

Once a Month Cooking World

Welcome to Once a Month Cooking World - we are glad you are here!

Are you interested in learning how to do Once a Month cooking? If so, you'll want to start with our Step-by-Step Guide to Once a Month Cooking. In the guide we teach you exactly to do once a month cooking.

Looking for recipes? We have a growing collection of free recipes. Do you have a recipe to share? Once you are logged in you can give back by sharing your recipes.

If you have any questions, please feel free to contact us - we'd love to hear from you! You can also check out our Once a Month Cooking forum that we have at our sister site Frugal Mom.net.
Easy-Does-It Cookbook for Once a Month Cooking

Once-a-month freezer cooking allows you to buy good, healthy food in larger quantities and cheaper prices and do the majority of your cooking in one day. You then freeze individual meals to be warmed up as needed. This same concept can be applied to dieting: you buy the right foods, cook them in quantity and freeze individual, portion controlled meals like the fancy packed and expensive frozen diet meals you buy from NutriSystem, Jenny Craig or South Beach.

We have found a wonderful book that combines dieting with once a month cooking called the Easy-Does-It Cookbook and Diet Plan. The Easy-Does-It Cookbook is revolutionary in that it combines freezer cooking and diet meals. With this program, once you learn what types of foods you are allowed to have in each phase of your preferred diet plan, you can cook those types of meals in quantity and freeze portion controlled servings for your diet meals. The beauty of this program, is that these same meals, or components of these meals, can be served in larger portions to those in your family not concerned with dieting or weight loss. Read our full review.