

Make Ahead Complete Freezer Meals On The Cheap

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**Freezer Meals
on the
CHEAP!!**
with **A Turtle's
Life for Me**

Last year we did a post about complete dry/dehydrated meals stored, ready to use in jars. These complete freezer meals are a similar concept, but with more of a focus on saving money and creating convenience and saving time down the line, by taking an afternoon out and to create the meals in one go, to store in the freezer until they are needed. When a meal is needed, just defrost and cook!

Natalie says it is possible to make 46 meals, in four hours, for just \$95. This is not a substitute for emergency food storage, as if the SHTF, the power will likely go off and then your freezer isn't going to work... That said, this is a good idea for people who work long hours, or those with kids. Make ahead when you have the time and then you have your own healthy freezer meal when you need it.

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(Photo from: A Turtle's Life For Me)