



Heart Healthy Bundle

Saving Dinner with



Five for the Freezer

5 heart healthy recipes to assemble and freeze ahead

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

5 delicious Dinner Kits

to

Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the chicken, fish or beef and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminates.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.

Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See www.FlyLady.net for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the ["Dinner Menu List"](#). Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

Substitutions anyone?

You may not like chicken or fish or beef and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Congratulations on Saving Dinner in your home!

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Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 4 boneless skinless chicken breast halves [M1] 4 Tilapia fillets, fresh or frozen [M2] 4 fish fillets, frozen or fresh (we prefer Trout or Cod) [M4] 1 pound flank (or round) steak [M5]</p> <p>CONDIMENTS Olive oil (9 1/2 tablespoons) [M1,M2,M5] Balsamic vinegar (5 tablespoons) [M1,M5] White wine vinegar (2 tablespoons) [M2] Dijon mustard (2 teaspoons) [M2] Honey (1/2 cup) [M1] 1 (6-oz.) jar Pesto sauce (1/2 cup) [M3] Almonds, sliced (1/4 cup) [M4] Red wine (if not using beef broth) (1/2 cup) [M5] Bread crumbs (1 cup) [M4]</p> <p>PRODUCE 1 onion (1 cup) [M2] 1 bunch green onions (2 stems) [M3] 1 head of garlic (6 cloves) [M1,M2,M5] 1 bunch parsley (7/8 cup chopped) [M2,M5] 2 tomatoes [M3] 1 zucchini (3/4 cup) [M3] 1 (8-oz.) container of mushrooms (3/4 cup chopped) [M3]</p> <p>CANNED GOODS 1 (14.5-oz.) can beef broth, low sodium (if not using red wine) (1/2 cup) [M5]</p> <p>SPICES Cumin (1 teaspoon) [M1] Cinnamon (1/2 teaspoon) [M1] Thyme (1 teaspoon) [M2] Ground coriander (1 teaspoon) [M1] Ground ginger powder (1 teaspoon) [M1] Bay leaves (1 leaf) [M5] Italian seasoning (1 tablespoon) [M3] Dried parsley (1 tablespoon) [M4] Dry mustard (1/2 teaspoon) [M4] Oregano (1 tablespoon) [M5] Tarragon (1 tablespoon) [M5]</p> <p>DAIRY Egg substitute (1 cup) [M3] Parmesan cheese (1/3 cup shredded) [M3] Skim milk (1 cup) [M3] Buttermilk (1/4 cup) [M4]</p> <p>OTHER 9 gallon freezer plastic bags [M1,M2,M3,M4,M5] 3 quart freezer plastic bags [M1,M3] 3 snack sized plastic bags [M1,M3,M4]</p>	<p>1. Moroccan Chicken with Honey Couscous 1 (8-oz.) can chickpeas, drained 1 (14.5-oz.) can diced tomatoes, no salt added, drained (need 1 cup) Couscous (12 ounces) *Mixed baby greens *Red onion *Cucumber *Low fat lemon yogurt</p> <p>2. Mustard Thyme Tilapia *Asparagus *Tomatoes</p> <p>3. Italian Frittata Olive oil (1 1/2 teaspoons) Spaghetti pasta (4-oz.) *Baby carrots *Assorted fruit for kabobs</p> <p>4. Fish Amandine Butter (1 tablespoon) *Brown rice *Kale</p> <p>5. Herbed Grilled Flank Steak *New potatoes *Brussels sprouts</p> <p style="text-align: center;">(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; margin-top: 20px; text-align: center;"> <p>QUICK TIP</p> <p>Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Onions [M2]: Remove the outer skin from your onion.
Then: chop 1 onion

Green Onions [M3]: Wash 2 green onions under running water to remove any grit. Cut and remove the section containing the roots. Chop green onions into small pieces.

Garlic [M1,M2,M5]: Press 6 cloves of garlic (if you are not using preminced garlic). 1/2 teaspoon minced is about the same as 1 clove of garlic.

Parsley [M1,M2,M5]: Cut and remove the longer ends of the stems. Pile your parsley on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place. Need about 7/8 cup.

Zucchini [M3]: Wash the zucchini under running water to remove any dirt and grit. Chop to make 3/4 cup zucchini.

Tomatoes [M3]: Wash the tomatoes under running water to remove any dirt and grit. Seed and chop 2 tomatoes.

Mushrooms [M3]: Wash the mushrooms to remove any dirt and organic matter. Chop enough mushrooms to make 3/4 cup.

***Tip:** There's a big debate about how to wash mushrooms. Some people prefer to dab at the dirt with a damp paper towel to avoid the mushroom getting soggy. Others prefer to wash mushrooms just like any vegetable. Either way, if there's a lot of dirt, you really should wash them under running water and check every mushroom to make sure you get all the organic matter and mud out.*

Saving Dinner with Five from the Freezer Dinner Planner

All of these recipes require the preheating of a grill or oven to prepare the meal. Preparation times allow for preheating but may need to be adjusted depending on your particular appliance.

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Moroccan Chicken with Honey Couscous	A salad of mixed baby greens, sliced red onion and cucumbers drizzled with low fat lemon yogurt	Oven	<10 minutes	20-25 minutes
<input type="checkbox"/> Mustard Thyme Tilapia	Asparagus and broiled tomatoes	Grill	<10 minutes	About 15 minutes
<input type="checkbox"/> Italian Frittata	Fruit kabobs and glazed baby carrots	Oven	15-20 minutes	25-30 minutes
<input type="checkbox"/> Fish Amandine	Brown rice and steamed kale	Oven	10-15 minutes	10-20 minutes
<input type="checkbox"/> Herbed Grilled Flank Steak	New potatoes and Brussels sprouts	Grill	5-10 minutes	4-8 minutes

Moroccan Chicken with Honey Couscous

5 for the Freezer Heart Healthy Recipe 1 — Assembly Guidelines

In a large mixing bowl, combine and mix thoroughly:

2 tablespoons balsamic vinegar
2 cloves garlic, pressed (1 teaspoon minced)
1 teaspoon cumin
1 teaspoon coriander
1/2 teaspoon ground ginger
1/2 teaspoon cinnamon
1/2 teaspoon black pepper
1/2 cup honey
1/2 cup olive oil



Remove 1/3 cup of marinade mixture and place in a 1 quart freezer bag; seal bag.

