

Prep, freeze and cook *in* **5** INGREDIENTS **15** MINUTES



PREP, FREEZE AND COOK in 5 ingredients, 15 minutes

- Recipes to prep, freeze and cook in the oven, on the stove or in the slow cooker.
- Frozen meals for easy and tasty dinner solutions
- Tips and tricks to pre-cook and preserve the delicious taste of foods

Supper is already made!

After a long day, nothing is better than coming back home to a pre-prepared dinner! As we know, the weekly dinner routine can be a real headache for families as well as for all of those who have a busy schedule. In this latest book, the 5-15 team offers more than 250 recipes to be prepared in advance in order to simplify life and save time!

From the freezer to the plate, from versatile sauces to the beloved meatballs, we find solutions in this book using freezer bags for all-in-one meals as well as ready-to-be-heated meals. To help you even more, the book also contains tips and tricks for better organisation in order to simplify the preparation of the meals.

You will have no reason to turn to the local restaurants and can finally eat simple and delicious homemade meals without having to invest too much time!

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