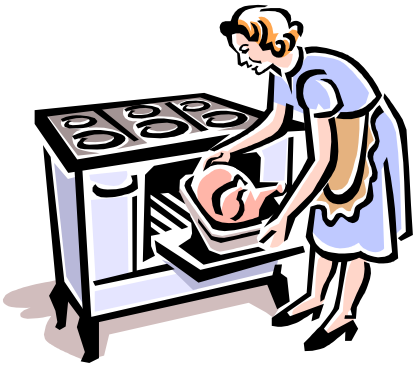


OAMC Easy Step-by-Step Guide



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| STEP 1 | <p>Make sure you pick a day that you can devote completely to cooking. If you have small children, you may need to hire child-care, enlist the help of a friend or relative, or pick a day in which your husband is home to help.</p> <p>When you are thinking about what day to pick, think about some of the interruptions you have. Do you have a home business? Do you get a lot of phone calls or visitors on the weekend? Do you have errands to run on certain days? All of these things are important to consider when planning your cooking day because you'll want to have a day as free of interruptions as possible.</p> <p>Plan on devoting between 8-10 hours to cooking and cleaning if you plan to make 30 meals. Some OAMC'ers cook late into the night while thier children are sleeping.</p> |
| Step 2 | <p>Spend some time gathering grocery store flyers and coupons. You'll use these flyers to plan your freezer meals around sale items.</p> <p>Buying in bulk is just one benefit of freezer cooking so check for specials at your favorite wholesale or discount club.</p> |
| Step 3 | <p>Grab a calendar and think about what meals you will eat on which days. For example, I like to have some of our family favorites on Sunday evenings because it is a day that I know everyone will be home (and guests might stop in).</p> <p>If you have sporting events on certain days or errands to run, think about making "quick meals" such as shredded pork sandwiches or burritos on those days.</p> <p>Don't forget to pick out extra-special "favorite" meals for your family members birthdays!</p> <p>You may also want to think about people who are having babies during a certain month and prepare some meals for their family too!</p> |

| | |
|--------|---|
| STEP 4 | <p>Place all of your recipes in front of you and “tally” each ingredient in each recipe as you create your master shopping list. (I’ve included a grocery list planner with this e-book).</p> <p>Don’t forget to “tally” the amount of packaging supplies you’ll need as well....(tape, markers freezer bags, foil pans, etc).</p> <p>This is where you should be spending the majority of your time so that you don’t forget ingredients & supplies and end up running back to the store.</p> <p>Don’t forget to inventory your freezer, refrigerator and pantry so that you can use some of the items you already have on hand. You may also want to try to use up any foods that you have in your refrigerator and freezer before your cooking day. You’ll need a lot of space to store your meals!</p> |
| STEP 5 | <p>It is a good idea to do your shopping before your cooking day as it can take a few hours. If you are planning to save money, you’ll want to purchase items at different stores.</p> <p>Since I spend less time cooking during the month, I am able to think about my monthly cooking day when I am running other errands. I often purchase “cooking day” items in advance when I see a good sale however, I do the majority of my OAMC shopping the day before my cooking day.</p> |
| STEP 6 | <p>As you are planning your cooking session, try to prepare the most complicated meal first...and work your way to the easier meals. It is also a good idea to think about all of the meals that call for similar preparation methods. For example, if you have two meals that call for shredded chicken, shred the chicken all at once. * It is also a good idea to prepare your meals by main protein. For example...prepare ground beef meals, followed by beef, chicken, pork, etc...</p> <p>If you are chopping onions, quickly scan the rest of your recipes and chop onions for all of them. (Keep your tally sheet handy for this step as you will be referring to it often.)</p> <p>You can also cook one recipe at a time if combining tasks seems overwhelming. Trust me, it will become quite natural to combine tasks as you become more familiar with OAMC.</p> |
| STEP 7 | <p>Refer to the “Easy Freezing” Guide in this e-book and don’t forget to label all of your meals!</p> |
| STEP 8 | <p>Trust me, there is NOTHING better than the satisfaction of grabbing a home cooked meal out of the oven for your family each evening. It makes a busy cooking day well worth the effort knowing that you will not be spending an hour every night preparing meals and cooking.</p> <p>Think about ways that you can spend your newly found free-time each evening! Do you like reading books, bowling, or movies? Trust me, you will have a lot more time on your hands so plan some fun time with your family or enjoy some much deserved “me-time!”</p> |