In a 1 gallon freezer bag, add:

4 boneless skinless chicken breast halves

Pour the marinade mixture over chicken breast halves; seal bag and gently toss to coat the chicken with the marinade. Open the bag and carefully squeeze the bag to force out any air; seal the bag.

In a snack sized plastic bag, add

1/2 cup chopped parsley

Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Moroccan Chicken with Honey Couscous

5 for the Freezer Heart Healthy Recipe 1 — Cooking Instructions

Preassembly Ingredients

2 tablespoons balsamic vinegar	1/2 teaspoon cinnamon
2 cloves garlic, pressed (1 teaspoon minced)	1/2 teaspoon black pepper
1 teaspoon cumin	1/2 cup honey
1 teaspoon coriander	1/2 cup olive oil
1/2 teaspoon ground ginger	4 boneless skinless chicken breast halves
	1/2 cup parsley

At time of cooking ingredients

1 cup no salt added, diced tomatoes, drained
1 1/3 cups water
1 (8-oz.) can chickpeas, drained
12 ounces uncooked couscous

Cooking Instructions

Remove preassembled Moroccan Chicken with Honey Couscous from the freezer and defrost.

Preheat oven to 375 degrees. Lightly grease a baking dish. Remove the chicken from the bag and discard marinade the chicken was frozen in. Place the chicken in a baking dish and bake for about 20 – 25 minutes or until chicken is cooked through and golden brown.

While the chicken is cooking, place the reserved marinade, water, drained chick peas, tomatoes and parsley into a large saucepan. Bring to a boil. Add the couscous, stir, cover and remove from heat. Let stand until chicken is cooked. Serve.

Serving Suggestions: A salad of mixed baby greens, sliced red onion and cucumbers drizzled with low fat lemon yogurt.

Nutrition per serving: 238 Calories; 13g Fat; 22g Protein; 2g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 100mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points** 6

Mustard Thyme Tilapia

5 for the Freezer Heart Healthy Recipe 2 — Assembly Guidelines

In a mixing bowl, combine and mix thoroughly:

2 tablespoons fresh chopped parsley
2 tablespoons white wine vinegar
2 teaspoons Dijon mustard
1 teaspoon thyme
1 cup chopped onion
1 tablespoon olive oil
1 clove garlic, pressed



In a 1 gallon freezer bag, add:

4 fresh or frozen tilapia fillets

Pour the marinade mixture over the fish fillets; seal the bag and gently toss to coat the fillets evenly. Open the bag and gently and carefully squeeze the bag to force out any air then re-seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Mustard Thyme Tilapia

5 for the Freezer Heart Healthy Recipe 2 — Cooking Instructions

Preassembly Ingredients

2 tablespoons fresh chopped parsley
2 tablespoons white wine vinegar
2 teaspoons Dijon mustard
1 teaspoon thyme
1 cup chopped onion
1 tablespoon olive oil
1 clove garlic, pressed
4 fresh or frozen tilapia fillets



At time of cooking ingredients

None

Cooking Instructions

Remove preassembled Mustard Thyme Tilapia from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat indoor grilling machine, outdoor grill, stovetop grill or oven broiler. Remove fish from marinade bag and cook fish for about 7 – 8 minutes per side or until fish flakes easily. Serve.

Serving Suggestions: Asparagus and broiled tomatoes

Nutrition per serving: 327 Calories; 13g Fat; 46g Protein; 8g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 161mg Sodium. **Exchanges:** 0 Grain (Starch); 6 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 7

Italian Frittata

5 for the Freezer Heart Healthy Recipe 3 — Assembly Guidelines

In a 1 quart freezer bag, combine:

2 chopped green onions
2 chopped tomatoes
3/4 cup chopped zucchini
3/4 cup chopped mushrooms
1/2 cup pesto sauce
1 tablespoon Italian seasoning



Carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, combine:

1 cup egg substitute
1 cup skim milk

Carefully squeeze the bag to force out any air; seal the bag.

In a snack sized plastic bag, place:

1/3 cup shredded Parmesan cheese

Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Italian Frittata

5 for the Freezer Heart Healthy Recipe 3 — Cooking Instructions

Preassembly Ingredients

2 chopped green onions
2 chopped tomatoes
3/4 cup chopped zucchini
3/4 cup chopped mushrooms
1/2 cup pesto sauce
1 tablespoon Italian seasoning
1 cup egg substitute
1 cup skim milk
1/3 cup shredded Parmesan cheese



At time of cooking ingredients

1 1/2 teaspoons olive oil
4 ounces spaghetti noodles

Cooking Instructions

Remove preassembled Italian Frittata from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 375 degrees.

Cook spaghetti in boiling water for 5 minutes. Drain pasta and toss with green onions mixture.

Pour oil into bottom of an 8-x 8-inch baking dish. Sprinkle bottom of pan with 2 tablespoons Parmesan cheese. Place spaghetti mixture on top of Parmesan cheese. Pour egg mixture on top of spaghetti. Sprinkle on remaining parmesan cheese. Place frittata in oven and bake for about 25-30 minutes or until frittata is cooked through and has set.

