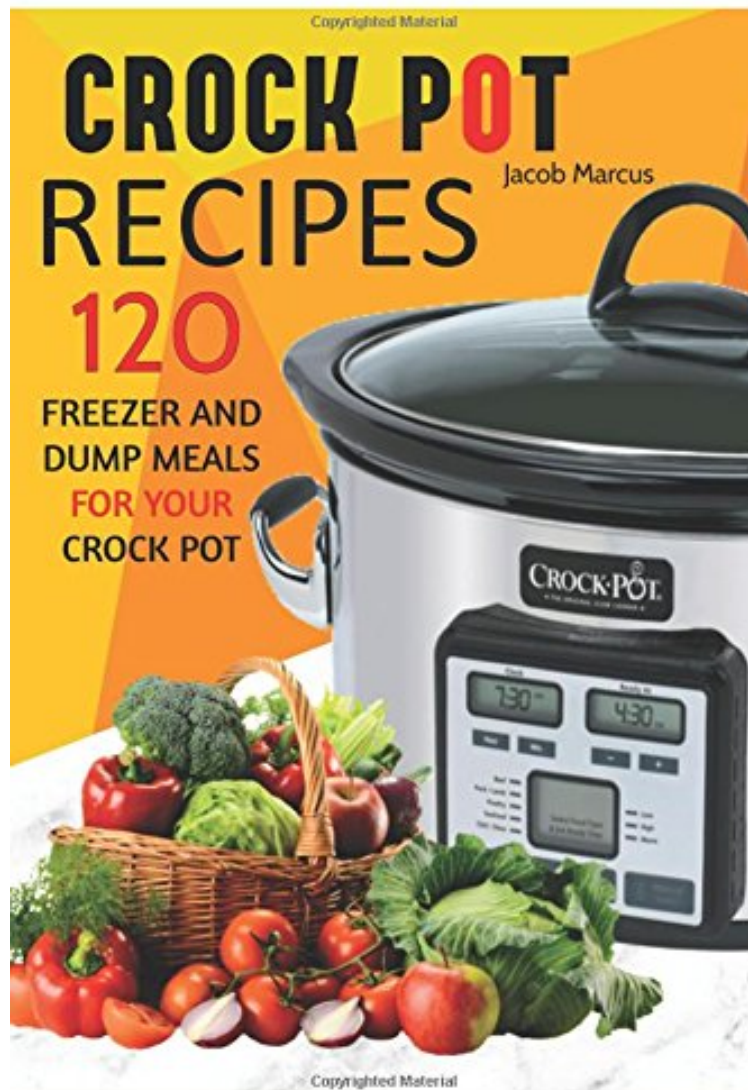


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CROCK POT: 1,200 Delicious Freezer Meal and Dump Meal Recipes This Crock Pot cookbook will be the last you

will ever need for freezer meals or dump meals. Dump meals are a great option for people looking to make a delicious and healthy meal with very little time for the preparation. Similar to dump meals, freezer meals give you the directions you need to create a delicious meal, put it in the freezer, and to enjoy it later on a busy day. All you need to do is plop the freezer meal in the Crock Pot, set it to cook, and go on your way to come home to a warm, healthy delicious meal!