



*finding your path to*  
**Freezer Cooking**  
**SUCCESS**



# Choosing Your Path to FREEZER COOKING SUCCESS

Where are you now, and where do you want to be?

We know how much you struggle to cook healthy food and eat meals together with your family. We've created this path to simplify the freezer cooking process and to give you clarity in not only where you are, but vision for where you want to be!



1

## THE "WELL-MEANING MEAL PLANNER"

*"I have never freezer cooked or freezer meal planned before, but am eager to learn! I have heard all the great time, money and energy savings it provides, and I am ready to give it a try!"*

**Your Next Goal:** Complete a "Make One, Freeze One" Mini Menu by preparing 3 recipes, doubling them, and then freezing them for later.



2

## THE "ONE AND DONE EXPERT"

*"I love to make meals each night of the week and every now and again freeze one for my family to eat later! Why not make two when you're already making one!"*

**Your Next Goal:** Complete a "Keep it Simple" Mini Menu by preparing 5 "Dump and Go" recipes doubled to make 10 easy dinners.



3

## THE "KEEP IT SIMPLE SPECIALIST"

*"I really enjoy making a few freezer meals at a time for the occasional weeknights that get hectic. Having just a couple recipes and meals in the freezer is perfect for when we're in a crunch for food!"*

**Your Next Goal:** Complete a Once A Month Meals Made "Dump and Go" Mini Menu, then your own custom "Dump and Go" Mini Menu that you create!



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## THE "DUMP AND STIR ENTHUSIAST"

*"I love freezer cooking a small selection of recipes for about 2 weeks using only dump and go ingredients, and easy to assemble directions. Fast and furious is always my motto!"*

**Your Next Goal:** Complete a Once A Month Meals Made "Mixed" Mini Menu, and then your own custom "Mixed" Mini Menu that you create!



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## THE "MIX IT UP MASTER"

*"My sweet spot for freezer cooking is preparing for meals for 2-3 weeks that are a nice mix of easy recipes with dump and go ingredients, as well as some of our favorite baked and stovetop meals that require a little more effort. I like to mix it up just enough to challenge myself, and my family, to try new things!"*

**Your Next Goal:** Complete a custom "Dump and Go" Menu of 7-10 recipes, and then a custom "Mixed" Menu of 7-10 recipes on your own!



6

## THE "RECIPE FREESTYLER"

*"I am all about making freezer cooking my own. Choose your own adventure as some might say! I really enjoy trying new recipes and challenging myself with new techniques. However, I try not to be overzealous with the number of meals and stick to roughly 3 weeks worth of freezer meals."*

**Your Next Goal:** Complete a "Dump & Go" Full Menu, a Once A Month Meals Made Full Menu, and then your own custom Full Menu!



7

## THE "BOLD MENU GO-GETTER"

*"Go big or go home.' That's me to a tee! I love to take on meal planning and freezer cooking head-on by tackling it all at once. My sweet spot is making a month's worth of meals in a weekend so I don't have to think about it all throughout the month!"*

**Your a Master Meal Planner!** You have completed every challenge put in front of you! Become an ambassador for freezer cooking and start sharing your knowledge and experience with others!



## Become a Freezer Cooking Ambassador!

Share your knowledge and experience along the way!