Serving Suggestions: Fruit kabobs and glazed baby carrots

Nutrition per serving: 444 Calories; 25g Fat; 21g Protein; 34g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 492mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.
Points: 10

Fish Amandine

5 for the Freezer Heart Healthy Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag, combine:

1 cup bread crumbs
1 tablespoon dried parsley
1/2 teaspoon dry mustard
Pepper to taste



Set the bag aside to await the fish. Place in a shallow pie pan:

4 fish fillets (trout or cod are yummy!)

Pour:

1/4 cup low fat buttermilk

over the fish fillets to coat the fillets.

Take 1 buttermilk bathed fillet and place it into the freezer bag containing the bread crumb mixture; seal bag and toss to coat the fillet with bread crumbs; repeat this procedure for each fillet leaving the coated fish fillets in the bread crumb bag.

Once all of the fish fillets have been coated with bread crumbs, carefully squeeze the bag to force out any air; seal the bag.

In a snack sized plastic bag, place:

1/4 cup sliced almonds, chopped

Squeeze the bag to force out any air and seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Fish Amandine

5 for the Freezer Heart Healthy Recipe 4 — Cooking Instructions

Preassembly Ingredients

1 cup bread crumbs
1 tablespoon dried parsley
1/2 teaspoon dry mustard
Pepper to taste
1/4 cup sliced almonds, chopped
4 fish fillets (trout or cod are yummy!)
1/4 cup buttermilk



At time of cooking ingredients

1 tablespoon butter, melted

Cooking Instructions

Remove preassembled Fish Amandine from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 450 degrees.

Lightly grease baking dish. Place fish in to a baking dish and sprinkle with almonds. Drizzle with melted butter and bake for about 10 minutes per inch of thickness.

Serving Suggestions: Brown rice and steamed kale

Nutrition per serving: 231 Calories; 13g Fat; 20g Protein; 8g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 110mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat. **Points** 6

Herbed Grilled Flank Steak

5 for the Freezer Heart Healthy Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, combine:

- 1 pound flank (or round steak) trimmed**
- 1/2 cup red wine (or low sodium beef broth)**
- 3 tablespoons fresh chopped parsley**
- 3 tablespoons balsamic vinegar**
- 1 teaspoon olive oil**
- 1 tablespoon oregano**
- 1 tablespoon tarragon**
- 3 cloves garlic, pressed (1 1/2 teaspoons minced)**
- 1 bay leaf**
- Black pepper to taste**



Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Herbed Grilled Flank Steak

5 for the Freezer Heart Healthy Recipe 5 — Cooking Instructions

Preassembly Ingredients

- 1 pound flank (or round steak) trimmed
- 1/2 cup red wine (or low sodium beef broth)
- 3 tablespoons fresh chopped parsley
- 3 tablespoons balsamic vinegar
- 1 teaspoon olive oil
- 1 tablespoon oregano
- 1 tablespoon tarragon
- 3 cloves garlic, pressed
- 1 bay leaf
- Black pepper to taste



At time of cooking ingredients

None

Cooking Instructions

Remove preassembled Herbed Grilled Flank Steak from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat indoor grilling machine, outdoor grill, stovetop grill or oven broiler. Remove steak from marinade (discard marinade). Cook steak to desired level of doneness or about 4 minutes per side for medium-well. Slice diagonally and serve.

Serving Suggestions: New potatoes and Brussels sprouts

Nutrition per serving: 238 Calories; 13g Fat; 22g Protein; 2g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 100mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points** 6

Got Questions? Need Help?

Visit our Mega Menu-Mailer

USERS FORUM

and chat with others using our
Mega Menu-Mailers and standard menus.

We're here to help you with
all your dinner needs.

Our customer service center is available to
assist you as well. Check out our

“LIVE CHAT”

and “talk” directly with one of our staff
right then and there.

Visit our website at

www.SavingDinner.com

for all of the details
and any assistance you need.



Saving Dinner with



Five for the Freezer

5 Heart Healthy recipes to assemble and freeze ahead

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

5 delicious Dinner Kits

to

Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the fish and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminate.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.

Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See www.FlyLady.net for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the ["Dinner Menu List"](#). Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Congratulations on Saving Dinner in your home!

Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 1 pound extra lean ground beef [M2] 4 tilapia fillets (or firm white fish of your choice) [M1] 1 lb boneless, skinless chicken breast halves [M4] 4 turkey cutlets or tenderloins [M5] 4 slices deli ham [M5]</p> <p>CONDIMENTS Olive oil [M1] Soy sauce, low sodium [M4] Dijon mustard [M1] Slivered almonds (2 tablespoons chopped) [M1] Fat free Caesar dressing [M2]</p> <p>PRODUCE 1 onion [M3] Garlic (4 cloves or jarred minced garlic) [M1,M3] Fresh parsley (1/2 cup chopped) [M1] Spinach (2 cups chopped) [M3]</p> <p>CANNED GOODS 1 (10-oz.) can artichoke hearts [M3] 1 (15-oz.) can low sodium chicken broth [M4,M5]</p> <p>SPICES Dried oregano [M3] Mrs. Dash seasoning [M2]</p> <p>DAIRY/DAIRY CASE Parmesan cheese, grated (6 tablespoons) [M2,M3] Egg Beaters (3/4 cup) [M3] Swiss cheese, shredded (3 ounces) [M3] Swiss cheese (4 slices) [M5] Skim milk (1 cup) [M3,M5] Nonfat sour cream (3/4 cup) [M5] Orange juice (1/4 cup) [M4]</p> <p>DRY GOODS Whole wheat bread crumbs (1/3 cup) [M1] Slivered almonds (2 tablespoons chopped) [M1]</p> <p>FREEZER Hash browns [M3] 1 frozen deep dish pie crust [M3] 1 pound bag frozen broccoli, cauliflower and carrot blend (without sauce) [M4]</p> <p>OTHER 2 (1-gallon) freezer plastic bags [M2,M4] 2 (1-quart) freezer plastic bags [M4] 2 disposable aluminum foil pans (9-3/4 inches x 7-1/4 inches wide) [M1,M5] Aluminum foil [M3,M5] Wax paper [M2]</p>	<p>1. Lemony Baked Crusted Tilapia 1 lemon (for juice, 2 tablespoons) *Baby spinach *Salad toppings *Salad dressing, your choice *Broccoli</p> <p>2. Caesar's Burgers 1 onion 1 bell pepper Romaine lettuce (8 leaves) 2 tomatoes 4 whole wheat hamburger buns *Red potatoes</p> <p>3. Spinach and Artichoke Pie *Mozzarella *Tomato *Basil leaves *Balsamic Vinegar *Extra virgin olive oil *Black pepper</p> <p>4. Kandi's Favorite Chicken Stir Fry Olive oil Garlic (2 cloves or jarred minced garlic) Ground ginger *Brown rice</p> <p>5. Turkey Cordon Bleu Broccoli florets (6 cups) *Sweet potatoes</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; margin-top: 20px; text-align: center;"> <p>QUICK TIP</p> <p>Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Garlic []: Press 6 cloves of garlic. (1/2 teaspoon is about the same as 1 clove of garlic if you're using the jarred minced garlic.)

