



Girlfriends on the Go - A Busy Mom's Guide to Make-Ahead Meals

Suzie Roberts

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Busy moms know that time is a precious commodity. Are you always looking for ways to increase the amount of time in a day? Is getting dinner on the table a nightly battle? Plenty of cookbooks claim to have recipes that take half the time that traditional dinners take to make. But author Suzie Roberts goes one step further: inexpensive, homemade meals in minutes that you don't have to make! *Girlfriends on the Go: A Busy Mom's Guide to Make-Ahead Meals* shows you how to round up other busy moms and organize your own Make-Ahead Meal Group. You each spend one night cooking a large batch of your favorite recipe, and then you get together and swap! Or, you can take advantage of the recipes and shopping lists and make and freeze your own Make-Ahead Meals. Having those pre-made ready-to-cook-and-serve meals in your freezer will save you from those panic trips to the nearest fast food restaurant. Cooking one large meal only once or twice a month also means that you don't have those hurried trips to the grocery store every other day. No more weekly menu planning, because a variety of home-cooked meals are already in your freezer. Let the simplicity and ease of Make-Ahead Meals untangle your life by allowing *Girlfriends on the Go: a Busy Mom's Guide to Make-Ahead Meals* show you how it's done. How to get started, frequently asked questions, and forms to start your own group are included, along with testimonials from those who love their Make-Ahead Meals Groups!

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