The Ultimate OAMC Getting Started Checklist



| | |
|-------------------------------------|--|
| Containers for 30+ Meals | This includes freezer bags, plastic freezable storage bins, freezer papers, & aluminum pans |
| 30+ Recipes for Entrees | Use your family favorites for your first session *** You can also choose 15 meals if you want to double up on some of your favorites! |
| Clean Refrigerator / Freezer | It is important to make sure you have plenty of storage space in both your freezer and refrigerator. It will save you a lot of time if you make space for your foods ahead of your cooking day. |
| Shopping List | Create your shopping list at least 24 hours in advance. |
| Coupons | It is a good idea to plan your entrees around some of the coupons you've collected or store specials. Keep an eye out for meat specials such as roasts or hamburger and plan your entrees around the items that are on sale for the month. |
| Thawed / Cooked Meats | * 12-24 hours ahead * Make sure you thaw out your meats in the refrigerator prior to your cooking day. |
| Crockpot | *12 hours ahead * If your recipes call for cooked meats, you can put meats in your crockpot the evening before your cooking day to save time. You may consider borrowing a friend's crockpot for the day as they are a tremendous time saver! |
| Labels / Permanent Markers and Tape | <p>You'll want to label each entrée before freezing it. Make sure you include the serving amount and date it was frozen along with cooking instructions and additional notes, <i>"ie serve with rolls, or add cheese before serving"</i>.</p> <p>You'll also want to have some clear mailing tape to place over the label to make sure it doesn't run and so it will stick to the container. (Do not use masking tape...it does not stick well once frozen). ***You may want to use the label templates included in this e-book.</p> |
| Freezer Inventory List | ***Included in this e-book. Have it ready to log the meals you've made and post it on your refrigerator door or cupboard for easy reference |
| Your Own Cooking Tools | Pots and Pans, Baking Sheets (at least two), |
| Wax Paper | Wax paper is great for quick freezing hamburgers and separating items such as burritos. |
| Heavy Duty Tin Foil | Line your baking sheets with tin foil to save cleaning time. |

The Ultimate OAMC Getting Started Checklist II



| | | |
|--|---|---|
| | Cutting Boards | Have one for meats and one for vegetables |
| | Calculator | You may want to invest in a cooking calculator but you certainly don't need one. |
| | Measurement Conversion Table | ***Included in this e-book |
| | Plastic Sleeves to Protect Recipes | If you do not want your recipes to get messy, make copies, or put them in plastic sleeves. Page protectors are inexpensive and work very well. |
| | Food Processor | If you do not have one, you may want to borrow one for your cooking day. It will be a tremendous time saver! |
| | 3-Ring Binder & Note Cards | If you plan to freezer cook on a regular basis, you may want to purchase a 3 ring binder with index card page protector inserts. (I used 3 by 5 cards for my recipes, and 3 by 5 photo pages to organize them in my binder). When you find a recipe that your family loves, index it in a "freezer favorites" section. If they did not like a meal, toss the card and add a new one. I also used small star stickers to rate our family's favorites |
| | Vacuum Sealer / Straws | If you do not have a vacuum sealer, simply use a straw to suck any excess air out of your bagged entrée. |
| | Measuring Spoons and Cups | Have at least two sets to save time. |



Tools Checklist – Here are some useful tools & products for freezing your meals.

- Freezer Bags
- Sticky Notes
- Packaging Tape (Clear)
- Vacuum Sealer (Optional)
- Freezable Disposable or Reusable Containers

Freezing Tips

- **Label all the food that you put in the freezer.** An easy labeling method is to use index cards with the meal name, serving size and cooking instructions. Put the date on the meal so you know when it was frozen. Your 30 meals will probably last longer than 30 days.
- **You can save money on containers by using plastic wrap and tin foil.** When you are freezing items such as meatloaf or lasagna that use a certain pan you can line the pan with foil, and top the foil with plastic wrap. Put the food in the dish and seal the wrap and foil securely. Freeze the food in the original dish until it is frozen enough to keep the shape of the pan. Once it is frozen you can reuse the dish and stack the frozen “brick” meal in your freezer. When you are ready to cook this meal, thaw it slightly and remove the plastic wrap and foil. Then you can simply place it in the original dish to cook it.
- **Make sure you cool your food quickly to prevent ice-crystals from forming.** Some OAMC’ers have a large cooler nearby filled with ice so that the moment a meal is cooked and complete, they put it into the cooler.
- **It is a good idea to think about serving sizes when you are preparing your meals.** Smaller families often eat 1/2 of a lasagna during a meal. You may want to freeze items like this into two (or three) portions.
- **One of the most inexpensive ways to store food is in heavy-duty freezer bags.** You do not need a vacuum sealer if you do not have one. You can simply suck out any excess air with a straw and seal the bag.
- **Most importantly, when you are planning your OAMC meals, make sure you pick ones that are “freezer-friendly”.** Some foods simply don’t freeze well. There are literally hundreds of websites and recipe books that you can use to find delicious foods that will taste great from freezer to table!