Onions: Chop onion to make about 1 cup chopped onion. (1 large onion is about 1 cup chopped; 1 medium onion is about 3/4 cup chopped.)

Parsley []: Cut and remove the longer ends of the stems. Pile your parsley on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place.

Spinach: Wash and rinse your leaf spinach well to remove any dirt or grit if you're not using the pre-packaged spinach. Pile your spinach on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place.

Lemon: Rinse lemons under running water to wash. Juice your lemons. Using your palm, press and roll the lemons on your countertop a few times to help release the juice from the pulp. (Tip – lemons and limes stored at room temperature release more juice than lemons stored in your refrigerator.) If you do not have a juicer, squeeze the lemons over a bowl by hand. Cover and store the juice (or transfer juice to a plastic bag) in your refrigerator overnight. Be sure to remove any seeds from the juice.

Saving Dinner with Five from the Freezer Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Lemony Baked Crusted Tilapia	with steamed broccoli and a spinach salad	Oven	5 minutes	8-10 minutes
<input type="checkbox"/> Caesar's Burgers	with steamed red potatoes	Oven or Grill	5 minutes	8-10 minutes
<input type="checkbox"/> Spinach and Artichoke Pie	with a Caprese Salad	Oven	5 minutes	30 minutes
<input type="checkbox"/> Kandi's Favorite Chicken Stir Fry	over brown rice	Stove top	5 minutes	10 minutes
<input type="checkbox"/> Turkey Cordon Bleu	with baked sweet potatoes	Oven	5 minutes	30 minutes

Lemony Baked Crusted Tilapia

Recipe 1 — Assembly Guidelines — Serves 4

Lightly grease a baking dish or an aluminum foil dish.

4 tilapia fillets
1/3 cup whole wheat bread crumbs
2 tablespoons slivered almonds, chopped
1 tablespoon olive oil
1/2 cup parsley, chopped
2 tablespoons lemon juice
2 cloves garlic, pressed
1 teaspoon Dijon mustard



Lightly grease a baking dish or an aluminum foil dish.

Place and arrange the tilapia fillets in your greased pan.

In a small bowl combine the olive oil, lemon juice, garlic and Dijon mustard; mix well.

Brush 1 side of each fish fillet with the mixture.

In a small bowl combine bread crumbs, almonds and parsley; mix well.

Sprinkle the bread crumb mixture over the oil/mustard brush side of each fillet to coat.

Cover and place your label on the dish or write the name & date and the recipe page number on freezer or masking tape and attach to the dish. Be sure to place the dish on a level surface in your freezer.

Lemony Baked Crusted Tilapia

Recipe 1 — Cooking Instructions — Serves 4

Preassembled Ingredients

4 tilapia fillets
1/3 cup whole wheat bread crumbs
2 tablespoons slivered almonds, chopped
1 tablespoon olive oil
1/2 cup parsley, chopped
2 tablespoons lemon juice
2 cloves garlic, pressed
1 teaspoon Dijon mustard



At time of cooking ingredients

1 lemon, sliced

Cooking Instructions

Preheat oven to 425 degrees.

Slice lemon and place one slice of lemon on top of each fillet. Bake until fish is done and flakes easily.

Serving Suggestions: Serve with steamed broccoli and a spinach salad

Nutrition per serving: 288 Calories; 8g Fat; 44g Protein; 9g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 219mg Sodium.
Exchanges: 1/2 Grain (Starch); 5 1/2 Lean Meat; 1 Fat. **Points:** 6

Caesar's Burgers

Recipe 2 — Assembly Guidelines — Serves 4

1 pound extra lean ground beef
1/2 cup fat free Caesar dressing
1/2 teaspoon Mrs. Dash
1 teaspoon pepper
2 tablespoons Parmesan cheese



In a large mixing bowl combine ground beef, dressing, seasonings and cheese; mix well and divide mixture into 4 equal parts.

Take 1 of the divided equal parts of meat mixture and form it into a patty; do the same for each remaining divided measures until you have 4 patties. Place a 4x4 piece of wax paper between the patties to help keep them from sticking to each other in the freezer.

Place the divided patties into a freezer bag. Carefully squeeze the bag to force out any air, and then seal the bag.

