



Get Started With Your MENU RESOURCES

*How to use each set of instructions
to make the recipes in your menu FAST!*



GROCERY SHOPPING LIST

ONCE A MONTH

meals.

Shopping List

This list contains enough ingredients to serve each recipe 2 times to 4 people. While this list attempts to flag items that need to be specially purchased for your dietary needs (such as gluten free, dairy free, etc), ingredients are always changing in products. Therefore, we urge you to read labels while shopping for any product, as you know your dietary needs best.

Baking Items

☐ Brown Sugar

10.75 ounces

☐ Canola Oil

1.33 fluid ounces

☐ Cornstarch

2 ounces

☐ Molasses

8.25 ounces

☐ Olive Oil

14 fluid ounces

☐ Panko Bread Crumbs

4 ounces

Canned goods

☐ Beef Bone Broth/Stock

16 fluid ounces

☐ Diced Tomatoes, Canned

29 ounces

☐ Marinara Sauce

16 fluid ounces

☐ Sun-Dried Tomatoes in Olive Oil

14.25 ounces

☐ Tomato Sauce

4.5 ounces

☐ Vegetable Broth/Stock

128 fluid ounces

Condiments

☐ Apple Cider Vinegar

4.33 fluid ounces

☐ Balsamic Vinegar

3 fluid ounces

☐ Caesar Dressing

16 fluid ounces

☐ Dijon Mustard

5.25 ounces

☐ Fish Sauce

1 fluid ounce

☐ Mayonnaise

5.33 ounces

☐ Mustard, Yellow

2 ounces

☐ Raspberry Jam

5.5 ounces

☐ Red Wine Vinegar

2 fluid ounces

☐ Salsa Verde

10.66 ounces

☐ Soy Sauce

14.66 fluid ounces

☐ Vinegar

2 fluid ounces

Dairy

☐ Cheddar Cheese, Shredded

18 ounces

☐ Parmesan Cheese, Shredded

5.33 ounces

☐ Swiss Cheese, Sliced

8 individual

Deli

☐ Deli Ham, Sliced

8 ounces

Spices

☐ Black Pepper

0.66 ounces

☐ Cayenne Pepper

0.125 ounces

☐ Celery Salt

0.125 ounces

☐ Chili Powder

0.33 ounces

☐ Cumin

0.125 ounces

☐ Garlic Powder

0.25 ounces

☐ Italian Seasoning

0.33 ounces

☐ Parsley, Dried

0.125 ounces

☐ Salt

0.75 ounces

☐ Sea Salt

0.125 ounces

☐ Thyme, Dried

0.125 ounces

Containers

☐ Gallon Freezer Bag

26

☐ Quart Freezer Bag

4

☐ Pint Freezer Bag

2

☐ 8x8 Baking Pan

4

Supplies

☐ wax paper

☐ cooking spray

☐ skewers

8.0

☐ foil

☐ label

Serving Day

Baked goods

☐ Flour Tortillas (8-inch/Med)

☐ Hamburger Buns, White

24 Individual

Dairy

☐ Butter

1.33 ounces

Frozen

☐ Cheese Tortellini, Frozen

44 ounces

Ingredients are listed in ounces here as that is how you purchase them in the store. However, these measurements will be converted to teaspoons, cups, and more as you go!

You also have a section just for ingredients needed on the day you serve or eat your meals! This list can be purchased ahead with your other ingredients or later when you are ready to eat your meals!

You will even find a section listed with all the freezer containers and supplies you need! *Feel free to substitute glass and other reusable containers for these!

Your list is separated by where you purchase items in the grocery store for easier, more efficient shopping!

Remember every recipe is doubled! You will buy enough so you can make 2 of each recipe in your menu. We do this to maximize your time, money & ingredients!

Things to Note:

- Combines each ingredient and adds up the total amount of each needed for every recipe in your menu.
- Organizes products and produce by category and location within your grocery store for easier shopping.
- Lists items in ounces as that is how you purchase them within the store. But don't worry! These will be converted to teaspoons, cups, and more as you start to assemble and cook your meals!
- Separates ingredients needed immediately for assembling, and then later for serving and eating.
- Includes check boxes so you can cross off items as you go.

Pro Tip: *Make your list and check it twice! The worst feeling in the world is to be missing one thing!*

PREP INSTRUCTIONS

ONCE A MONTH
meals

Prep Instructions

30 Dinners in a Day

Your Recipe Cards and Cooking Day Instructions assume that you have completed the following prep instructions before you start your cooking day.

