



Marketplace

eBook Product Guide



Co-op Cuisine: Freezer Cooking with Friends

Item: BK000010

Price: \$8.95

Do you love the idea of bulk cooking but are scared to death to tackle it by yourself? Try making it a team effort! You'll find the challenges divided and the rewards multiplied. Co-op Cuisine will tell you how to get started cooking as a team. It gives practical tips to the leader of the group and features recipes multiplied by larger numbers so you don't have to do the math yourself. With Co-op Cuisine, each participant cooks just one recipe (or try more as you get the hang of it) but multiplies the ingredients by the number of people participating, for example, ten. Then, when everyone gets together on Swap Day to trade meals, each person will end up with ten different meals even though they only had to spend their energy shopping for and cooking one recipe (multiplied by ten). Participants cook their recipe in their own kitchen during the agreed upon time allotment. This gives everyone the flexibility to work around their family's busy schedule. The book includes 44 pages and 25 recipes suitable for co-op cooking that are simpler to multiply by large quantities. It highlights Easy and Super Easy recipes that are good for the beginners in the group.



Healthy Freezer Cooking: A Guide to Creating Nutritious Meals

Item: BK001009

Price: \$8.95

Do you find it a challenge to plan healthy and nutritious meals day after day? Do you want to learn how to reduce fat, sugar, cholesterol, and salt in recipes? Then Healthy Freezer Cooking is the book for you! By looking at changes made to sample recipes, you learn how simple changes to recipes can really make a big difference your diet. The book includes tips on how to reduce fat in a recipe, information on all of the different sugar substitutes available, tips on menu planning, and a new chart for planning fruit and vegetable servings. There is also a resource section with over 20 websites and other reading materials that can give you even more information on healthy cooking. The book contains 47 pages with 25 great tasting healthy recipes - 21 recipes with 10g or less of fat per serving! Nutritional analysis included for all recipes. Buy Healthy Freezer Cooking today and learn how to serve a healthy, well-balanced meal without feeling like you are sacrificing all the foods you love!



Freezer Desserts to Die For!

Item: BK 001006

Price: \$8.95

"Everybody loves dessert, even if they won't admit it, right? But how many of us really take time to make all those scrumptious desserts we love from scratch? I'd say the answer is not too many, based on all the quick-and-easy, ready-to-bake cookies, brownies and pies you can buy at your local grocery store. Help is on the way with Freezer Desserts to Die For! Now you can make desserts from scratch, and keep them in your freezer, just like you do with the rest of your freezer cooking! The book includes time-saving tips, helpful hints, packaging info and more than 25 recipes to help stock your freezer with sweets! Order your copy of Freezer Desserts to Die For! right now.

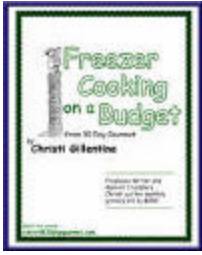


Holiday Freezer Cooking

Item: BK001002

Price: \$8.95

Our system for assembling and freezing your entire Holiday meal! No more all night cooking! Make dinner when YOU have the time! The food gets hot and you keep your cool. Our traditional feasts serve 6 to 36 guests without the traditional hassle. Worksheets. (Includes 25 great recipes!) Save time and money with this incredible book.



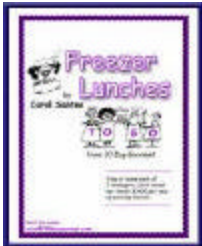
Freezer Cooking on a Budget

Item: BK001004

Price: \$8.95

Take your cooking sessions to the next level with Freezer Cooking On A Budget. Assembling low cost meals that look, taste and smell great is easy with this Book! Your family will enjoy eating these recipes and your pocket book will enjoy the relief! Each recipe conveniently lists the average assembly cost per meal as well as per serving. There is a pantry check list that every budget minded cook needs and a low cost alternatives and substitutions sheet to print and tape inside your pantry door. The book contains 34 pages with 25 recipes. Get your copy of Freezer Cooking On A

Budget right now! (Includes 25 great recipes!)



Freezer Lunches To Go

Item: BK001005

Price: \$8.95

Tired of that old lunch time routine? Would you like to learn how to pack a balanced lunch for your family? With Freezer Lunches To Go you can! Learn about food safety, using lunch boxes and thermoses and how to keep the variety going. A list of great ideas for sides along with plenty of time and money-saving tips are also included. The book contains 39 pages with 25 delicious recipes created with lunch time in mind.



Freezer Cooking for Day Care Providers and Busy Parents

Item: BK001008

Price: \$8.95

Family daycare providers often ask, "What do I feed the kids for lunch day after day?" When you run a home daycare business, preparing a nutritious meal for the kids in your care is one meal you can't throw together at the last minute. With a little planning, you can have weekly menus ready not only for your childcare, but for your family as well. Pop a lunch into the oven and spend your time caring for the kids instead of an hour fixing lunch. At night, forget those frantic last-minute trips to the grocery store to pick up forgotten ingredients. Gain an hour of family time in the evenings by choosing a meal in the afternoon, pop it in the oven and time it to be ready when your last child walks out the door. It's ready when you are. Freezer Cooking for Daycare Providers and Busy Parents can help simplify your life in two areas so you have more time to focus on your other responsibilities. This 31 page book includes Food Program Requirements, Planning Your Meals, Tips for Getting Picky Eaters to Try New Foods and 25 great recipes!