

Progræ

**Zoomer Radio (CFZM)**

Sunday, November 27, 2022

*Program information for this station is not available for this date and time.*



Highlight Scroll



but in terms of batch cooking is brilliant to make a big still a big soup as you say the race and freeze it in portions that you would actually eat it instead of freezing it in a big clump separated into little gli like freezing a little glass containers agreed that you could even to Mason jars and put like three-quarters of the way up. Freeze it and then put the lid on so that will allow for expansion Fantastic thank you so much for coming on the show today. Thanks for having me. What I want to talk about next time you're on met to talk about holiday eating and traditional food Geico presents daily affirmations repay often may we are feel with an abundant of jaw we are filled with an abundance of joy, also in abundance of questions. Good thing going. I was 24 7 claim cities tell out two questions and resolve claims quickly, good thing Geico has 24 7 claim service we also filled with an abundance of biscuits. We are also filled with that I think it



works this way and jeb of get jen to manifest Morgado in your life go to Geico Dotcom where can you black Friday even more for even less Lo's ex safe on a craftsman 51 peace gun little Crow mechanics tools say was 94 98 now 49 94 craftsman 20 both broke it now just 59 \$ and get festive with holiday living seven-foot Lewis and pine tree lit artificial tree now only 99 dollars. Black Friday is now. Don't miss the deals at lowe's phone to any possibility of about 11 30 possible this last election vary by location, quality health food stores to learn more, visit new roots herbal Dotcom to ensure the products are right for you. Always read and follow the late welcome back to the topic your prescription for a healthier and happier life Here's your best and

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