



Frozen Assets: Cook for a Day, Eat for a Month

Deborah Taylor-Hough

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The best-selling freezer-based cookbook, with more than 22,000 copies sold.

This breakthrough cookbook delivers a program for readers to cook a week or month's worth of meals in just one day by using easy and affordable recipes to create a customized meal plan. Deborah Taylor-Hough, who saved \$24,000 on her family's total grocery bill during a five-year period, offers up kid-tested and family-approved recipes in Frozen Assets, plus bulk-cooking tips for singles, shopping lists, recipes for two-week and 30-day meal plans, and a ten-day plan to eliminate cooking over the holidays.

Cooking for the freezer allows you to plan ahead, purchase items in bulk, cut down on waste, and stop those all-too-frequent trips to the drive-thru. The hands-down authority on once-a-month cooking, Frozen Assets gives you a step-by-step plan to simplify and revolutionize the way you cook.

"Finally, a realistic way to combine the cost-effectiveness of cooking from scratch with the convenience of quick and easy meals!" -Mary Hunt, author of *The Financially Confident Woman*

"Belongs in every family's kitchen! One of the best time - and money - savers a busy family can have." -The Dollar Stretcher

"Offers relief to those tired of eating restaurant fare or expensive, over-packaged convenience foods at the end of a hard day." -Library Journal

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