Meats

☐ **Chicken, Boneless Breasts** (1 pounds) Baked Chicken Burgers

If less than 3 lbs total, boil water. Place chicken in water for 30 minutes or until cooked through. Prog. pressure cooker: Add chicken and 1 cup of water, cook for 15 minutes on high pressure. Release pressure. If more than 3 lbs total, place in a slow cooker (1 lb for each quart; example 3 lbs will fit in a 3 quart appliance) with 1 cup of water. Cook on low for 8 hours or high for 4 hours.

☐ **Flank Steak** (3 pounds) Crockpot Mongolian Beef

sliced.

☐ **Shrimp, Fresh** (4 pounds) Amazing Shrimp Marinade

Peeled & deveined.

Chopping List

	Amount Bought	Prep Instruction
Apple	2 medium	Slice 2 cups of Apple <ul style="list-style-type: none">Baked Pork Chops with Apple Cheddar and Maple
Basil, Fresh	1 bunch	Chop 8 tablespoons of Basil, Fresh <ul style="list-style-type: none">Grilled Bruschetta ChickenAmazing Shrimp Marinade
Carrot	2 medium	Grate 1 cup of Carrot <ul style="list-style-type: none">Crockpot Mongolian Beef
Celery	2 ribs	Slice 2 ½ cups of Celery <ul style="list-style-type: none">Baked Chicken Burgers

Don't skip your prep! This will take the longest to do, but will make the rest of your cooking so much easier!

This section notates how to precook or portion out your bulk meat!

Your Chopping List translates your whole ingredients into measured out ingredients so you can easily make your recipes!

Shows what recipe(s) that portion of ingredients is needed in. This may be one recipe, or multiple, so pay attention that you have enough for each one!

Things to Note:

- Instructs you on how to prepare your meats, cut up your vegetables, and more.
- Translates whole ingredients into cut up ingredients, then converts cut up ingredients into specific amounts needed for your recipes.
- Lists ingredients with their associated recipe(s) so you know what goes where!

Pro Tip: Read this list fully before you start! We do all the math and conversions here for you, so you don't have to make adjustments later on. So be sure to pay attention to the details!

COOKING DAY INSTRUCTIONS



Cooking Day Instructions

30 Dinners in a Day

Serving each recipe 2 times to 4 people.

At each recipe, we generically label what you will do. For example: Freeze, Slow Cook, Bake, etc. This helps separate parts of your recipes so you take advantage of the time things are cooking!

Follow the order listed here! We have put the recipes in order of hardest to easiest so you get through your cooking session quickly!

1. **FREEZE**

Crockpot Mongolian Beef

Coat flank steak in cornstarch. Combine remaining ingredients and place into indicated number of freezer bags. Add steak to indicated number of freezer bags. Label and freeze.

2. Amazing Shrimp Marinade

In a large bowl, stir together garlic, olive oil, tomato sauce and red wine vinegar. Add in basil, salt and cayenne pepper. Divide shrimp into indicated number of freezer bags. Pour marinade on top of shrimp, label and freeze.

3. Slow Cooker Chicken Caesar Sandwiches - Rachel Schultz

Divide chicken breasts and water into indicated number of gallon freezer bags. Mix together caesar dressing, Parmesan cheese, parsley and pepper. Divide dressing mix into indicated number of quart freezer bags. Place a dressing bag inside each gallon bag, label and freeze.

4. **FREEZE**

Easiest Chicken Cordon Bleu Recipe

Combine bread crumbs, salt, pepper, garlic powder and olive oil #1 in a bowl. Lay ham out on indicated number of baking pans greased with olive oil #2. Pound each chicken thigh into a thin piece. Lay a chicken thigh flat on ham. Layer cheese and tomato on chicken. Sprinkle bread crumbs mixture on top. Cover tightly with foil, label and freeze.

5. **FREEZE**

Slow Cooker Cheater Pork Stew

Divide all ingredients except cabbage into indicated number of freezer bags. Label and freeze.

6. **FREEZE**

Ranch Cheddar Burgers

In a bowl, combine beef, cheddar cheese, and ranch dressing mix. Gently shape into patties of equal size and thickness. With your thumb, or the back of a spoon, make a shallow indentation about 1 inch wide in the center of each patty. This helps the patties to cook evenly. Place a small square of waxed paper between each patty and divide patties equally between indicated number of gallon freezer storage bags. Label and freeze.

7. **FREEZE**

Sweet Mustard Roast Beef

Divide all ingredients among indicated number of gallon bags. Label & freeze.

Things to Note:

- Arranges your recipes in the optimum order of efficiency so you get them done as quickly as possible.
- Lists recipes in the order of longest and hardest, to fastest and easiest so you finish strong!
- Lists your instructions and breaks them down into actionable steps to maximize any “passive” cooking time; meaning, while one recipe is cooking in the oven or slow cooker, you can move on to assembling the next recipe!
- Each step listed is categorized so you can quickly see what is coming up and needed next!