Pantry Inventory

| Dry Goods (Flour, Sugar, Etc.) | Canned Goods |
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| Cereals, Grains, and Crackers | Pasta and Rice |
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| Miscellaneous (Beverages, Spices, Etc.) | |
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Put a diagonal slash (/) in each box to tally the amount of the item you have on-hand. When you use an item, place a second slash in the box to create an "x".

Pantry Staples Checklist



One of the best things about OAMC is the money you will save by planning ahead and buying in bulk. Here are some “pantry staples” that you will frequently use in your OAMC sessions.

BASICS:

- All-purpose unbleached flour
- Baking soda and powder
- Brown sugar
- Sugar
- Cornmeal
- Cornstarch
- Oats
- Pasta
- Reduced-sodium chicken, beef and vegetable broths or bouillon cubes
- Rice
- Baking chocolate
- Chocolate chips
- Nuts

CONDIMENTS:

- Corn syrup
- Honey
- Lemon juice
- Mustard, Dijon-style
- Salsa
- Tabasco or other hot pepper sauce
- Worcestershire sauce

DRY SEASONINGS:

- Allspice
- Basil
- Bay leaves
- Black pepper
- Cayenne pepper
- Chili pepper
- Cinnamon, ground
- Crushed red pepper
- Cumin, ground
- Curry powder
- Dill
- Garlic powder
- Ginger, ground
- Mrs. Dash seasoning blend
- Mustard, dry
- Nutmeg, ground
- Onion powder
- Oregano
- Paprika
- Rosemary
- Sage, ground
- Salt
- Tarragon
- Thyme

Pantry Staples Checklist II

OILS:

- Canola oil
- Olive oil
- Sesame oil
- Vegetable-oil cooking spray
- Non-fat cooking spray

VINEGARS:

- Balsamic vinegar
- Red wine vinegar
- Rice vinegar
- White wine vinegar

MACHINES:

- Food processor
- Mixer
- Pasta machine
- Juicer
- Coffee/spice grinder

MISC:

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WINES:

- Marsala
- Dry sherry
- Dry white wine





Freezer Inventory

| Item Description | Date Frozen | Amount |
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Put a diagonal slash (/) in each box to tally the amount of the item you have on-hand. When you use an item, place a second slash in the box to create an "x".

Freezer Label Templates

Print out several pages of these simple label templates and cut them out. Write on them with a dark permanent marker, and attach them with clear packaging tape. Make sure you indicate the cooking instructions (ie: Heat @ 350 for 30 Min) and the location of the recipe (website/cookbook/etc..). In the additional notes section, include side-dish ideas, toppings and other preparation notes (ie: serve on hamburger buns)



Recipe Name / Location:

of Servings:

Preparation Instructions:

Additional Notes:

Recipe Name / Location:

of Servings:

Preparation Instructions:

Additional Notes:

Recipe Name / Location:

of Servings:

Preparation Instructions:

Additional Notes:

Recipe Name / Location:

of Servings:

Preparation Instructions:

Additional Notes:

Recipe Name / Location:

of Servings:

Preparation Instructions:

Additional Notes:

Recipe Name / Location:

of Servings:

Preparation Instructions:

Additional Notes:

Shopping List I

| Meats |
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| Dairy |
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| Bakery |
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| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
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| Canned |
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| Pastas / Grains |
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| Produce |
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Shopping List II

| Frozen |
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| Staples |
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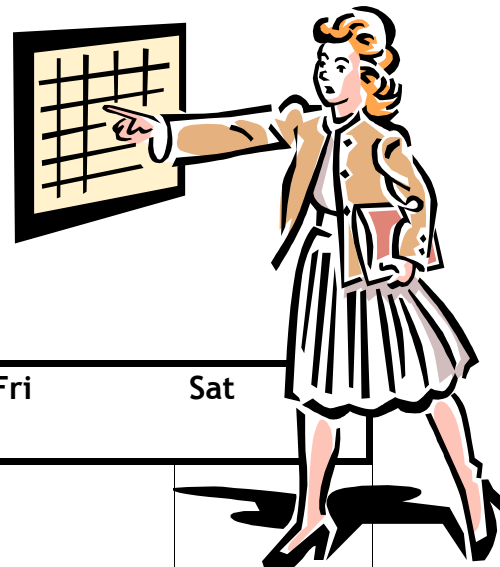
| Freezing Supplies (freezer bags, foils, trays, tape) |
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| Personal Care - (medicines, shampoos, cleaning) |
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| Paper Goods (plates, napkins, etc) |
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| <input type="checkbox"/> |
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| Misc. |
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Month _____



Fill in the meals you plan to make this month. Don't forget to save your favorite meals for special days like Birthdays, Anniversaries, and family days! You'll also want to make sure you plan your meals so that you have a variety each week!

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
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