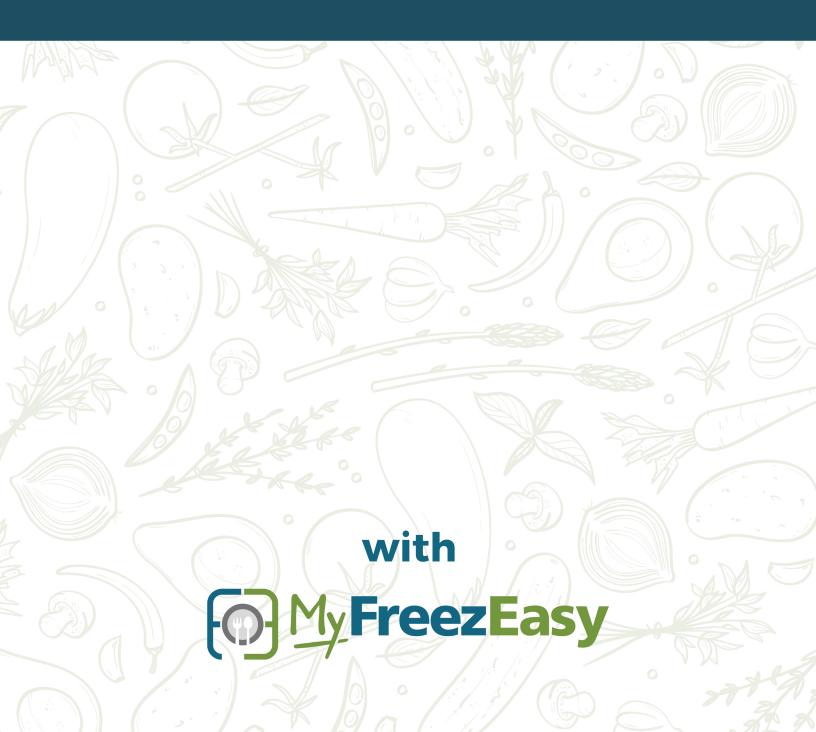
QUICK START GUIDE TO EASIEST WEEKNIGHT DINNERS





Alas, it's here! You're Quick Start Guide to loading your freezer with scrumptious meals, and doing so in the fastest way possible!

We are stoked to lead you step by step through this process. Freezer meals are such a gift to the busy family and you will be so grateful that you spent the time to get your freezer stocked. Have you thought yet about how much money you'll save by staying out of the drive thru or not calling for takeout?!

LET'S DO THIS!

Before we get started...

- Download the Quick Start Freezer Meal Plan
- Print out this Quick Start Guide



Join MyFreezEasy's "For the Love of Freezer Cooking" Facebook Group

Ready, set, let's load your freezer!



STEP 1: Download & Print Your Freezer Meal Plan



Download the Quick Start Plan

STEP 2: Pull Out the Shopping Lists & Get Your Groceries





STEP 3: Follow the Ingredient Prep & Meal Prep Instructions to Make 10 Meals for the Freezer





STEP 4: Freeze Your Meals "Flat" in your Freezer





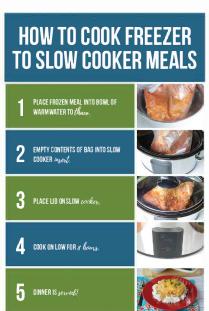
Click to See Other MyFreezEasy Hacks



STEP 5: Make Weekly Meal Plan and Cook 2-3 Freezer Meals a Week

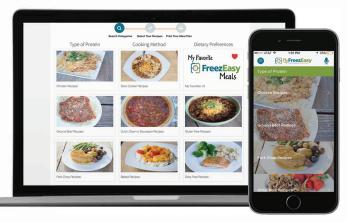
With the slow cooker meals in the Quick Start Freezer meal plan, you have great options for simple, easy meals for your busy weeknight dinners. We highly recommended planning to cook your slow cooker freezer meals on days when your schedule keeps you away from home during dinner prep, or on days you know you just won't feel like fixing dinner! You can see the (F) on my written meal plan for the days when I need the slow cooker to take care of dinner for me. And you can also see the "step-by-step" of how to cook your slow cooker freezer meals. Dinner has never been easier!