Pro Tip: Follow the order given! It will make assembling and cooking your recipes go by that much faster!

RECIPE CARDS

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Pineapple-Ginger Flank Steak

Yields 2 meals of 4 servings each.

Ingredients

1 cup Pineapple Juice
1 ½ tablespoons peel and mince
Ginger, Fresh
½ cups Soy Sauce
¼ cups Canola Oil
5 ½ teaspoons mince Garlic,
Cloves
2 pounds Flank Steak

Containers

2 Gallon Freezer Bag
2 Quart Freezer Bag

Supplies

Label

Cooking to Freeze Instructions

1. Whisk together all Ingredients except flank steak.
2. Reserve 1/4 of marinade.
3. Score flank steak about 1/8 inch deep with knife diagonally.
4. Divide steak and unreserved marinade into indicated number of gallon freezer bags.
5. Divide reserved marinade in indicated number of quart freezer bags.
6. Place a reserved marinade bag in each gallon bag, label and freeze.

Serving Day Instructions

1. Remove steak from bag and discard leftover marinade from steak bag.
2. Grill steak over medium high heat until the steak is still slightly pink on the inside or for 5-10 minutes per side. Brush reserved marinade over steak while grilling.
3. Remove steak from grill.
4. Let stand 5 minutes.
5. Slice steak against the grain.

Remember, you are making enough to make 2 of each recipe! We do this to maximize your time, money & ingredients! That is why 2 sets of containers are always listed.

This set of instructions walks you through preparing your meal to freeze. This could require cooking, or just throwing in a bag.

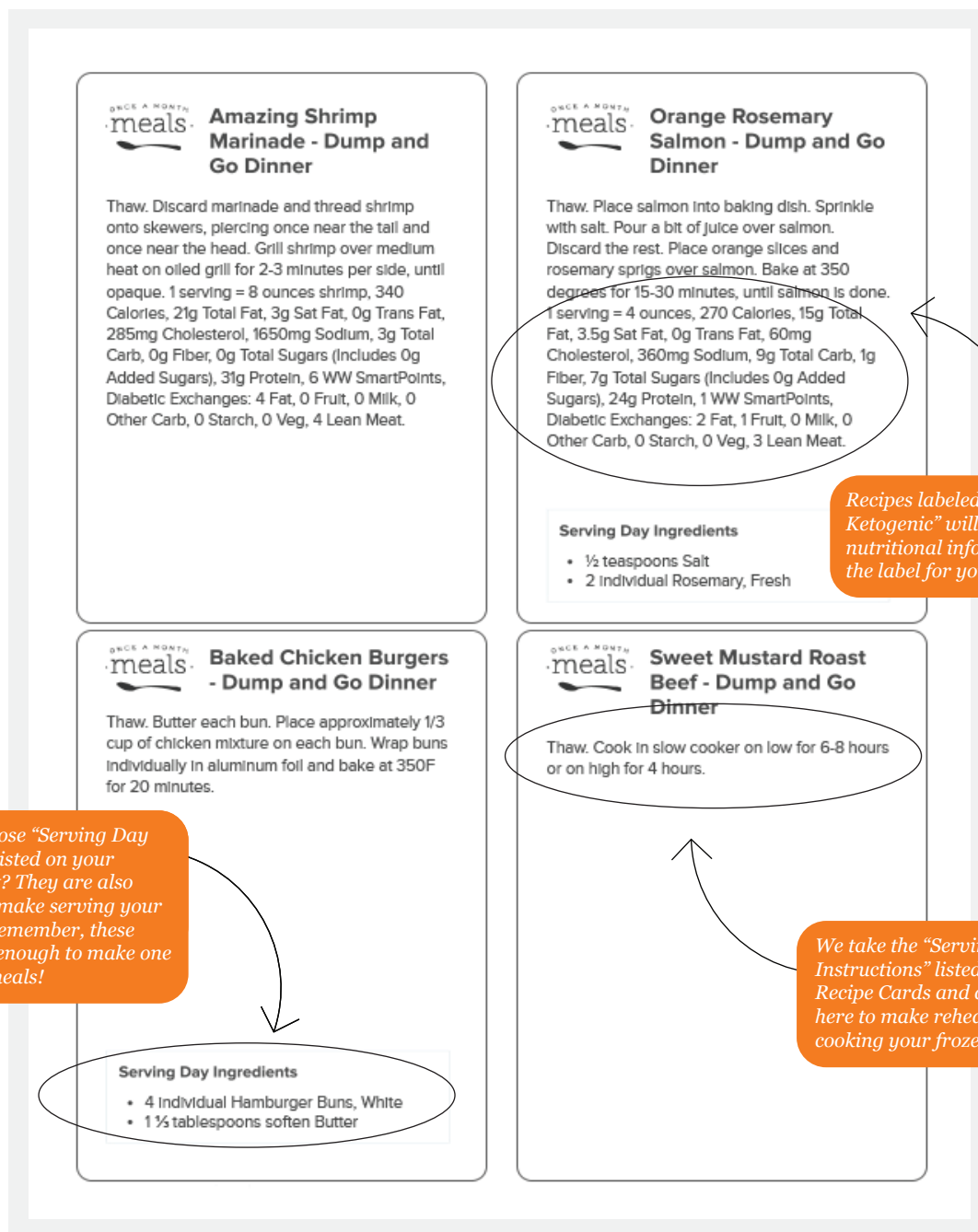
This set of instructions walks you through how to prepare to serve your meal AFTER freezing! This will also be listed on your labels!

