

Working Smart NOT Hard: Freezer Meals!

Perfect for Wives of Truck Drivers
& Post-Partum Mommy Preparation



Tips it's your time to level up:

- Shopping unintentionally
- Not sticking to your budget or grocery list
- You are grocery shopping, but you still have a hard time coming up with meals. (You have food but not full meals)
- You spend a long time in the store

Weekly preparation (especially for larger families)



Improving the quality of your “prep game” is never out of season! If you would like to learn how to work smarter not harder when planning meals for your lords, please continue to read.

My weekly routine preparation usually consists of going to the farmers market, buying the groceries needed, and planning meals based on request since my lord is gone for 5 1/2 days of the week with him being a truck driver. My lord recently performed our monthly financial audit, and I came to the realization that I can improve in our meal preparation.

Sarah

Deliver all things in number and weight; and put all in writing that thou givest out, or receivest in...

SIRACH 42:7

In my lords review, he decided that he would like freezer meals for the road since he doesn't like how food ages in refrigerators. I leaped at his suggestion! It was like a light bulb went off! I started my research and came across gold!



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Weekly preparation

Not only did I decide to implement freezer meals for my lord, I also decided to implement this for his house entirely! I still make fresh meals but each week I prep at least 5 meals for the next 2 weeks.

This has been perfect for those days when my lord comes home 1 day in advance and notifies me 3 hours before his arrival time. I can grab a freezer meal and have it fully prepared and ready for him when he comes home!

This has also helped tremendously as a work from home (WFH) mommy with many tasks to complete during the week while my lord is gone.



failing = prepare
to prepare = to fail

Mama Paryah spoke about meal preparation well in advance in our previous Titus 2 chats; this is just to add to her righteous wisdom and motherly counsel...

Every wise woman buildeth her house: but the foolish plucketh it down with her hands.

Proverbs 14:1 KJV

Informational Links:

- <https://youtu.be/R890A6v5NEo>
- <https://youtu.be/13tbaTcoNgk>
- <https://youtu.be/1Ubs95AJGzY>
- <https://youtu.be/5b8EGYvIAUs>