STEP 6: Reload Your Freezer Using Your Own Meal Plan From MyFreezEasy





The Getting Started Checklist

Welcome!!! I want you to make the most of your membership and see the money and sanity saving results ASAP! Please take a moment to watch the video tour, and visit each section of the member area to familiarize yourself with the content.

- 1. Watch the Member Area Video Tour.
- 2. Visit the How to Use the Meal Plans page.
- 3. Visit the Video Library Highlights &

Assembly Videos.

- 4. Visit the Monthly Meal Plan Page.
- 5. Watch the How to Use Web-App Video.
- 6. Visit the "Swap Recipes" page.
- 5. <u>Download the Month's Pre-Set Plans</u> or <u>Build Your Own Meal Plans</u> You Want to Use First.

Important note: We do not archive the meal plans each month. With every new month, we release new meal plans and remove past plans. Please download to your computer the ones you want to not lose access to them.

6. Schedule a Time to Go Shopping & Separate Time to Prepare Your Freezer Meals.

I highly recommend shopping and meal prepping on different days.

7. Work your New Freezer Meals into your Weekly Meal Plan. Enjoy your MyFreezEasy Meals!

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DINNER'S NEVER BEEN EASIER!

		MONTHS											
		1	2	3	4	5	6	7	8	9	10	11	12
•	CHOOSE RECIPES FOR FREEZER MEAL PLAN.												
2	PULL OUT SHOPPING LIST. (SET UP PICKUP OR DELIVERY WITH STORE.)												
3	GO SHOPPING. (OR PICK UP YOUR GROCERIES.)												
4	SCHEDULE FREEZER MEAL PREP SESSION.												
5	PREP MEALS & LOAD FREEZER. (GET HELP FROM FAMILY MEMBERS!)												
6	PLAN TO COOK 2-3 FREEZER MEALS EACH WEEK, AROUND YOUR BUSY SCHEDULE.												
7	REPEAT NEXT MONTH! :)												



How to Use FreezEasy Meal Plans

BIG PICTURE - Read through these notes below, as well as the Assembly Plan in the other printable to get a "big picture" look at what you'll be doing to get your meals ready for the freezer.
SHOPPING LIST OPTIONS - Look through the 2 different shopping lists. Decide which approach you'll take and which shopping list you will use. Print the one that you'll use for your shopping.
Complete List by Recipe - includes all ingredients, including side dishes, that you will need for the 10 meals. This list contains all ingredients, organized by recipe.
Complete List by Store Category - includes all ingredients, including side dishes, that you will need for the 10 meals. This list contains all ingredients, arranged by store category or location.
Freezer Meal Prep Day List by Recipe - includes only the ingredients you will need for assembling the meals for the freezer. This list contains only prep day ingredients, organized by recipe. (***This list is most useful for when you get home and are arranging ingredients together by meal or ingredient on your counter, as you prep for assembly.)
Freezer Meal Prep Day List by Store Category - includes only the ingredients you will need for assembling the meals for the freezer. This list contains only prep day ingredients, arranged by store category or location.
ASSEMBLY PREP & LOADING INSTRUCTIONS - Review to understand the overall plan of attack.
ASSEMBLY VIDEO - Watch the video in advance to "see" how it all works (note: it's about 2 hours long!) OR watch the video while you are preparing your meals, and it will feel like I'm in the kitchen with you.
PRINTABLE LABELS - Print the 2 pages of printable labels using Avery #6874 label pages. {Order Avery #6874 from Amazon here.}
Get your freezer loaded with delicious and amazing meals!



Freezer Cooking Tips & FreezEasy Hacks

FreezEasy's freezer cooking meal plans are the perfect solution for the crazy busy home chef who wants to have less stress and less mess when getting dinner on the table. FreezEasy meal plans are designed to help you get 10 meals into your freezer in under 1 hour, using recipes that can quickly be pulled together into freezer bags or trays.