Things to Note:

- Includes all your listed ingredients, supplies and containers needed for every recipe.
- Provides instructions for assembling or pre-cooking your meal before being frozen.
- Gives details on bagging and freezing your meal.
- Lists how to prepare that meal after freezing for serving and eating.

Pro Tip: Tape your recipe cards onto your cabinets while you are cooking for easy access and referencing! This way you are not sorting and fumbling with your hands while you cook!

PRINTABLE LABELS



Things to Note:

- Includes the name of the recipes so it doesn't become mystery meat!
- Lists the instructions for reheating or thawing the meal out.
- Outlines the nutritional information of the recipe, if it's available.
- Gives you the "Serving Day Ingredients" so you know what you need to add to your meal after freezing!

Pro Tip: Print these on **Avery 5168 labels** for easy labeling as you finish! Or, simply print these out on paper and tape to your bag or container! Feel free to write in the date you froze it too, but hopefully you'll eat it too fast to need that!

THAW SHEET



Thaw Sheet

Serving each recipe 2 times to 4 people.

Dinners

	Thaw Instructions	Cooking Time	Cooking Type
Amazing Shrimp Marinade	In fridge	9 minutes	Grill cook
Baked Chicken Burgers	In fridge	23 minutes	Oven cook
Baked Pork Chops with Apple Cheddar and Maple	In fridge	30 minutes	Oven cook
Carnitas Tacos	In fridge	about 8 hours	Slow cook
Crockpot Mongolian Beef	In fridge	about 5 hours	Slow cook
Easiest Chicken Bleu Recipe		30 minutes	Oven cook
Grilled Bruschetta		16 minutes	Grill cook
Orange Rosemary		34 minutes	Oven cook
Pineapple-Ginger Flank Steak	In fridge	31 minutes	Grill cook
Ranch Cheddar Burgers	In fridge	9 minutes	Grill cook
Raspberry Glazed Pork Chops	In fridge	26 minutes	Stove cook
Slow Cooker Cheater Pork Stew	In fridge	about 10 hours	Slow cook
Slow Cooker Chicken Caesar Sandwiches - Rachel Schultz	In fridge	about 4 hours	Slow cook
Spinach Tortellini Soup	In fridge	27 minutes	Stove cook
Sweet Mustard Roast Beef	In fridge	about 4 hours	Slow cook

Gives you a full list of every meal in your menu! But remember, you made 2 of each!

The "Thaw Instructions" tell you how to properly thaw your meals! However, please note that Instant Pot meals will be cooked from frozen!

The "Cooking Time" tells you in total how long it will take to cook AFTER you thaw your meal. Please note that this amount does include the "coming to pressure" time for Instant Pots.

The "Cooking Type" gives you a quick preview of the method of cooking your frozen meal. For example: the oven, slow cooker, pressure cooker, and more!

Things to Note:

- Gives specific instructions on how to thaw each recipe listed in your menu if it's needed. Refrigerator thawing can take up to 24 hours in some cases. Also note that Instant Pot recipes will be cooked straight from frozen!
- Lists the total time it will take to prepare under "Cooking Time". **This includes "coming to pressure" time for programmable pressure cookers like the Instant Pot.*
- Reminds you what cooking method is used for each meal so you can make a quick decision about dinner!

Pro Tip: Tape this sheet to your fridge and keep a tally of your meals so you know what you have in your freezer! We love to use this as a freezer inventory sheet! Simply place 2 tallies next to each recipe (because you made each recipe twice) and then cross them off as X's as you eat them!