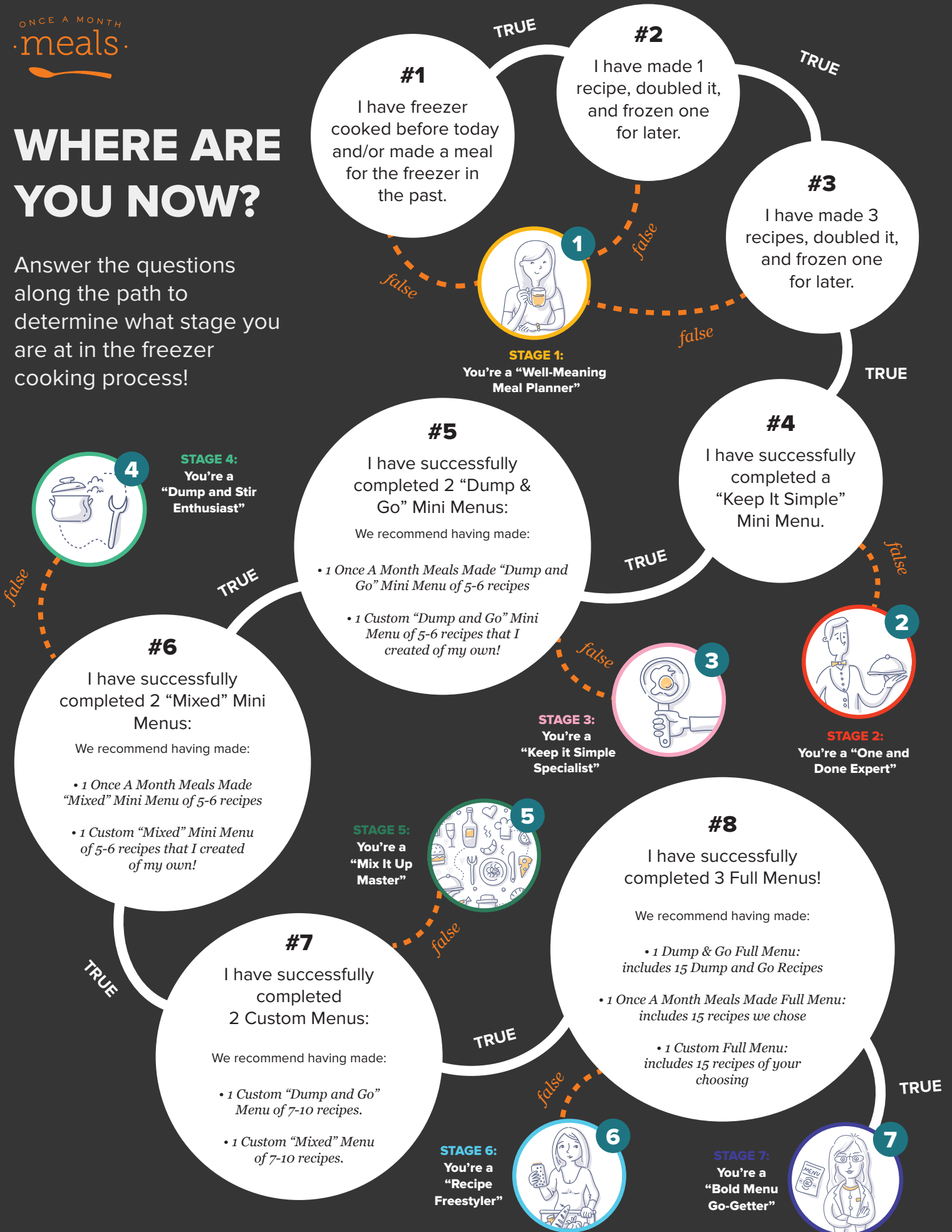
*"It is so ingrained into my lifestyle that I often help teach others how to do it, and host group freezer cooking swaps and parties! Freezer cooking happens about monthly (or more) in my life, and there's no way I could live my life without it!"*

## Ways To Be An Ambassador:

- Help someone pick their first menu
- Volunteer to assist a friend or family with their first freezer cooking day
- Help lead a group cooking day
- Help lead a group cooking swap

# WHERE ARE YOU NOW?

Answer the questions along the path to determine what stage you are at in the freezer cooking process!





## How to Freezer Cook with Once A Month Meals

- 1 | SHOP**  
Gather and purchase your ingredients from your optimized and organized, ready-to-go *Shopping List*.
- 2 | PREP**  
Chop, dice, and slice to prepare all your ingredients ahead of time according to your *Prep Sheet*.
- 3 | ASSEMBLE**  
Follow the step-by-step *Cooking Day Instructions* to prepare your freezer meals quickly and efficiently.
- 4 | FREEZE**  
Cook, package, and freeze your meals according to your *Recipe Cards* for proper storing and freezing.
- 5 | EAT**  
Prepare or reheat your meals according to the instructions on the *Labels* or your *Thaw Sheet*. Then serve and enjoy!

# My Freezer Menu **CHECKLIST**

*Follow this checklist to help you fully and successfully complete each freezer cooking menu you make! This list will help you avoid common mistakes and remind you to check yourself at each step in the process!*

## **Plan:**

- Create and customize the recipes in your menu
- Change and set the serving size to your families needs
- Print off all your Menu Resources

## **Shop:**

- Pull out your *Grocery Shopping List*
- Cross off all ingredients on your *Grocery Shopping List* that you already have on hand
- Order your groceries online, or head to the store to purchase your ingredients

## **Prep:**

- Prepare all of your ingredients the night before you assemble your meals listed on your *Prep Sheet* under “To-Do Night Before”
- Cut, dice, slice, and mince every ingredient listed on your *Prep Sheet* using your “Chopping List”

## **Assemble:**

- Follow the order of recipes given in your *Cooking Day Instructions*
- When at the recipe and step listed in your *Cooking Day Instructions*, reference the exact recipe in your *Recipe Cards* for exact assembly and freezing instructions

## **Freeze:**

- Once you have assembled all your meals, print off your *Printable Labels* on either “Avery 5168 Labels” or regular paper using tap
- Place your *Printable Labels* on your freezer bags or freezer containers
- Place your labeled meals into the freezer

## **Eat**

- Use your *Thaw Sheet* to choose the meal you want from your freezer
- Follow the thaw instructions listed on your *Thaw Sheet* to properly defrost your meal
- Use the instructions listed on your *Printable Labels* to cook or reheat your meal
- Eat and enjoy!