Place your label on the bag or write the name & date and the recipe page number on the bag and place in the freezer.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Caesar's Burgers

Recipe 2 — Cooking Instructions — Serves 4

Preassembled Ingredients

1 pound extra lean ground beef
1/2 cup fat free Caesar dressing
1/2 teaspoon Mrs. Dash
1 teaspoon pepper
2 tablespoons Parmesan cheese



At time of cooking ingredients

1 onion, sliced
1 bell pepper, sliced into rings
8 Romaine lettuce leaves
2 tomatoes, sliced
4 whole wheat hamburger buns

Cooking Instructions

Thaw.

Preheat oven broiler, stovetop grill, outdoor grill or indoor grilling machine.

Cook patties to desired level of doneness.

Serve patties on buns with onions, bell pepper, lettuce and your favorite hamburger condiments.

Serving Suggestions: Serve with steamed red potatoes

Nutrition per serving: 363 Calories; 4g Fat; 13g Protein; 14g Carbohydrate; 3g Dietary Fiber; 33mg Cholesterol; 388mg Sodium.
Exchanges: 0 Grain (Starch); 1 1/2 Vegetable; 1/2 Other Carbohydrates. **Points:** 7

Spinach and Artichoke Pie

Recipe 3 — Assembly Guidelines — Serves 4

3/4 cup Egg Beaters
1/4 cup chopped onion
1/4 cup grated Parmesan cheese
5 ounces frozen shredded hash browns
2 cups chopped spinach
1 cup chopped artichoke hearts, drained
2 cloves garlic, pressed
3 ounces Swiss cheese, shredded
1/4 cup skim milk
1/2 teaspoon oregano
Black pepper to taste
1 frozen deep dish pie crust



In a large bowl mix together first 11 ingredients (Egg Beaters to pepper)

Stir together well until blended and pour into a frozen pie crust pan. Cover well with aluminum foil.

Place your label on the cover or write the name & date and the recipe page number on freezer/masking tape and attach to the cover. Be sure to place the pie on a level surface in your freezer.

To prevent freezer burn, place the filled pan into a gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Spinach and Artichoke Pie

Recipe 3 — Cooking Instructions — Serves 4

Preassembled Ingredients

3/4 cup Egg Beaters
1/4 cup chopped onion
1/4 cup grated Parmesan cheese
5 ounces frozen shredded hash browns
2 cups chopped spinach
1 cup chopped artichoke hearts, drained
2 cloves garlic, pressed
3 ounces Swiss cheese, shredded
1/4 cup skim milk
1/2 teaspoon oregano
Black pepper to taste
1 frozen deep dish pie crust



At time of cooking ingredients

None

Cooking Instructions

Thaw.

Preheat oven to 350 degrees.

Bake covered for about 20 minutes. Remove cover and bake another 5-10 minutes or until filling is cooked through.

Serving Suggestions: Serve with a Caprese Salad

Nutrition per serving: 278 Calories; 9g Fat; 23g Protein; 24g Carbohydrate; 3g Dietary Fiber; 24mg Cholesterol; 408mg Sodium.
Exchanges: 1 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 1/2 Fat.
Points: 6

Kandi's Favorite Chicken Stir Fry

Recipe 4 — Assembly Guidelines — Serves 4

1/4 cup orange juice
1 pound boneless, skinless chicken breast halves, cubed
3/4 cup low sodium chicken broth
1 tablespoon low sodium soy sauce
1 pound frozen broccoli, cauliflower and carrot blend (without sauce)



In a 1 quart freezer bag combine orange juice and chicken; gently squeeze the bag to remove any air; seal the bag.

In a 1 quart freezer bag combine broth and soy sauce; gently squeeze the bag to remove any air; seal the bag.

Keep frozen veggies in bag.

Add the bags to a 1 gallon freezer bag; gently squeeze the bag to remove any air and seal the bag.

Place your label on the bag or write the name & date and the recipe page number on the bag and place in the freezer.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Kandi's Favorite Chicken Stir Fry

Recipe 4 — Cooking Instructions — Serves 4

Preassembled Ingredients

1/4 cup orange juice
1 pound boneless, skinless chicken breast halves, cubed
3/4 cup low sodium chicken broth
1 tablespoon low sodium soy sauce
1 pound frozen broccoli, cauliflower and carrot blend (without sauce)



At time of cooking ingredients

2 teaspoons olive oil
2 cloves garlic, pressed
1/2 teaspoon ground ginger (more or less to taste)

Cooking Instructions

Thaw chicken. Drain chicken from juice marinade; discard marinade.

Thaw sauce. Thaw and drain veggies. (Be sure to drain well to help keep the hot oil from spattering when you add the veggies to the wok.)

Preheat wok or large skillet.

Add oil, garlic and ginger to the wok. Stir fry for about 30 seconds before adding chicken.

Add the chicken and stir fry for about 3 minutes. Add the drained veggies and stir fry for another 2 or 3 minutes. Add the broth/soy mixture and stir fry for another 1-2 minutes before serving.

Serving Suggestions: Serve over brown rice

Nutrition per serving: 207 Calories; 4g Fat; 32g Protein; 11g Carbohydrate; 4g Dietary Fiber; 66mg Cholesterol; 349mg Sodium.
Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 4

Turkey Cordon Bleu

Recipe 5 — Assembly Guidelines — Serves 4

4 turkey breast cutlets
4 slices deli ham
4 slices Swiss cheese
1/4 cup low sodium chicken broth
3/4 cup nonfat milk
3/4 cup nonfat sour cream



In a regular casserole dish, or aluminum foil dish, layer turkey, ham and Swiss cheese in order.

In a mixing bowl combine chicken broth, milk and sour cream and mix well; spread mixture on top of the layered turkey cutlets.

Cover well with aluminum foil to seal.

Place your label on the cover or write the name & date and the recipe page number on freezer/masking tape and attach to the cover. Be sure to place the dish on a level surface in your freezer.

