

# Five Steps to COOK ONCE - Eat All Week

By Beth Bergren – Founder: At Mom’s Table

[www.bethbergren.com](http://www.bethbergren.com) and [www.bethbergren.blogspot.com](http://www.bethbergren.blogspot.com)

PROCESS	POINTS	PURPOSE
<p><b>1. <u>PONDER</u></b></p> <p><b>WHAT’S FOR DINNER?</b></p> <p><i>Choosing &amp; Plotting Recipes</i></p>	<p>Cookbooks – Purge Them</p> <ul style="list-style-type: none"> <li>• Numbering System</li> <li>• Seasonal Meals</li> </ul> <p>Recipe Box or Computer Files</p> <p>Websites/Internet/E-books</p> <p>Pinterest</p>	<p>Offers Variety And Flexibility</p>
<p><b>2. <u>PLAN</u></b></p> <p><b>MENU PLANNING</b></p> <p><i>A method of doing something in advance for a definite purpose.</i></p>	<p>Seasonal – Highlight Recipes</p> <ul style="list-style-type: none"> <li>• Spring – Mar/Apr/May - Pink</li> <li>• Summer – Jun/Jul/Aug - Green</li> <li>• Fall – Sept/Oct/Nov - Orange</li> <li>• Winter – Dec/Jan/Feb – Blue</li> <li>• Anytime - Yellow</li> </ul> <p>Categories or Theme</p> <p>Weekly/Every Two Weeks/Monthly</p> <p>Mealtime Central Zone</p>	<p>Time Saving Useful Organized</p>
<p><b>3. <u>PURCHASE &amp; PREPARE</u></b></p> <p><b>BUY &amp; PRE-COOK</b></p> <p><i>To acquire by the payment of money.</i></p>	<p>Grocery Shop &amp; Coupon Organizing</p> <p>Meat Preparation Tricks</p> <ul style="list-style-type: none"> <li>• Ground Beef</li> <li>• Poultry</li> </ul>	<p>Save Money Efficient Use of Time</p>
<p><b>4. <u>PRESERVE</u></b></p> <p><b>FREEZER TECHNIQUES</b></p> <p><i>Getting a meal ready for cooking by proper assembling and storage.</i></p>	<p>Freezing Guidelines</p> <p><a href="http://www.fda.gov/food">http://www.fda.gov/food</a></p> <p>Containers</p> <ul style="list-style-type: none"> <li>• Ziploc™ Freezer Bags</li> <li>• Glass pans or bowls</li> <li>• Labels vs. Freezer Tape</li> <li>• Extreme Freeze Redi-tainers™</li> </ul> <p><a href="http://www.reditainer.com">www.reditainer.com</a></p> <p><a href="http://www.amazon.com">www.amazon.com</a></p> <p>8x6x2 – Microwave/Freezer Container: Item # 795MT6350B</p> <p><a href="http://www.webstaurantstore.com">www.webstaurantstore.com</a></p>	<p>Safe and Proper Storage of Foods</p>
<p><b>5. <u>PRESENT</u></b></p> <p><b>HOSPITALITY BEGINS at HOME</b></p> <p><i>An offering or demonstration of Caring and Love!</i></p>	<p><b>Give the Gift of YOU!</b></p> <p>Enjoy the Meal Yourself</p>	<p><b>Be Present</b></p> <p>Others Enjoy YOU</p>

**Order:** COOK ONCE - Manual/Cookbook from Beth’s website above - \$12.00 includes S/H fees.