



The Freezer Cooking Manual from 30 Day Gourmet: A Month of Meals Made Easy

Nanci Slagle

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The Freezer Cooking Manual from 30 Day Gourmet is a comprehensive cooking system that teaches busy cooks the art of spending one day assembling and freezing a month's worth of delicious and nutritious entrees, side dishes and desserts. This "hands-on" manual includes time-saving worksheets, step-by-step instructions, healthy tips, money-saving ideas and practical advice. The manual also features: - 23 black and white demonstration photos - 7 easy-to-follow steps - fold-out tally sheet - benefits of cooking with a friend - choosing recipes for freezer cooking - shopping smart - assembling in quantity - freezing for great results - thorough appendix with: - equivalency charts - metric conversion charts - freezing time chart - blanching chart - list of basic cooking terms - freezer selection and maintenance - power failure procedures

The Freezer Cooking Manual from 30 Day Gourmet differs from other quantity cookbooks seen on the market. - Our system allows for choosing a different combination of recipes each cooking day. - Our system allows for incorporating personal recipe favorites. - Our recipes are multiplied out for time-saving multiple entree cooking. - Our recipes are "kid-friendly" and family approved. - Our recipes are not repeated elsewhere in the manual.

Thousands of 30 Day Gourmets LOVE this manual and attest to its sanity saving value.

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James Marcotte:

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Dorinda Kling:

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Tyler Woodley:

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Kevin Masterson:

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