



Freezer Lunches

by

Carol Santee



from 30 Day Gourmet

Stay at home mom of
3 teenagers, Carol saved
her family \$1000 per year
by packing lunches

Email the author:
carol@30daygourmet.com

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30 Day Gourmet, Inc.
PO Box 272
Brownsburg IN 46112

Email: office@30daygourmet.com

Website: www.30daygourmet.com

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Edited by Carol Santee and Nanci Slagle

For great information about freezer cooking and lots of free recipes, visit our website at:

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Freezer Lunches To Go

From 30 Day Gourmet

Dear lunchtime friends,

Have you ever considered how much you spend on school lunches or eating lunch out every day? We didn't think much about it until my twin boys asked me to help them with a math problem. They were asked to calculate how much money our family spends on school lunches. We were shocked when we discovered that we were spending over \$1000 per school year.

My family has enjoyed 30 Day Gourmet dinners since 1999. However, we hadn't even considered making lunches. Mornings were already chaotic enough trying to get three kids ready for school in time to catch the bus. Still, I wondered if we could plan school lunches the 30 Day Gourmet way so that the nutritious meals could be prepared quickly and budget friendly.

With two children in middle school and one in high school, I wasn't sure that I could convince them to switch from school lunches to homemade lunches. I put together a trial period of one month to test all the recipes that would be packed. The children were thrilled with the results! Not only did they like the food but they also thought that it was better than what they were getting at school.

The next challenge was convincing my husband that this would work for him too. Eating out every day usually costs \$4.00 or more per day. This is \$80 to \$100 per month! After looking at this figure, even my husband agreed to try the same lunches that I packed for the children. It has been a success with him as well. He enjoys my home cooked meals for lunch and the convenience of having the food with him at his desk.

Would you like to learn how to safely pack a balanced lunch for your children, your spouse or even yourself? With Freezer Lunches To Go from 30 Day Gourmet you can! Learn about food safety, lunch boxes, thermoses and how to balance out a meal. Learn how other 30 Day Gourmet recipes can be adapted for lunches. There is even a section on how to save preparation time and money. By learning how to pack lunches you too can prepare and serve delicious balanced meals for yourself and your family and save some money doing it.

Enjoy your lunch!

Carol Santee



Email the author:

Carol@30DayGourmet.com

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SOUP AND SANDWICH RECIPES

Montreal Chicken Sandwiches

Recipes:	1	2	3	4	5	6
Servings:	4	8	12	16	20	24
Ingredients:						
Chicken breast	2	4	6	8	10	12
Dried rosemary, crushed	1/2 t.	1 t.	1 1/2 t.	2 t.	2 1/2 t.	1 T.
Garlic powder	1/2 t.	1 t.	1 1/2 t.	2 t.	2 1/2 t.	1 T.
*Montreal chicken seasoning	1 t.	2 t.	1 T.	1T. + 1 t.	1 T. + 2 t.	2 T.
Parsley flakes	1/2 t.	1 t.	1 1/2 t.	2 t.	2 1/2 t.	1 T.
On Hand Ingredients:						
**Buns or Hot Rolls	4	8	12	16	20	24

Assembly Directions:

Mix spices in a shallow dish. Coat chicken with spices. Chicken can be cooked on the stove in a pan coated with spray oil or cooked on the grill. Cook each side continuing to flip the chicken until the meat is no longer pink and the juices run clear.

Freezing Directions:

Allow meat to cool. Slice meat on the diagonal to create wide slices. Place meat in rigid container or freezer bag. Seal, label and freeze.

Serving Directions:

Meat should be frozen when sandwich is made. The meat will thaw by lunch time.

Comments:

This chicken has a nice mild flavor and can be tossed with pasta as a second serving option.

*Montreal Chicken Seasoning is made by McCormick's. If you have trouble finding it, you can ask about the product on their website at www.mccormick.com

** Click here for the Hot Rolls recipe.



Nutritional Info:

Per Serving: 264 Calories; 5g Fat (18.6% calories from fat); 30g Protein; 22g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 364mg Sodium.

Exchanges: 1-1/2 Grain (Starch); 3-1/2 Lean Meat; 1/2 Fat.

SIDES AND SALAD RECIPES

Creamy Garlic Pasta

Recipes:	1	2	3	4	5	6
Servings:	4	8	12	16	20	24
Ingredients:						
Rigatoni	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Margarine	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
*Garlic clove, minced, minced	1	2	3	4	5	6
Dried onion flakes	1/2 t.	1 t.	1 1/2 t.	2 t.	2 1/2 t.	1 T.
Flour	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Milk	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Mozzarella cheese	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Chicken bouillon granules	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Dried basil	1/4 t.	1/2 t.	3/4 t.	1 t.	1 1/4 t.	1 1/2 t.
Dried oregano	1/8 t.	1/4 t.	3/8 t.	1/2 t.	1/2t. + 1/8t.	3/4 t.
Black pepper	1/8 t.	1/4 t.	3/8 t.	1/2 t.	1/2t. + 1/8t.	3/4 t.

