



# Freezer Cooking on a Budget

from 30 Day Gourmet

by

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Freelance Writer and  
Mom of 3 toddlers,  
Christi cut her monthly  
grocery bill by \$200

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# Freezer Cooking on a Budget

From 30 Day Gourmet

Dear fellow budget minded cooks,

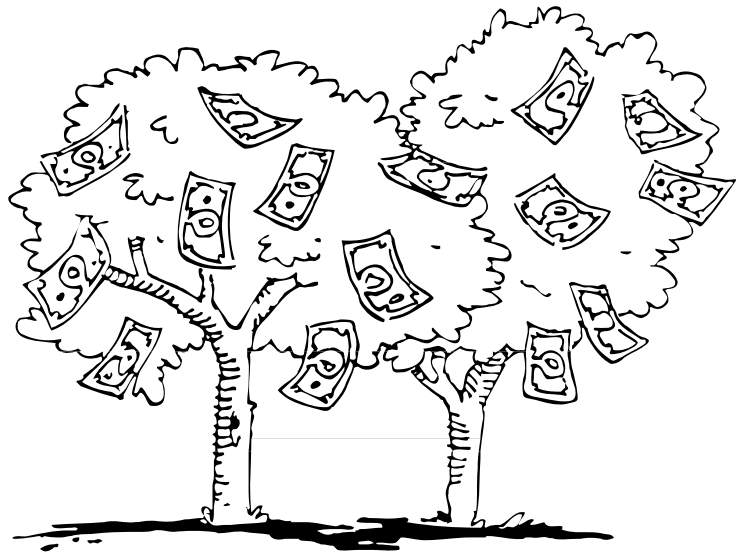
Each of us has a reason for wanting to cut and lower our grocery costs. If you are already a 30 Day Gourmet you may be well on your way. If you are just starting out, it's a lot easier than you might think. As a wife and mother of three toddlers, including twins, my reasons for reducing grocery costs were simple. I was spending nearly \$150.00 dollars every week at the supermarket and because of time restraints I was still unable to get a decent meal on the table come dinner time. I needed a solution and fast. That is when I began cooking the 30 Day Gourmet way. I was only looking to spend the \$600.00 a month grocery budget in a more efficient way. I never dreamed I could effectively reduce our family's food budget by \$200.00 dollars each month! I began to compare the reduction in grocery costs our family had, and knew if I just planned right and maximized our food dollar, I could come up with the money I was searching for to fund part time preschool for my children. I did. And it didn't require a second job or more over time work for my husband or myself!

What would you do with an extra \$200.00 dollars a month or more? Let this eBook help start you on your way. Inside you will find recipes that are low in cost while still maintaining taste, texture and eye appeal (because if it doesn't look, smell and taste good- no one will want to eat it!). Each recipe conveniently lists the average price per meal as well as the price per serving. You will also find budget tips for each recipe to help you get the most from your food dollar. A handy Substitutions and Low Cost alternatives cheat sheet is available. Print one up and tape it to the inside of your pantry door! And don't miss the Five Rules To Shop By- a must see for any cook looking to reduce their food costs. With Freezer Cooking On A Budget from 30 Day Gourmet you learn how to cut corners in the kitchen without losing flavor or excitement from your meals and put money back into your pocket at the same time. Because if I can do it, so can you!

Happy Cooking!  
Christi Gillentine

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**POULTRY RECIPES**  
**Crunchy Chicken Strips**

Recipes	1	2	3	4	5	6
<b>Servings:</b>	4	8	12	16	20	24
<b>Makes: strips</b>	20	40	60	80	100	120
<b>Ingredients:</b>						
Boneless, skinless chicken breasts	4	8	12	16	20	24
Corn flake cereal	15 oz.	30 oz.	45 oz.	60 oz.	75 oz.	90 oz.
Paprika	2 t.	1 T. + 1 t.	2 T.	2 T. + 2 t.	3 T. + 1 t.	1/4 C.
Garlic powder	2 t.	1 T. + 1 t.	2 T.	2 T. + 2 t.	3 T. + 1 t.	1/4 C.
Salt	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Pepper	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Milk	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.

**Assembly Directions:**

Pour milk into a bowl and set aside. Cut chicken breast into 1 inch strips lengthwise then soak in milk. Meanwhile pour corn flake cereal in a blender and blend for 30 seconds. It is best to do this in 2 cup portions so the flakes don't become dust, you want them to be small flakes. In a large bowl or container mix corn flakes, paprika, garlic powder, salt and pepper. Place chicken strips one at a time in corn flake mixture and coat well by pressing down on chicken strip into the coating. Strips will also take on a flatter form when you do this. Spray oil onto a cookie sheet and bake coated strips at 350 degrees for about 15-18 minutes or until juices run clear.

**Freezing Directions:**

Allow to cool on cookie sheet then flash freeze. Place strips in freezer bags for dinners or lunches (about 5 strips per serving). Seal, label and freeze.

**Serving Directions:**

Place frozen or thawed strips on cookie sheet and bake at 350 degrees for about 7-10 minutes. Serve with ranch dressing.



**Comments:**

It's best to reheat these in the oven to maintain crispy texture. You could reheat in the microwave, but coating will be less crispy and more soggy like that of a fish stick reheated in a microwave. These are great for dinners or lunches and taste as yummy as the fast food version, but lower in cost and fat!