Even with the fast assembly process and cutting out the dinner hour stress, there are still a number of other essential "HACKS" for putting together FreezEasy meal plans!

General Freezer Cooking Tips

- 1. Let the food cool down completely to reduce risk of freezer burn!
- 2. Package up and remove as much as air possible if using a plastic baggie. If using a plastic container and freezing liquid, be sure to leave enough headspace at the top, as the liquid will expand as it freezer.
- 3. "Flat freeze" by pressing the food as flat as possible in the baggie. Then you can stack meals and save space in your freezer. (Photos & samples here.)
- 4. Thaw completely in the fridge overnight or for up to 2 days if it is 'thick.' If you need the food that day, or within 30 minutes, you can let it soak in a warm bowl of water and it will quickly thaw. The thickness of the baggie or container will determine how long it will take to thaw. When I 'quick-thaw' things, it can take anywhere from 20 minutes to an hour. {Photos & samples here.}

{Note: If utilizing the quick thaw method, please don't leave raw meat out on the counter in a bowl of warm water. Always let raw meat thaw in the refrigerator to keep it at proper cold temperatures.}

5. My recommended "stay in the freezer times" are: up to 6 months for regular fridge freezer, or up to 12 months in deep freezer.

{continued on next page}



FreezEasy Hacks

- 1.Do not (I repeat, do NOT!) shop and prep on the same day. Find a time in your schedule that will allow you to shop the morning/afternoon/evening before, then prep the meals the following day.
- 2. When the meat is on sale at your store, prepare the meals in that particular meats plan and you'll kill two birds with 1 stone.
- You've saved a ton by stocking up on meat that is on sale.
- You've saved a ton of time and sanity by prepping it all for dinner at once.
- 3. Use the "Prep Day Shopping List by Recipe" when in the checkout lane (or even as you are loading and unloading your cart!) to organize ingredients into specific bags so that when you get home, the ingredients are already grouped together by recipe. The bagger might look at you like you've lost your mind, but you'll be smiling when you get home and it's already organized for your prep & assembly!
- 4. Drop produce and meats into the fridge in their bags so they are easy to pull out the next day when it's prep time. Leave shelf stable ingredients on the counter, ideally organized in their bags, to make prep set up a cinch.
- 5. Side Dishes: I leave these very much open and flexible to allow your family to decide which veggies and/or starches are best for your preferences. Make the most of sales and deals on produce and bulk rice or pasta to save big on side dishes too.



FREEZER INVENTORY LIST

DON'T LET DELICIOUS MEALS GET LOST IN THE DEPTHS OF YOUR FREEZER

QUANTITY	FREEZER MEALS AND SIDE DISHES	DATE



WHAT FREEZES WELL, WHAT DOESN'T FREEZE WELL

FOODS THAT FREEZE WELL

- SLOPPY JOES
- TACO MEAT
- BURGER PATTIES
- MEATLOAF
- MEATBALLS
- MANICOTTI
- PASTA CASSEROLES
- CREAMY CAJUN SAUCE
- ENCHILADAS
- BURRITOS
- CHILI
- SOUP

- STEW
- MARINATED MEATS
- RAW MEAT
- COOKED MEAT
- BREAD
- PIZZA CRUST
- MUFFINS
- PANCAKES
- WAFFLES
- COOKED BEANS
- MASHED POTATOES
- SHREDDED CHEESE

- BUTTER
- COTTAGE CHEESE
- EGG WHITES (RAW)
- MILK
- WHIPPED CREAM
- WHOLE EGGS
- NUTS
- SEEDS
- FLOURS

FOODS THAT DO NOT FREEZE WELL

- MAYONNAISE
- MAYONNAISE-BASED SALADS
- CHEESE SLICES
- BLOCKS OF CHEESE
- RAW POTATOES
- COOKED EGG WHITES
- HARD-BOILED EGGS
- DESSERTS WITH MERINGUE
- SOUR CREAM BASED SAUCES
- SOUR CREAM
- FRIED FOODS
- GELATIN

^{*} Fresh produce can be frozen, without blanching, if you plan to cook, bake, or blend it.