Turkey Cordon Bleu

Recipe 5 — Cooking Instructions — Serves 4

Preassembled Ingredients

4 turkey breast cutlets
4 slices deli ham
4 slices Swiss cheese
1/4 cup low sodium chicken broth
3/4 cup nonfat milk
3/4 cup nonfat sour cream



At time of cooking ingredients

6 cups broccoli florets

Cooking Instructions

Thaw.

Preheat oven to 350 degrees.

Bake cover for about 20 minutes. Uncover and continue to bake for another 5-10 minutes or until cheese is melted and sauce is golden.

While dish is baking, steam the broccoli florets. Serve broccoli with turkey.

Serving Suggestions: Serve with baked sweet potatoes

Nutrition per serving: 157 Calories; 2g Fat; 26g Protein; 9g Carbohydrate; 3g Dietary Fiber; 50mg Cholesterol; 491mg Sodium.
Exchanges: 3 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates.
Points: 3

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Saving Dinner with



Five for the Freezer

5 fish-based recipes
to assemble and freeze
ahead

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

5 delicious Dinner Kits

to

Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to “Five for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 5 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Five for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Once begun, half done

The thought of preparing 5 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

Let's talk Dollars and Cents

Five for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the fish and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Five for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 5 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminate.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimal way to defrost dinner.

Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See www.FlyLady.net for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "[Dinner Menu List](#)". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

Substitutions anyone?

You may not like fish and prefer to enjoy other meats, maybe chicken was on sale this week instead of fish... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 5 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 5 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 5 days worth of main courses and we know most of you don't eat the same meat 5 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Congratulations on Saving Dinner in your home!

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Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 5 pounds firm white fish fillets (tilapia is a good one) (or use frozen) [M1,2,3,4,5]</p> <p>CONDIMENTS Olive oil [M2,4] Low fat mayonnaise (1 1/2 tablespoons) [M1] Capers (2 tablespoons) [M3] Kalamata olives (1/4 cup chopped) [M3] Apricot jam (1/2 cup) [M4] Brown mustard (2 teaspoons) [M4] Prepared horseradish (1 teaspoon) [M4]</p> <p>PRODUCE Onion (1 cup, chopped) [M2] Red onion (1) [M5] Garlic (4 cloves) [M2] Red pepper (1) [M5] Mango (1) [M5] Jalapeño pepper (1) [M5] Cilantro [M5] Lime (1) [M5] Lemon (2) [M1,3]</p> <p>CANNED GOODS Sun-dried tomatoes packed in oil (1/3 cup) [M3]</p> <p>SPICES Basil [M1] Onion powder [M1] Celery salt [M1] Cayenne pepper [M2] Creole seasoning [M4] Chili powder [M5] Cumin [M5]</p> <p>DAIRY/DAIRY CASE Parmesan cheese (1/4 cup) [M1] Butter (2 tablespoons) [M1] 1 (4-oz.) carton egg substitute [M4]</p> <p>DRY GOODS Coconut (1 cup flaked, finely chopped) [M4] Flour (2 tablespoons) [M4] Cornstarch (1/2 cup) [M4]</p> <p>FREEZER 5 pounds firm white fish fillets (tilapia is a good one) (if not using fresh) [M1,2,3,4,5]</p> <p>OTHER 12 – 1 gallon freezer plastic bags [M1,2,3,4,5] 6 – quart freezer plastic bags [M1,2,3,4,5] 3 – snack sized plastic bags [M3,4,]</p>	<p>1. Broiled Parmesan White Fish Olive oil *Garlic *Asparagus</p> <p>2. Baked Garlic Fish *Red potatoes *Green beans</p> <p>3. Mediterranean Fish *Lettuce (not Iceberg, no nutrition) *Salad toppings, your choice *Salad dressing, your choice *Crusty bread</p> <p>4. Coconut White Fish with Apricot Sauce 1 (4-oz.) carton egg substitute 1/2 cup olive oil *Wild rice pilaf *Green beans</p> <p>5. White Fish with Mango Salsa Salt and freshly cracked black pepper, to taste *Whole grain rolls *Broccoli</p> <p style="text-align: center;">(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; margin-top: 20px; text-align: center;"> <p>QUICK TIP</p> <p>Some ingredients on the above “Day of Shopping List” are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Onions [M2]:

- ❑ Chop 1 onion to make about 1 cup chopped onion. (1 large onion is about 1 cup chopped; 1 medium onion is about 3/4 cup chopped.)

Red onion [M5]

- ❑ Slice 1 onion into thin rings but do not separate them. (Smaller = 1 med thin sliced; Medium = 1 large sliced onion; large pile = 1 1/3 cups sliced.)

Garlic [M2]: Press 4 cloves of garlic (if you are not using preminced garlic). 1/2 teaspoon is about the same as 1 clove of garlic.

Peppers [M5]: Wash the bell and jalapeño peppers. Cut off the tops, remove all seeds and then remove the ribs.

- ❑ Slice 1 red bell pepper into rings (If you have extras you can chop and freeze it for future use!)
- ❑ Finely dice 1/2 of the jalapeño pepper. (If you have extras you can chop and freeze it for future use!)

Cilantro [M5]: Wash the cilantro under running water to remove any dirt or grit. Chop the cilantro to make 2 tablespoons.

Mango [M5]: Wash mango under running water to remove any grit. Cut off the top and bottom of the mango and discard. Chop the mango into 1/4-inch cubes.

Lemons & Limes [M1,3,5]: Using your palm, press and roll the lemon(s) on your countertop a few times to help release the juice from the pulp. (TIP: lemons and limes stored at room temperature release more juice than refrigerated ones.)

If you do not have a juicer, squeeze the lemons and limes over a bowl by hand. Be sure to remove any seeds from the juice. You need about 3 tablespoon lemon juice and 2 tablespoons lime juice.

