
Freezer Meals

Week 31 of 40

Activity


Try to pick a day this week to wake up early and watch a sunrise together! Afterwards make breakfast together...maybe you can even go back to bed and eat it together!



Advice

Have you thought about making some freezer meals ahead of time so you have some easy meals for when the baby comes?

There are some super yummy ideas out there, just check out Pinterest and look for freezer meals or crock pot meals. It can make life much easier for the first couple of weeks! Plus it can save you some money too!



Discussion Points

- *Do you have any meal ideas you want to try?*
- *Is there anything else you can do meal wise to prepare for when you bring the baby home?*
- *Have you heard of crockpot liners? They make clean up even easier!*

Goal

Make a new crockpot meal sometime this week! There are lots of yummy ideas. Try a chicken taco stew or a pasta meal!