



Cooking among friends: Meal planning and preparation delightfully simplified

Mary Tennant, Becki Visser

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Cooking Among Friends® is a meal planning and preparation technique that really works! Gather a group of friends, collaborate, plan a menu of entrées, individually prepare a large quantity of a single entrée (or two), freeze it in meal-sized portions and then swap! Continue with a food quantity and exchange frequency that is ideal for the group. Cooking Among Friends® shows you how!

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