooking. You'll quickly discover it's easy to be a super-cook turning out wholesome meals in your own kitchen. You'll impress family and friends with make ahead dishes like Potato Bacon Cheddar Skillet, Beef Barley Kale Stew, Crockpot Chicken, Barley and Leeks, El Paso Shepherd's Pie, Chipotle Chicken Enchiladas, Fruit Muffins, and Orange Vanilla Pound Cake. Inside you'll find lots of recipes with plenty of ways to cook ahead, from prepping dishes so you can finish them in minutes when needed, to making full meals in advance and freezing them for later. Every recipe features ideas and tips on how to cook ahead to save time when you really need it, along with specific storage instructions.

You don't need hours to make great-tasting, healthy meals. Prepping or cooking ahead is the best way to save time and reduce the pressure when you are short on time!

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