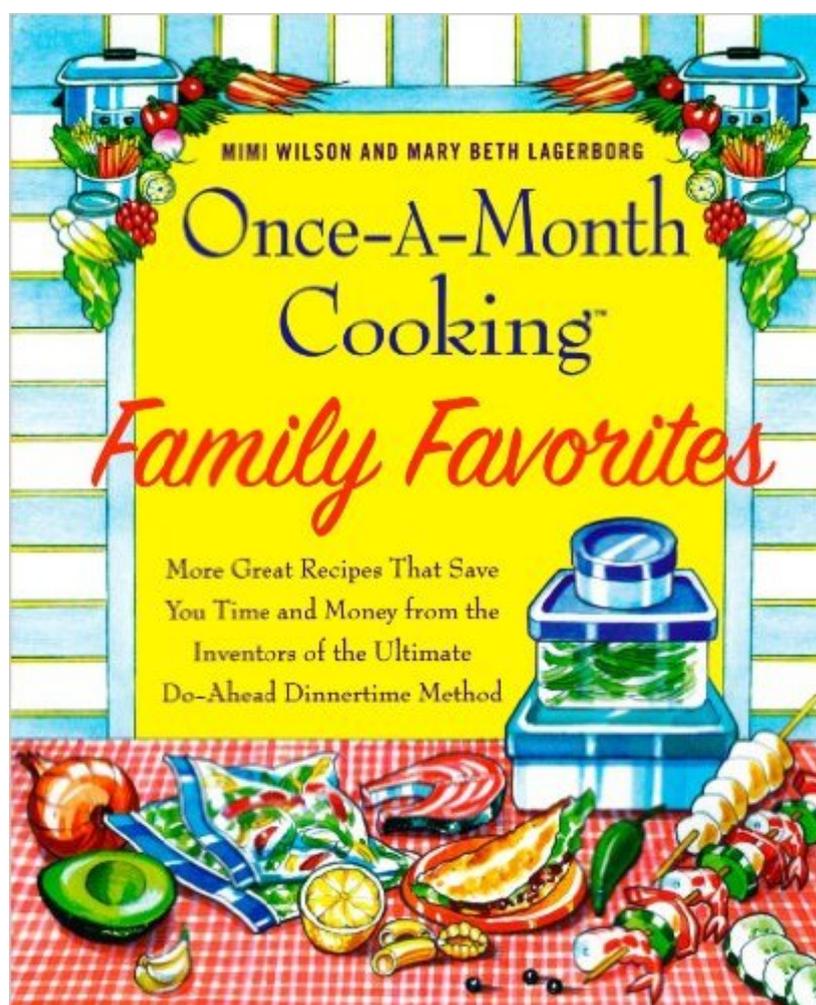


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# Once-A-Month Cooking Family Favorites: More Great Recipes That Save You Time And Money From The Inventors Of The Ultimate Do-Ahead Dinnertime Method



## Synopsis

Mimi Wilson and Mary Beth Lagerborg are back with a brand new book that features their Once-A-Month Cooking™ technique guaranteed to save time and money. Filled with all-new cycles - two one-month cycles, two two-week cycles, and three specialty cycles: gourmet, summer, and gluten-free - their trademark method remains the same: You shop for an entire cycle all at once, buying in bulk and saving money. You do all the food prep for the cycle the next day, freezing and refrigerating what needs to be kept cold, stocking the pantry when appropriate. Then, as the family assembles for mealtime, you do some quick finishing and it's ready - fast and delicious! Once-a-Month Cooking™ Family Favorites has something for every kind of eater and includes such soon-to-be favorites as: -Adobe Chicken-Baked Mediterranean Cod-Chicken Wild Rice Soup-County-Style Ribs-Texas-Style Lasagna With the perfect plan in hand and bulk shopping at economically-friendly prices, the Once-A-Month Cooking™ technique is a surefire way to get a delicious dinner on the table fast so that you can spend more time with your family!

## Book Information

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## Customer Reviews

I originally bought this book for one or two recipes that was inside of it. My husband saw the Title and practically begged me to give it a go since this month (October) is our busiest month (I work a full time job, own another business and volunteer at a haunted house 4 nights a week) and he HATES cooking for just him and my daughter. SO, we started reading the "directions" on how to cook Once A Month - MAN! Let me tell you how super simple they have made everything!! Not only do they give you the shopping list, a staples list, AND several plans to choose from, they also tell

you what ORDER to prepare them in! We decided to start with the two week plan just to see if it was for us! This past weekend, my husband and I spent 1/2 the day TOGETHER in the kitchen, cooking as a TEAM and were able to turn out 14 meals!! We had a BLAST and even my 6 year old daughter got to help! So many new recipes (so far all have been truly amazing)- it was like discovering our kitchen all over again! SO EASY - nothing complicated about preparation or cooking any of the foods - all basic skills and ingredients, save for a few spices that have now been incorporated to our cabinets. We've really enjoyed being able to rush home after all of our crazy schedules and being able to have dinner on the table quickly instead of trying to figure out what to eat or where to grab something. I am definitely converting over to the OAMC club!

