



Frozen Assets: How to Cook for a Day and Eat for a Month

Deborah Taylor-Hough

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By using the methods found in Frozen Assets, one can spend just one day in the kitchen each month and still enjoy a homemade meal for breakfast, lunch and dinner-every day of the month! This series has become the one-stop resource for those looking to increase their time at the family table, while decreasing their time in the kitchen or drive-through lanes. Frozen Assets: Cook for A Day and Eat for a Month - the first book in Deborah Taylor Hough's revolutionary series features a holiday meal plan, monthly meals plans, and two-week meal plans.

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