

Homemade Frozen Heat-and-Eat Meals Adds Variety to Weekly Meal Prep Plans

WINNIPEG, MB, CANADA, May 23, 2017 /EINPresswire.com/ -- WINNIPEG, Manitoba, MB -- Freezing homemade heat-and-eat meals to include in your weekly meal prep plan is easy with the [Inmyel Freezer Cube](#). Designed to freeze and efficiently store freezer-friendly meals (or meal ingredients) in quart size zipper closure bags, the Inmyel Freezer Cube is perfect for anyone who looking to make their weekly meal prepping a little easier and less mundane.

The Inmyel Freezer Cube's sides and shelves feature multiple airflow holes to speed up the freezing process and help preserve food quality. Designed to fit most standard home freezers, the cube can freeze up to five quart size bags of food that are easy to store, thaw and reheat for a quick, convenient meal.

"Many people who meal prep will often eat the same meal for several days in a row. It is easy to add variety by having some homemade heat-and-eat meals handy in the freezer to incorporate into your weekly plan." says Jones, founder and CEO of Inmyel Inc. "Many people that meal prep are focused on healthier eating. Preparing homemade meals allows them to control the ingredients and make it more nutritious than manufactured alternatives." says Jones. "Making and freezing meals ahead of time with the Inmyel Freezer Cube is also a great way to create calorie-controlled portions for weight loss plans."

Jones is also the author of [The Meal Planning Playbook](#), a book designed to be a go-to resource to simplify meal planning and execution. The book has over a 100 basic everyday lunch and dinner recipes including a number of freezer-friendly recipes and ideas on how to re-invent meals with leftovers. It has full size 8-1/2" x 11" pages and is spiral bound to ensure that the book will lay conveniently flat when open to any page. A color image along with nutrition information is included with every recipe.

Both the Inmyel Freezer Cube and The Meal Planning Playbook also make an ideal gift for numerous occasions including bridal showers, baby showers, birthdays and housewarmings, just to name a few.

For more information, visit www.inmyel.com. Right now, Inmyel is offering customers a 25 percent discount when purchasing two or more Inmyel Freezer Cubes. To make a purchase, visit [Amazon](#) for



Inmyel Freezer Cube

details.

Media Contact:

Sharon Jones, CEO of Inmyel Inc.

Email: sharon@inmyel.com

Sharon Jones

Inmyel Inc

email us here

204-894-2677

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.