

Make Your Own TV Dinners

Home Cooking In Bulk

How to save thousands a year, save time, make your own food and freeze it, then grab and go as wanted/needed!

- No more throwing away expired leftovers, or having to eat leftovers for 3 days till gone
- Making food when you want and not tediously 2-3 times a day, every day, every week, ahhhhh
- Saving thousands a year in leftovers, restaurant costs, food prepped grocery store costs
- Eating Healthy (if you cook healthy)
- Food that “you” like, cooked by you, for you and family

How It Works

What I do is cook for 6 people (I live alone) on a day I'm feeling good, eat 1 of them, freeze the other 5. I do this a few times a week and have a smart shuffle/rotation in the freezer so I don't get the same flavor twice in a row or one doesn't get stuck in the back for 2 years.

Cook when you want

Cook when you want, on your time, often as you want, and if you don't want to cook for a few days, you have home TV dinners to eat. I typically cook on weekends, so my weekdays are grab n go microwave TV dinners I've made.

Buy Microwaveable Containers

I use a name I trust, you'll probably want to get 10-20 of these I would start off with 10 and if this works for you, buy more. I have approx. 90 containers I own. The starting cost will kinda suck, but these containers last years and you'll have your money back within the year. [Glad 25 oz Entree Food Storage Containers with Lids \(5 Pack\)](#)

(I am not affiliated with Glad in anyway and this is not a promotion to make money, these are the ones I use, if you find your own brand you like, go for it)

* If you don't like your food touching other food in the container, I suggest buying a portions container, if that works better for you, you can find them in your store or online/Amazon.

Grocery Shop

Buy what you need for your specific recipe; here are some added ideas for cost savings:

- Shop coupons if you can
- Watch for sales in other grocery stores
- Buy generics when possible, but not if you are brand loyal
- Try to make your menu cost effective
- Buy bulk if you can and have freezer space
- Watch for clearance sales or dented cans

Cook n Eat

Cook it, eat it, and then make your TV dinners. You should have a meat/protein, a veggie, optionally a starch and any other things you want in your dinners. After you're done eating, get ready for some fun. You'll want to grab extras if your leftovers won't make enough dinners, ergo, if you ran out of veggies, grab some from freezer to help supplement the dinners.

Make The Dinners

In your microwave safe containers, you should place a 1/3 a protein (meat), 1/3 veggie, and maybe 1/3 starch or other side. The idea is to make sure you can fit each of your portions into each container, portion appropriately.

After you place all your food in containers, I like to season and/or sauce in each differently so each dinner is different: (spicy, Asian, Italian, Garlic lovers, BBQ, etc). Just in case they come up quick in rotation, you get a completely different flavor.

Let Them Cool

Do not put them in the freezer warm/hot, that's a waste of energy, let them cool on counter till they are room temp, and then put them in the freezer.

Labeling

I don't label, whatever is in rotation, is what I get. This elevates from finicky people scanning thru the rotation, screwing up the shuffles and the rotation. Respect the rotation, you eat what you get!!!

* I like to label the spicy ones so I don't get one in rotation before a trip or event, I don't need chicken wing butt in the middle of an airplane flight!

Freezer Space

You're going to need some space. I have a normal Fridge/Freezer and a basement stand up freezer, so I have plenty of room, probably have about 60 TV dinners in my basement right now, about 20 in my upstairs fridge/freezer.

Smart Shuffle/Rotation

Shuffling and rotating the stacks of dinners is important for 2 reasons:

- 1) So a dinner doesn't get lost and continually pushed to the back for 2 years
- 2) So you don't get the same flavor dinners 2 days in a row

Shuffle: Making sure in each stack of dinners that two of the same dinners aren't on top of each other

Rotation: Move the stacks in a rotation; each stack rotates thru the rotation, no cut-skis

* You could label with dates, using masking tape and marker, but I found that isn't as efficient as having a stack rotation

Thaw Dinners

Every night I set out two dinners from freezer to fridge and by noon the next day, they are ready for microwave. I eat one for lunch and one for dinner. It's food I like, healthy and efficient and cost effective.

Eat What You Get

You don't have to question "what's for dinner", you get what you get, whatever comes into rotation, no labels, no choices, eat what you get.

Trading

Sure you can trade with other family members, could be a fun thing.

Left Overs

Not only does this work for making homemade food, but also other leftovers:

- 1) Restaurant To-Go or doggie bag
- 2) Leftovers from big meal you cooked
- 3) Food given to you by a friend
- 4) Leftovers from a friend's house they sent home with you

* Do not put To-Go container in fridge, make TV dinner's right when you get home, make sure there is a veggie and put into the rotation.

History

I came up with this idea years ago when I was wasting so many leftovers. Been doing this 30 years now, if you look in my freezer you will see stacks of homemade dinners. Come the weekend, when I'm feeling good, I cook... I make and freeze multiple dinners. Shuffle into the current rotation.

Thank you

- **Bret Mon**