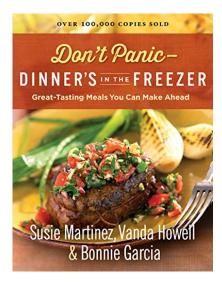
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by Susie Martinez: Don't Panic--Dinner's in the Freezer: Great-**Tasting Meals You Can Make Ahead**

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PDF-7ccc8 | Hectic lifestyles and over-full schedules make traditional cooking methods nearly obsolete in many families. The results are poor nutrition and budgets strained by the high cost of fast food or commercially prepared meals. Don't Panic-Dinner's in the Freezer offers a simple and economical alternative, featuring dozens of recipes designed to be prepared and frozen for future use. With 100,000 copies... Don't Panic--Dinner's in the Freezer: Great-Tasting Meals You Can Make Ahead





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