**Budget Tips:**

Always stock up on chicken breast when they are on sale to insure you get the best price for you money. Generic or store brand corn flakes can cost up to \$2.00 less per box than name brand and no one will know the difference.

**Average Assembly Cost:**

Per Meal: \$2.87  
 Per Serving: \$ .71

**Nutritional Info:**

Per Serving: 588 Calories; 5g Fat (7.1% calories from fat); 39g Protein; 100g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 1803mg Sodium.  
 Exchanges: 6 Grain (Starch); 4 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat.

## SIDES AND SALAD RECIPES

### Pasta Primavera

Recipes:	1	2	3	4	5	6
Servings:	6	12	16	24	30	36
<b>Ingredients:</b>						
Frozen peas and carrots	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Cream of chicken soup	10 oz.	20 oz.	30 oz.	40 oz.	50 oz.	60 oz.
Milk	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Parmesan cheese	1/4 C.	1/2 C.	3/4 C.	1 C.	1 1/4 C.	1 1/2 C.
Minced garlic	1 t.	2 t.	1 T.	1 T. + 1 t.	1T.+2t.	2 T.
Pepper	1/4 t.	1/2 t.	3/4 t.	1 t.	1 1/4 t.	1 1/2 t.
Salt	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.
Parsley, dried	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
<b>On Hand Ingredients:</b>						
Thin spaghetti, cooked	3 C.	6 C.	9 C.	12 C.	15 C.	18 C.

#### Assembly Directions:

In a gallon sized freezer bag combine all ingredients.

#### Freezing Directions:

Seal, label and freeze.

#### Serving Directions:

Cook spaghetti according to package directions. Cook primavera sauce in a sauce pan over medium heat for 20 minutes or in microwave safe dish heat on high for 7 minutes. Mix together with spaghetti and serve warm.

#### Comments:

This is a perfect side dish for a big cooking session as it requires no cooking on assembly day. Just pour into a bag and freeze! You can substitute cream of chicken soup for cream of broccoli or mushroom. Also you can substitute peas and carrots for other vegetables like broccoli, cauliflower, green beans and corn.

#### Budget Tips:

Assembly cost includes spaghetti. Because the ingredients are so versatile this recipe is a great money saver. Buy fresh vegetables if they are in season or use frozen vegetables that are bought on sale or as loss leaders.

#### Average Assembly Cost:

Per Meal: \$1.79

Per Serving: \$ .29

#### Nutritional Info:

Per Serving: 194 Calories; 5g Fat (22.2% calories from fat); 8g Protein; 30g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 659mg Sodium.  
Exchanges: 2 Grain (Starch); 1/2 Fat.



## SNACK AND DESSERT RECIPES

### Chocolate Cake with Peanut Butter Frosting

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>16</b>	<b>32</b>	<b>48</b>	<b>64</b>	<b>80</b>	<b>96</b>
<b>Cake Mix Ingredients:</b>						
Chocolate cake mix	18.5 oz.	37 oz.	55.5 oz.	74 oz.	92.5 oz.	111 oz.
Unsweetened cocoa powder	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2T.
Milk	1 1/3 C.	2 2/3 C.	4 C.	5 1/3 C.	6 2/3 C.	8 C.
Vegetable oil	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Eggs	3	6	9	12	15	18
Vanilla extract	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
<b>Frosting:</b>						
Peanut butter, creamy	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Butter, softened	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Powdered sugar, sifted	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Milk	1/4 C.	1/2 C.	3/4 C.	1 C.	1 1/4 C.	1 1/2 C.
Vanilla extract	2 t.	1 T. + 1 t.	2 T.	2 T. + 2 t.	3 T. + 1 t.	1/4 C.

#### Assembly Directions:

**Cake:** Combine all ingredients for cake mix; beat together until smooth, about 2-3 minutes. Spray a 9x13 inch pan with oil and pour in cake mixture. Bake at 350 degrees for 40 minutes. Cake should be done when the center springs back to the touch and the sides are just starting to pull away from the pan.

**Frosting:** Blend peanut butter and butter with an electric mixer. Add in milk and vanilla; mix together. Add in the powder sugar and beat until frosting is fluffy. This is a thick frosting, but if it seems too thick add in another tablespoon of milk.

#### Freezing Directions:

Allow cake to cool completely then spread frosting on top. This is a sheet cake so frosting is only applied to the top. Frosting should be spread on thickly, about an inch deep. Flash freeze to set frosting then cover with foil, label and freeze.

#### Serving Directions:

Thaw completely to serve.

#### Comments:

This cake is so delicious! It has a rich flavor that will satisfy any chocolate craving. It's like eating a peanut butter cup cake! Listed is the average box size of a packaged cake mix.

#### Budget Tips:

By using the cake mix you are saving lots of time in the kitchen and they are great loss leader sale bargains. I always stock up if I have coupons and hit a great sale. You could substitute devil's food cake mix or any of the chocolate cake mix flavors on the market.

#### Average Assembly Cost:

Cost Per Meal: \$3.21  
Cost Per Serving: \$ .20

#### Nutritional Info:

Per Serving: 433 Calories; 27g Fat (54.3% calories from fat); 8g Protein; 44g Carbohydrate; 2g Dietary Fiber; 52mg Cholesterol; 427mg Sodium.  
Exchanges: 1/2 Lean Meat; 5 Fat; 2-1/2 Other Carbohydrates.



## 30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

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- Print an **Action Report** so you know what to chop, dice, fry, grate, bake, etc.
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