



Meal Prep for Four: 30 Fantastic and Health-Conscious Freezer Meals the Whole Family Will Enjoy

Ruth Clemmons

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Make Ahead Slow Cooker Meals If you're anything like me you like easy cooking ideas. Most of us have busy lives that don't allow very much extra time in the kitchen. I heard this great idea not too long ago that has been saving me time and stress about cooking. Basically it's 2 steps. Mix your ingredients ahead of time and place them in freezer bags to freeze until you are ready to cook. Then dump the ingredients in a slow cooker to cook for about 4 hours. Let your slow cooker do all the work, while you do whatever you want until dinner is ready. It really is THAT simple. Inside you will find my favorite four hour freezer meals... ENJOY!!

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