



# Paleo Freezer Meals: A Healthy Dinner Is in the Freezer

*Aimee Anderson*

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## **Paleo Freezer Meals: A Healthy Dinner Is in the Freezer** Aimee Anderson

If you lead a busy life and find yourself lacking the motivation and/or energy to cook at the end of the day, freezer meals could be exactly what you need in order to ensure you're putting healthy food on the table every day of the week. Paleo freezer meals are even better, because they contain only natural ingredients that conform to the Paleo diet.

### **The following topics are covered in this handy guide to Paleo freezer meals:**

- What freezer meals are and how they can save you time and money.
- A quick rundown of the basics of the Paleo diet.
- Freezer meals gone Paleo: How to make sure there are healthy meals at the ready every day of the week.
- How to ensure your frozen foods stay safe.
- Foods that freeze well and foods that don't.
- Tips for successful freezing.
- The best practices for packaging freezer foods.

Paleo recipes often call for items that are difficult to find in the store or that can be found, but contain non-Paleo ingredients. This cookbook includes recipes for a number of these ingredients, including the following:

- Grilled chicken breasts.
- Browned ground beef and ground turkey.
- Applesauce.
- Cauliflower rice.
- Chicken and beef stock.
- Ketchup and mustard.
- Mayonnaise.
- ...And more.

You also get full directions for cooking, freezing and reheating the following Paleo freezer meal recipes.

- Slow-cooked Spicy Mustard Chicken.
- Chicken w/ Green Olive Tapenade.
- Almond Pesto-Stuffed Chicken.
- Coconut Curry Chicken.
- Paleo Chicken Nuggets.
- Slow-Cooked Sweet Pepper Stuffed Chicken.
- Chicken and Pork Sausage Patties.
- Applesauce Chops.
- Three Meat Hash.
- Meatloaf Cupcakes.
- Slow-Cooked Tender Beef Shanks.
- Citrus-Infused Flank Steak.
- Stuffed Mushrooms.
- Lamb Shank Stew.
- Ginger Cumin Asparagus.
- ...And a number of other tasty recipes.

If you're on the Paleo diet and are looking for freezer meal recipes, this is the book for you! Even if you aren't on the Paleo diet, you could do a whole lot worse than the healthy, wholesome foods found in this cookbook.

**Buy *Paleo Freezer Meals* today and you'll learn how to cook healthy and delicious freezer meals.**

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