Coconut flakes [M4]: Pile your coconut on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place. Need about 1 cup chopped coconut.

Olives [M3]: To pit your olives press the flat side of a knife on each olive until the pit pops out. Pile your olives on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place. Need about 1/4 cup chopped olives.

Sun dried tomatoes [M3]: Reserve 2 tablespoons of the liquid when draining. Pile your tomatoes on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place. Need about 1/3 cup chopped tomatoes.

Saving Dinner with Five from the Freezer Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Broiled Parmesan White Fish	Sautéed garlicky asparagus	Oven	< 5 minutes	8-10 minutes
<input type="checkbox"/> Baked Garlic Fish	Steamed red potatoes and green beans	Oven	< 5 minutes	30 minutes
<input type="checkbox"/> Mediterranean Fish	Garden salad and crusty bread	Oven	< 5 minutes	8-10 minutes
<input type="checkbox"/> Coconut White Fish with Apricot Dipping Sauce	Wild rice pilaf and sautéed green beans	Stove Top	< 5 minutes	8-10 minutes
<input type="checkbox"/> White Fish with Mango Salsa	Whole grain rolls and steamed broccoli	Stove Top	< 5 minutes	8-10 minutes

Broiled Parmesan White Fish

Five for the Freezer: Fish Recipe 1 — Assembly Guidelines

In a 1 gallon freezer bag, place:

1 pound white fish (if these come individually prepackaged leave them in their packaging)

Gently and carefully force out any air then seal the bag.

In a quart sized freezer bag, add:

1/4 cup Parmesan cheese
2 tablespoons butter, softened
1 1/2 tablespoons low fat mayonnaise
1 tablespoon fresh lemon juice
1/8 teaspoon dried basil
1/8 teaspoon ground black pepper
1/8 teaspoon onion powder
1/8 teaspoon celery salt

Smooch around the ingredients to incorporate.

Gently and carefully force out any air then seal the bag. Place the two filled bags into a 2nd gallon sized freezer bag and seal it. Gently and carefully force out any air then seal the bag.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Broiled Parmesan White Fish

Five for the Freezer: Fish Recipe 1 — Cooking Instructions

Preassembled Ingredients:

1 pound white fish
1/4 cup Parmesan cheese
2 tablespoons butter, softened
1 1/2 tablespoons low fat mayonnaise
1 tablespoon fresh lemon juice
1/8 teaspoon dried basil
1/8 teaspoon ground black pepper
1/8 teaspoon onion powder
1/8 teaspoon celery salt

At time of cooking ingredients:

Olive oil

Cooking Instructions:

Remove preassembled Broiled Parmesan White Fish from freezer and thaw.

Preheat your oven's broiler.

Lightly oil a broiling pan.

Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.

Serving Suggestions: Serve with sautéed garlicky asparagus.

Nutrition per serving: 231 Calories; 13g Fat; 26g Protein; 1g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 278mg Sodium. **Exchanges:** 0 Grain (Starch); 12 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat. **Points:** 6

Baked Garlic Fish

Five for the Freezer: Fish Recipe 2 — Assembly Guidelines

In a 1 gallon freezer bag, place:

1 pound white fish (if these come individually prepackaged, leave them in their packaging)

Gently and carefully force out any air then seal the bag.

In a quart sized freezer bag, add:

4 cloves garlic, pressed
3 tablespoons olive oil
1 cup chopped onion
1/4 teaspoon cayenne pepper

Smooch around the ingredients to incorporate.

Gently and carefully force out any air then seal the bag. Place the two filled bags into a 2nd gallon sized freezer bag and seal it. Gently and carefully force out any air then seal the bag.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Baked Garlic Fish

Five for the Freezer: Fish Recipe 2 — Cooking Instructions

Preassembled Ingredients:

1 pound white fish
4 cloves garlic, pressed
3 tablespoons olive oil
1 cup chopped onion
1/4 teaspoon cayenne pepper

Cooking Instructions:

Rub the fish fillets with the crushed garlic, then place them in a shallow, non-reactive dish. Spoon the olive oil over the fish until they are coated. Place the onion on top of the fish. Cover the fish and refrigerate overnight to allow the fish to soak in the marinade.

Preheat the oven to 350 degrees.

If baking the fish, transfer it to a 9x13 inch baking dish along with the olive oil, garlic, and onion. Sprinkle the fish with the cayenne or white pepper. If you are grilling the fish, wrap the fish and oil, garlic, onion, and pepper in aluminum foil.

Bake at 350 degrees for 30 minutes.

Serving Suggestions: Serve with steamed red potatoes and steamed green beans.

Nutrition per serving: 217 Calories; 12g Fat; 41mg Cholesterol; 73mg Sodium; 4g Carbohydrate; trace Dietary Fiber; 24g Protein. **Exchanges:** 0 Grain (Starch); 11 Lean Meat; 3 Vegetable; 8 Fat. **Points:** 5

Mediterranean Fish

Five for the Freezer: Fish Recipe 3 — Assembly Guidelines

In a 1 gallon freezer bag, place:

1 pound white fish (if these come individually prepackaged leave them in their packaging)

Gently and carefully force out any air then seal the bag.

In a quart sized freezer bag, add:

**1/3 cup sun-dried tomatoes packed in oil,
drained and chopped (reserve oil)
2 tablespoons capers, drained
1/4 cup Kalamata olives, pitted and chopped**

Smooch around the ingredients to incorporate. Gently and carefully force out any air then seal the bag.

