



Fix, Freeze, Feast: The Delicious, Money-Saving Way to Feed Your Family

Kati Neville, Lindsay Tkacsik

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Buy groceries in bulk, prepare family-friendly dishes, package in meal-sized freezer bags, then stock the freezer with ready-to-defrost-and-serve tasty homemade meals. This is the winning system of *Fix, Freeze, Feast*, a cookbook that has already attracted an enthusiastic following among busy families.

Millions of shoppers save money by buying groceries in bulk - trays of boneless chicken breasts, pairs of flank steaks, flats of ripe tomatoes. But savings can quickly turn to losses if those bulk quantities spoil in the refrigerator or lie forgotten - unlabeled and unrecognizable under layers of ice crystals - in the back of the freezer.

In the new paperback edition of *Fix, Freeze, Feast*, authors Kati Neville and Lindsay Tkacsik offer a complete system for taking full advantage of bulk purchasing and advance preparation to ensure no food is ever wasted. They show how easy it is to get organized, prepare ahead, and be ready to put healthful, satisfying meals on the dinner table (or breakfast table, or even brunch table!) at a moment's notice. This is a cookbook price-conscious shoppers will love and warehouse club members shouldn't be without.

Cooks will find 125 delicious, healthful recipes to choose from. Each one includes directions for dividing, preparing, and storing raw ingredients; a second set of simple directions is included for thawing, cooking, and enjoying the food. Designed for the way people cook today, *Fix, Freeze, Feast* meals are lighter and fresher than traditional bulk-cooking recipes, with a focus on simple stews and stir-fries, quick grilled or broiled main courses, and popular ethnic meals such as Beef Fajitas and Cashew Chicken Stir-Fry. *Fix, Freeze, Feast* also includes ready-to-bake cookie doughs, soups, side dishes, smoothies, and snacks. With these innovative techniques and recipes, dinner is always in the freezer!

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