



BEFORE YOU COOK

Welcome to Once A Month Meals!

The three recipes given below are just as you would see them as a Once A Month Meals Member accessing menus on our website. Below, you will find your *Grocery Shopping List*, *Prep Instructions*, *Cooking Day Instructions*, *Recipes Cards*, a *Thaw Sheet*, and *Printable Labels*.

PLEASE NOTE: For the purpose of this offering, we have adapted these documents from their originally intended use. In order to make one, then freeze one, only purchase and use 1/2 the number of containers and 1/2 the amount of Serving Day Ingredients listed since you're only eating one portion the night you cook it. Note that the amount needed after freezing is indicated on the Printable Label and is already halved for you.

Here's How to Get Started:

Using this "Make One Freeze One" menu, you'll cook dinner on three different evenings, eating one immediately that night, and then freezing the other for later. It's that simple! Here's how to begin:

- 1. Download the menu** and it's instructions to your preferred device, or print them off.
- 2. Schedule three nights to cook.** Choose three nights, in the next week or two, where you will be able to make one of the three recipes. The key to success is to put this on your calendar!
- 3. Shop the *Grocery Shopping List*.** If you are making all of these meals this week, purchase everything on this list. If you are planning to spread out these meals, add ingredients one recipe at a time to your weekly shopping list.
- 4. Prepare your ingredients** using the *Prep Instructions*.
**You can choose to do this ahead of time for all your recipes, or as you make each recipe individually.*
- 5. Cook the recipe!** Follow the instructions listed on your *Recipe Card*.
- 6. Divide and Eat!** Divide your completed meal into two portions. Serve one immediately for dinner, and freeze the other half in your freezer container.
- 7. Share your success!** Use *#wellmeaningmealplanner* and *#oamm* with a photo so we can share with others your success! We want to celebrate your accomplishments too!