



**Cookbook for Busy People Box Set: Over 70
Freezer and Mason Jar Meal Recipes for People
On-the-Go - Mouthwatering Breakfast, Lunch,
Dinner & Salads (Quick and Easy Recipes
Cookbook)**

Jessica Meyers

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Cookbook for Busy People Box Set (2 in 1)

Book One: Freezer Meals Cookbook: 50 Quick and Easy Make-Ahead Meal Recipes for You and Your Family to Enjoy

Finding time to feed the whole family can be a hassle. There are always a million things that you need to get done during the day, and often feeding your family is pushed off until the end of the day. By the time you reach this point, you are tired, exhausted, and do not want to even think about making a big meal. But of course everyone around you is hungry and demanding to eat right at this second.

What are you going to do in this scenario? The best choice is to reach over and pick up this guidebook. It is full of 50 of the best freezer meals you could ask for. All of these meals can be made ahead of time and kept in your freezer for those days you are just too busy to prepare a whole meal from scratch. Just freeze the meals and then dump them into a slow cooker or casserole dish, cook, and dinner is on the table. You will win a lot of points for parent of the year while feeding your family, saving money, and keeping your waistline nice and thin.

There are a lot of great recipes inside this guidebook.

Some of the delicious recipes you will get to enjoy include:

- Beef and pork meals
- Chicken meals
- International delights
- Pasta dishes

Rather than wasting money or feeding your family a bunch of junk, try out a few of these great recipes. You

can have supper on the table in no time and a completely full and satisfied family every night.

Book Two: Quick and Easy Mason Jar Meals: Mason Jar Recipes for People On-the-Go – Mouthwatering Breakfast, Lunch, Dinner & Salads

Most people go out and grab a sandwich at the deli next door, or a fast food restaurant or cafeteria where the food is often deep fried, processed and have a lot of unhealthy preservatives.

Not only are Mason jar recipes fast and convenient, but they are very healthy too, and by healthy I mean, made fresh with the freshest, whole, all natural ingredients possible. These meals can be made to last for two to three days so you can make a few at a time to save yourself the hassle of cooking every day.

Inside You Will Learn How to Cook Things Like:

- Creamy Pumpkin Spice Overnight Oats
- Thai Peanut Tofu Spread
- Lasagna in a jar
- Barbecue in a Mason jar
- Mason jar Chicken Roll ups
- Taco salad in a jar
- Brown rice and nori sheet salad
- Brownie cakes in a jar
- Chocolate chip snake in a jar
- And Much More

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Mindy Hicks:

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