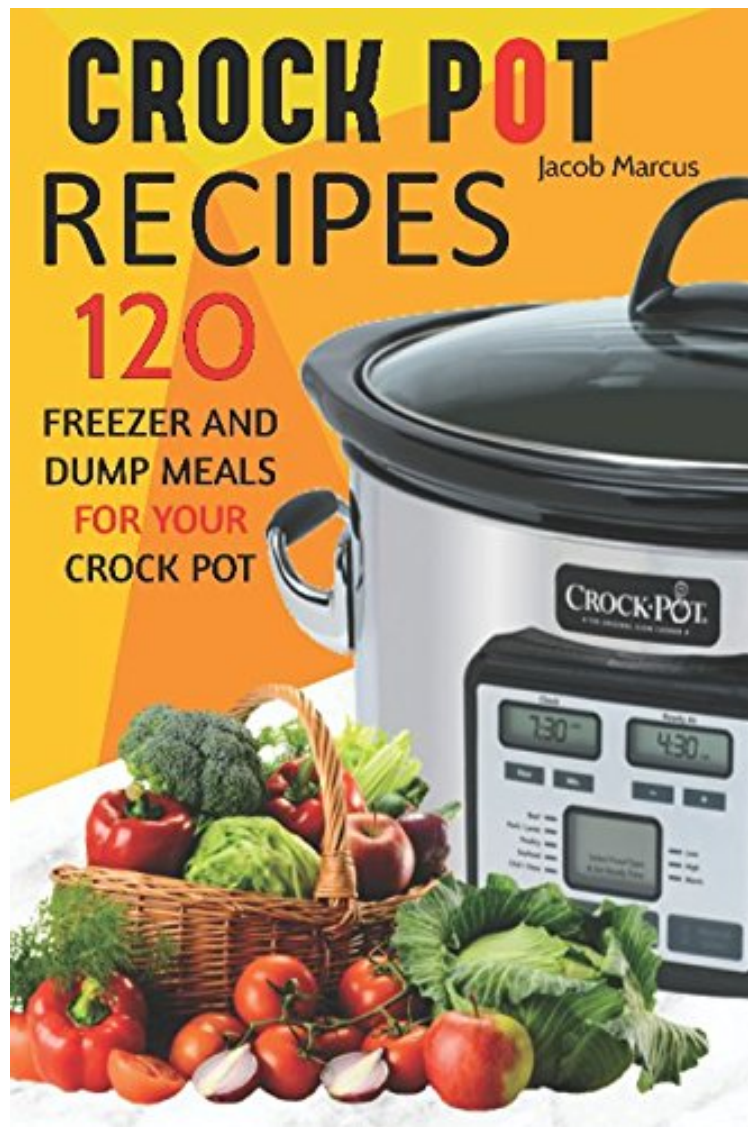


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CROCK POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People

Jacob Marcus

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CROCK POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People 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!