^{*}Do not freeze fresh produce that you don't plan to cook with, bake with or blend into a smoothie.



Grocery Shopping List THIS WEEK'S MENU PLAN **COUPON AMOUNT** DAY 2 DAY DAY DAY Weekly BUDGET \$ amount SPENT © 2016-2019 FreezEasy Media LLC





	BREAKFAST	ГЛИСН	SNACK	DINNEВ	
Monday					
Tuesday					
Wednesday					
Wednesday Thursday					
Friday					
Saturday					© 2016-2019 FreezEasy Media LLC
Sanday					szEasy Media LLC





Saturday	 		© 2016-2019 FreezEasy Media LLC
Friday			© 2016-2019 Fre
Thursday			
Nedresday			
Tuezday			
Monday			
Surday			

CHEAT SHEET F **CONVERTING SLOW COOKER RECIPES**



INTO INSTANT POT MEALS

Chicken stirfry



Converting Chicken Recipes

Fresh chicken breasts or thighs Frozen chicken breasts or thighs Fresh chicken tenderloins Frozen chicken tenderloins

SLOW COOKER TIME

Low - 8 hours/High - 4 hours

Low - 8 hours

Low - 8 hours/High - 4 hours

Low - 8 hours

Low - 8 hours

PRESSURE COOKING TIME

High, 19 minutes

High, 25 minutes

High, 15 minutes High, 19 minutes

Saute then High, 7 minutes

Converting Ground Beef Recipes

Chili with Browned Ground Beef

Frozen Chili

Spaghetti Sauce with Ground Beef or Sausage

Frozen spaghetti sauce

Soups or stews

Frozen soups or stews

SLOW COOKER TIME

Low - 8 hours/High - 4 hours

PRESSURE COOKING TIME

High, 20 minutes or Chili button

High, 30 minutes or Chili button

High, 10 minutes High, 14 minutes

High, 20 minutes or Soup button

High, 25 minutes or Soup button

Converting Other Beef Recipes

Beef Stew with Potatoes Beef Stew with Other Vegetables

Beef Roast or Tenderloin

Flank or Skirt Steak

Soups or stews

Beef stirfry

SLOW COOKER TIME

Low - 8 hours/High - 4 hours

Low - 8 hours/High - 4 hours

Low - 8 hours

Low - 8 hours/High - 4 hours

Low - 8 hours/High - 4 hours

Low - 8 hours

PRESSURE COOKING TIME

High, 18 minutes

High, 12 minutes

High, 55 to 75 minutes

High, 20 minutes

High, 20 minutes or Soup button

Saute then High, 7 minutes

Note: we do not recommend cooking beef roasts or tenderloins from frozen in the slow cooker or Instant Pot.

Converting Pork Recipes

Pork Roast

Pork Tenderloin

Bone-in Pork Chops

Boneless Pork Chops

Frozen Bone-in or bonless pork chops

SLOW COOKER TIME

Low - 8 hours

Low - 8 hours

Low - 8 hours/High - 4 hours

Low - 8 hours/High - 4 hours

Low - 8 hours/High - 4 hours

PRESSURE COOKING TIME

High, 35 to 55 minutes

High, 35 to 55 minutes

High, 14 minutes

High, 13 minutes

High, 18 minutes

Note: we do not recommend cooking pork roasts or tenderloins from frozen in the slow cooker or Instant Pot.

Converting Seafood Recipes

SLOW COOKER TIME

PRESSURE COOKING TIME

Salmon Cod Shrimp

High - 1 to 1 1/2 hours High - 1 to 1 1/2 hours High - 1 to 11/2 hours Steam, 2 minutes Steam, 5 minutes Steam, 2 minutes

Note: we do not recommend cooking seafood from frozen in the slow cooker or Instant Pot.

















OVERALL NOTE:

Cooking times may vary slightly depending on thickness of the meats.

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let's Connect

Hi friend! Need more help or inspiration on your freezer cooking journey? Come join our group on Facebook - it's basically a "freezer cooking hotline" and an amazing, supportive community. Tap here to join the group.



Additional MyFreezEasy Resources