Wow! I purchased the original OAMC book by the same authors several years ago, and almost didn't buy this one because I thought it would just be a re-hash of the same recipes. Man, was I wrong! Great recipes that have variety and spice, but not so "out there" ingredients-wise that your younger kids will turn up their noses...and several meal plans to choose from. I prepared "cycle A" two days after I received this book and will do "cycle B" in October. Also plan on buying several more copies for Christmas gifts.

A neighbor and I did the 2-week gluten-free cycle together (not because of dietary needs, but because the recipes sounded good) a few days ago, doubling all quantities so we could each have the whole cycle, and with careful preparation the night before (the book tells you how to prep your kitchen), we were done AND cleaned up in 4 hours flat. We've eaten two of the meals so far, and my VERY picky kids have even eaten them! (One motivator for my doing this "project" was to get my kids to try more new foods by being able to tell them, "I KNOW you only like three foods in the whole world, but we have 14 meals in the freezer and THIS one is dinner TONIGHT, so like it or lump it, pick up your fork!" But instead, though we got the usual grimaces and stirring things around the plate, once they actually tasted the meals, they ate them! Huzzah!) My friend has only prepared one of her meals yet, but she said it was delicious too. It was very fun indeed to cook with my friend, exceedingly satisfying to look into my full freezer and see all those meals lined up, downright miraculous to load empty dishes into the dishwasher, and exciting to be able to tell my husband, "While I'm at church, please, look on the menu list behind the cabinet door and pick what you'd like for dinner tonight, and get it defrosting." (Yes, we should've done that last night and defrosted in the fridge, but we're new!) Hints for first-timers from a going-on-second-timer: read EVERYTHING ahead of time. Photocopy the recipe pages so you can lay them flat (this book ought to be in a spiral

binding, if not a 3-ring - so far this is my one "con"). Follow the "how to get ready" instructions carefully; they cut LOADS of time. For two weeks, I needed about two and a half shelves of my side-by-side freezer, plus space in my pantry about the size of two shoeboxes; YMMV. Oh, and for those who might be skeptical and/or hesitant: not a lot of cream-of-anything soup in this book. The gluten-free cycle had no such soups as ingredients; the "regular" recipe cycles have them only rarely. Also many non-casseroles. I liked the ingredients (subbed fresh mushrooms for canned in one recipe, but that was the only substitution I made) and the results have been great so far!

I bought this book because I knew this month was going to be extraordinarily busy and I hate eating out/eating convenience foods for more than once every week or two. My husband was very critical of the idea at first because of the cost of the groceries (I mean, meat for a month is expensive even if you are buying it at a discount) and quite frankly, the thought of pulling out meals from the freezer doesn't always sound very appetizing. But I had to give it a try. I am so glad that I did give this book a try. The book is awesome because it organizes EVERYTHING for you. It gives you your grocery list, tells you how and when to chop/prepare the veggies and meats, and even tells you the order to cook everything in. I was able to get my day of cooking for one month done in about 10 hours, but I took several breaks. It seems like a long day, but let me tell you, it is so worth it. It is an IMMENSE relief to pull dinner out of the freezer the day before and not worry about what type of amazing dinner you are going to prepare for your family. I have been eating these meals for about 2 weeks now and most of the recipes tried so far are good in general. There have been a couple where we are fighting over left overs. That being said, there were a couple of recipes that I wouldn't want to prepare again. Edible, but not worth repeating. Another complaint I have is that several of the recipes in this book serve 8, and they really mean 8. Next time I will split those recipes in half. And my final complaint is that they don't give you any suggestions or recipes for side dishes. I know that seems silly to complain about, but if the only thing you have prepared ahead is marinated chicken breasts, then you have to come up with a carbohydrate (or at least I do) and a veggie (which isn't hard, just keep lots of frozen veggies and premixed salads on hand.) The real benefit I am getting from this book is saved sanity and I think I could easily come up with my own cycles based off recipes that I like from this book combined with recipes from "Don't Panic, dinner's in the freezer." I would highly recommend.

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