



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

Deborah Taylor-Hough

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Frozen Assets offers a step-by-step plan for spending less time in the kitchen without sacrificing nutrition value. By using these methods one can spend just one day in the kitchen each month and still enjoy a homemade meal for breakfast, lunch and dinner -- every day of the month! The book contains a complete outline for those looking to benefit from this cooking revolution. With 20 one-week meals plans, readers can cook in advance for the time increment they desire. They can also easily mix and match weekly recipes to match their family's preferences. This book is the one-stop resource for those looking to increase their time at the family table and decrease their time in the kitchen and drive-through lanes.

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