Assembly Directions:

Cook rigatoni according to package directions. Melt the margarine over low heat with garlic and onion flakes. Add the flour and stir until the mixture is smooth. Cook the mixture until it begins to bubble. Gradually add the milk stirring constantly. When the sauce has thickened, stir in mozzarella cheese and bouillon. Add herbs and stir until cheese melts.

Freezing Directions:

Place pasta in rigid containers or freezer bag. Place sauce in a separate rigid container or freezer bag and attach to the pasta container. Seal, label and freeze.

Serving Directions:

Thaw bags or containers. If pasta is not thawed when you want to reheat the dish, microwave on high until completely thawed. Place pasta and sauce in a medium saucepan. Add 1/2 to 1 cup of water or chicken broth to the mixture. Heat on medium high until bubbly stirring constantly. Pour into warmed thermos and close.

Comments:

Note: You can substitute the margarine, flour and milk for 1 cup of white sauce from the *Big Book of Freezer Cooking* from 30 Day Gourmet per recipe.

Optional: You can also add finely chopped broccoli to this dish for color. This dish could serve as a meatless main entree or 2 1/2 C. of cooked meat such as chicken or turkey may be added for a standard entree.

*1 medium garlic clove = 1/2 t. minced garlic

Nutritional Info:

Per Serving: 354 Calories; 11g Fat (29.2% calories from fat); 13g Protein; 49g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 253mg Sodium.

Exchanges: 3 Grain (Starch); 1/2 Lean Meat; 2 Fat.



SNACK AND DESSERT RECIPES

Individual Pumpkin Pies

Recipes:	1	2	3	4	5	6
Servings:	15	30	45	60	75	90
Ingredients:						
Pie crust recipe	1	2	3	4	5	6
OR Store bought pie crusts	2	4	6	8	10	12
Canned pumpkin	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Sugar	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
*Milk	1/2 C.	1 C.	1 1/2 C.	2 C.	2 1/2 C.	3 C.
Egg	1	2	3	4	5	6
Vanilla	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Instant vanilla pudding mix, 3.4 oz. Box	1	2	3	4	5	6
Cinnamon	3/4 t.	1 1/2 t.	2 1/4 t.	1 T.	1 T. + 3/4 t.	1 T. + 1 1/2 t.
Ground ginger	1/4 t.	1/2 t.	3/4 t.	1 t.	1 1/4 t.	1 1/2 t.
Ground cloves	1/4 t.	1/2 t.	3/4 t.	1 t.	1 1/4 t.	1 1/2 t.

Assembly Directions:

Make pie crust dough according to recipe. Roll out dough to 1/8 to 1/4 inch thickness. Using a custard cup as a cutter, cut out circles from pie crust dough - fifteen for each recipe. Push each circle into a muffin cup.

Preheat oven to 350 degrees. In a bowl, beat pumpkin, sugar, milk, egg and vanilla until thoroughly mixed. Add vanilla pudding mix and beat well.

Mixture will thicken. Add cinnamon, ginger and cloves. Beat until combined. Scoop out filling and place in mini crusts. Do not overfill. Bake at 350 degrees for 30 minutes. Remove from oven.

Freezing Directions:

Allow to cool. Place pies in a rigid container. Seal, label and freeze.

Serving Directions:

Place frozen pie in a snack bag or snack size container and pack in lunch box.

The pie will thaw in time for lunch.

Comments:

These can also be served as an afternoon snack or quick dessert.

*Skim milk works fine in this recipe

Nutritional Info:

Per Serving: 189 Calories; 10g Fat (46.8% calories from fat); 3g Protein; 23g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 99mg Sodium.

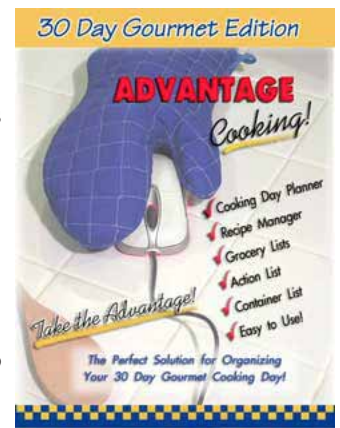
Exchanges: 1 Grain (Starch); 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.



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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