In a small snack sized freezer bag, add:

**2 tablespoons oil from the jar of sun-dried tomatoes
2 tablespoons lemon juice**

Place the filled bags into a 2nd gallon sized freezer bag and seal it. Gently and carefully force out any air then seal the bag.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Mediterranean Fish

Five for the Freezer: Fish Recipe 3 — Cooking Instructions

Preassembled Ingredients:

1 pound white fish (if these come individually prepackaged leave them in their packaging)
1/3 cup sun-dried tomatoes packed in oil,
drained and chopped (reserve oil)
2 tablespoons capers, drained
1/4 cup Kalamata olives, pitted and chopped
2 tablespoons oil from the jar of sun-dried tomatoes
2 tablespoons lemon juice

Cooking Instructions:

Preheat the oven to 375 degrees.

Place the fish fillets side by side in a baking dish. Drizzle with oil and lemon juice. Bake for 10 to 15 minutes, until the fish flakes with a fork. Check after 10 minutes, so as not to overcook, or the fish may be dry.

Remove from oven and top with tomato mixture. Serve.

Serving Suggestions: Serve with a green salad and crusty bread.

Nutrition per serving: 183 Calories; 7g Fat; 41mg Cholesterol; 464mg Sodium; 5 Carbohydrates; 1g Fiber; 24g Protein.

Exchanges: 1/2 Grain (Starch); 11 Lean Meat; 1/2 Fruit; 9 1/2 Fat; 0 Other Carbohydrates. **Points:** 4

Coconut White Fish with Apricot Sauce

Five for the Freezer: Fish Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag, place:

1 pound white fish (if these come individually prepackaged leave them in their packaging)

In a quart sized freezer bag, add:

**1/2 cup apricot jam
2 teaspoons brown mustard
1 teaspoon prepared horseradish**

In a small snack sized freezer bag, add:

1/2 cup cornstarch

Smooch around the ingredients to incorporate.

In a small snack sized freezer bag, add:

**1 cup flaked coconut, finely chopped
2 tablespoons flour
1 tablespoon Creole seasoning**

Gently and carefully force out any air then seal all three of the bags. Place the filled bags into a 2nd gallon sized freezer bag and seal it. Gently and carefully force out any air then seal the bag.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Coconut White Fish with Apricot Sauce

Five for the Freezer: Fish Recipe 4 — Cooking Instructions

Preassembled Ingredients:

1 pound white fish
1/2 cup apricot jam
2 teaspoons brown mustard
1 teaspoon prepared horseradish
1/2 cup cornstarch
1 cup flaked coconut, finely chopped
2 tablespoons flour
1 tablespoon Creole seasoning

At time of cooking ingredients:

1 (4-oz.) carton egg substitute
1/2 cup olive oil

Cooking Instructions:

Empty the contents from the cornstarch bag on a large plate. Dredge the fish fillets through the cornstarch and shake off any excess.

Pour the egg substitute into a separate bowl, and dip the fillets in the egg.

Place the fish in the bag with the coconut mixture and gently coat all sides of each fillet.

In a large skillet on medium-high, heat the oil to about 350 degrees. Cook fillets one or two at a time on both sides until golden brown. Remove and drain on a paper towel. Serve the fish fillets with a dollop of the apricot sauce on top or to the side.

Serving Suggestions: Serve with wild rice pilaf and sautéed green beans.

Nutrition per serving: 653 Calories; 40g Fat; 42mg Cholesterol; 584mg Sodium; 54g Carbohydrates; 2g Fiber; 28g Protein.

Exchanges: 4 1/2 Grain (Starch); 13 Lean Meat; 1 Fruit; 4 Fat; 7 1/2 Other Carbohydrates. **Points:** 16

White Fish with Mango Salsa

Five for the Freezer: Fish Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, place:

1 pound white fish (if these come individually prepackaged leave them in their packaging)

In a quart sized freezer bag, add:

**1 red onion, sliced but not separated
1 large red pepper, seeded, deribbed
and sliced into rings**

In a second quart sized freezer bag, add:

**1 mango, cut into 1/4-inch cubes
1/2 finely diced green jalapeño pepper, seeded and deribbed
1/2 teaspoon salt
1/2 teaspoon chili powder
1 lime, juiced
2 tablespoons chopped fresh cilantro
Pinch of cumin**

Smooch around the ingredients to incorporate.

Gently and carefully force out any air then seal all three of the bags. Place the filled bags into a 2nd gallon sized freezer bag and seal it. Gently and carefully force out any air then seal the bag.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

White Fish with Mango Salsa

Five for the Freezer: Fish Recipe 5 — Cooking Instructions

Preassembled Ingredients:

1 pound white fish
1 red onion, sliced but not separated
1 large red pepper, seeded, deribbed and sliced into rings
1 mango, cut into 1/4-inch cubes
1/2 finely diced green jalapeño pepper, seeded and deribbed
1/2 teaspoon salt
1/2 teaspoon chili powder
1 lime, juiced
2 tablespoons chopped fresh cilantro
Pinch of cumin

At time of cooking ingredients:

Salt and freshly cracked black pepper to taste

Cooking Instructions:

Take the center slice of the red onion and the sweet red pepper and cook on the grill for 3 minutes on each side. Remove from the grill and clean the blistered flesh from the pepper. Dice the onion and pepper finely and then combine with the remaining ingredients. Allow the salsa to set for at least 20 minutes so that the flavors will blend.

Sear the halibut filets in a non-stick pan for 10 seconds on each side. Then cook the halibut on the grill for 3 1/2 minutes per side. Season with salt and freshly cracked black pepper.

Place the halibut filets on individual serving plates and top with the Fresh Mango Salsa.

Serving Suggestions: Serve with whole grain rolls and steamed broccoli.

Nutrition per serving: 611 Calories; 4g Fat; 85g Protein; 61g Carbohydrate; 9g Dietary Fiber; 195mg Cholesterol; 537mg Sodium. **Exchanges:** 0 Grain (Starch); 11 Lean Meat; 3 Vegetable; 2 1/2 Fruit; 0 Fat. **Points:** 12

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