



Frozen Assets Lite and Easy: Cook for a Day, Eat for a Month

Deborah Taylor-Hough

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Low-fat, lower-calorie bulk cooking from bestselling author Deborah Taylor-Hough.

Through the bestselling cookbook Frozen Assets, Deborah Taylor-Hough became known as the "once-a-month" cooking expert. She taught people how to increase time at the family table while decreasing time in the kitchen and drive-thru lanes. She also saved more than \$24,000 over a five-year period and taught readers to do the same.

In Frozen Assets Lite and Easy, Taylor-Hough is back with a book of lowfat, lower-calorie meal plans that use the same time-saving and cost-effective methods. Why cook every night when you can cook once a week for seven (or more) delicious, healthy, family-approved meals? Frozen Assets Lite and Easy shows readers how to be healthy while still saving time and money, with shopping lists, recipes, and detailed instruction on how to make freezer cooking work for you.

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From reader reviews:

Lacey Clements:

Have you spare time for a day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a go walking, shopping, or went to the Mall. How about open as well as read a book called Frozen Assets Lite and Easy: Cook for a Day, Eat for a Month? Maybe it is to be best activity for you. You already know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have some other opinion?

Solomon Pepper:

The feeling that you get from Frozen Assets Lite and Easy: Cook for a Day, Eat for a Month will be the more deep you searching the information that hide into the words the more you get interested in reading it. It does not mean that this book is hard to comprehend but Frozen Assets Lite and Easy: Cook for a Day, Eat for a Month giving you enjoyment feeling of reading. The author conveys their point in certain way that can be understood by simply anyone who read it because the author of this publication is well-known enough. This book also makes your vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having that Frozen Assets Lite and Easy: Cook for a Day, Eat for a Month instantly.

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