



**\*All Meals are set to 6 Servings\***

### **How to use the system:**

1. Check the shopping list and shop your pantry, fridge and freezer first.
2. When ready to prep your meals, get out all ingredients on the shopping list except for those in *italics*. Those will not be needed until you cook the recipes.
3. Open all cans and packages. This is a huge time saver!
4. Follow the "Assembly Directions" (located in the right column).
5. Store all prepped meals in the refrigerator.
6. When ready to cook, follow the "Cooking Directions" (in the left column).

### **Helpful supplies to have on hand:**

- Non-stick spray
- Foil
- Gallon size freezer bags
- Measuring spoons/cups
- Good knife and cutting board
- Large bowl for trash
- Fill your sink with hot soapy water for easy clean up

**FREEZABLE Meals:** Some meals may be frozen after assembly. If frozen, thaw then cook according to the cooking directions.

**SAVE YOUR MENUS!** Be sure to save your menus so you always have access to them.

If you have any questions, contact us at  
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[www.5dinners1hour.com](http://www.5dinners1hour.com)