



DREAM DINNERS.  
HOMEMADE, MADE EASY

Your Family Dinner

# PLAYBOOK

How real families gather around the dinner table every night



**31**

helpful tips and  
the inside scoop to  
make life easier with  
Dream Dinners!



At the end of a long day, the last thing you want to worry about is dinner.

Use this guide to develop a routine around meal planning for your family dinners.

# Eat. Talk. Love. Laugh. Linger.

Don't fret over dinner. Don't spend time searching through your refrigerator or pantry for something to toss together at the last minute. With Dream Dinners, you have a meal plan in place each week. We will help you create a system with reminders to thaw your meals, so dinner is ready when you are!

And we keep it simple—really simple. Our easy-to-follow directions will guide you step by step to prepare a delicious dinner in no time. By the time you have completed three months of Dream Dinners, you will have a new normal. Dinner will be a breeze!

**Thank you for visiting Dream Dinners. Thaw and enjoy your first week of meals and many more to come!**





# It All Begins at the Family Table

Dream Dinners will change how you cook and how your family eats—all week long, throughout the month. With a few simple tips, you and your family can enjoy tasty, ready-to-go meals that you look forward to every night. Because you made it, you can feel good knowing what exactly went into each meal. And each meal is customized to your tastes so your family will love it.

**Seconds, anyone?**

## Did you know?

Our meats and seafood are restaurant quality—meaning, they are better quality than the selection at most grocery stores.

## Save Time, Money... and Your Sanity!

I spend  hours planning, shopping, chopping, prepping, measuring, running back to the store for forgotten ingredients, and cleaning up!



**With Dream Dinners**, you can prepare a month's worth of dinners in about an hour! We estimate that we save busy families close to **20** hours per month.

**WOW!**

I spend \$  on grocery shopping each week.



I spend \$  on impulse purchases each week at the grocery store.

I spend \$  tossing out unused ingredients or spoiled food items.

I spend \$  on eating out or take-out meals.

**With Dream Dinners**, you have a meal plan each week made specifically for your family's tastes, so less waste! Our guests save an average of **\$200** per month.

**YIPPEE!**

## Come and Get It!

### The benefits of Dream Dinners are numerous!

- ☐ Less grocery shopping
- ☐ Less money spent on groceries
- ☐ Less food waste
- ☐ More time with my family
- ☐ Always having the right ingredients
- ☐ More variety
- ☐ Easy, healthy options
- ☐ Relaxing evenings with less stress
- ☐ Customizable to my family's tastes
- ☐ Easy meal planning
- ☐ Easy meal prep
- ☐ Enjoyable family meals together

**?** If I had **20** more hours in a month and **\$200** in my pocket, what would I do with my family?

# Chillout: How to Master the Thaw!



Always be ready for dinner with these two easy ways to remember to thaw your meals.



ONCE A WEEK OR COOK ONE, THAW ONE.

Every Sunday, put a week's worth of dinners (3-4) in the refrigerator to defrost.

Start by putting 2-3 meals in your refrigerator to thaw. Then every time you pull out a meal to cook, replace it with a meal from the freezer.

## More Cool Tips

**Need a Reminder?** Text “thaw” to **73328** to receive a weekly thaw reminder.

### Last Minute Defrost Tip!

To thaw a frozen dinner, submerge the bag in cold (not hot) water. Change the water every 15 minutes, and your dinner should thaw in an hour. Also, double-check your cooking instructions; some meals can cook from frozen!

**Don't Forget!** Place your freezer list on the refrigerator door.

**Vibrate, Beep, or Post-it!** Set an automatic weekly reminder on your smartphone or a low-tech written sticky note where you will see it.



## TASTY TIDBIT

Make grocery shopping a pleasure again!



With fewer items on your shopping list, you can be more adventurous by shopping farmer's markets for fresh produce or specialty shops and your local deli for fun snacks, cheeses, or

baked goods! Or, just save time shopping at the grocery store and spend more time doing what you love!

### SHOPPING LIST

Breakfast Items

Lunch Staples

Snacks & Treats

Fresh Produce



CHECK OUT YOUR NEW, SHORTER SHOPPING LIST!

## PRO-TIP



Clear out unprepared ingredients in your freezer to make room for your full ready-to-go dinners.



## GOOD TO KNOW

**Setting the table can set the tone for your family.**

Research has shown that sharing a family meal is good for families—mind, body, and soul. Studies link regular family meals with higher grades, greater resilience, and better self-esteem. And further, family meals are linked to lower rates of substance abuse, eating disorders, teen pregnancy, and depression.

**Sources:** National Center on Addiction and Substance Abuse (CASA) at Columbia University, 2010, *The Journal of Pediatrics and Child Health*, October 2013, *Pediatrics*, The Official Journal of the American Academy of Pediatrics, 2011.

Family  
dinner  
around the  
table is  
possible!



# WEEK 1

SUN

MON

TUE

WED

THUR

YAY!  
FRI

SAT

● **STEP 1:**  
Put 3-4 meals  
from your  
session in the  
fridge and  
the rest in the  
freezer.

● **STEP 2:**  
Mark the  
calendar with  
your meal plan  
for the week.

● **STEP 3:**  
Follow the  
easy cooking  
instructions for  
your meals.

● **STEP 4:**  
Enjoy and rate  
your meals  
online.

## WHAT YOU

Before Dream Dinners, when was  
the last time you sat down for a  
family meal?

My favorite meal this week

My family's favorite meal

## GAME PLAN

Commit to cooking this week. As you start your first month  
of Dream Dinners, skip the take-out or food delivery. Plan your  
meals for the week and enjoy your prepared dinners.

YOU'VE GOT THIS!

## PRO-TIP

Rate your meals online  
and earn rewards! Plus,  
by rating your meals,  
you can keep track  
of the dinners that  
your family loved the  
most! Rate your meals  
under the **My Meals**  
tab in your account on  
DreamDinners.com.

## READY. SET. GO, GO, GO!

You are prepared,  
organized, and  
ready with meals  
for the week. Start  
your week with a  
clean kitchen—post  
your picture-worthy  
kitchen, organized  
freezer, or meals in  
your refrigerator  
on Instagram using  
#DreamDinners.



After  
only one  
week, see  
the benefits  
already!



## WEEK 2

SUN

--

MON

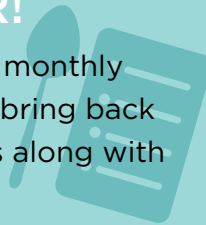
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TUE

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### NEVER BE BORED WITH DINNER!

Check out our rotating monthly menus online. We only bring back tried-and-true favorites along with new seasonal recipes.



WED

--

THUR

--

YAY!  
FRI

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SAT

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### DID YOU REMEMBER TO THAW?



If not, no biggie. Place 3-4 meals in your refrigerator to get back on track! Your family will thank you for it.

### PRO-TIP

You can adjust the spice level and ingredients in any Dream Dinners meal to suit your family's tastes.

### GOAL GETTER!

Nothing is stopping me now!

- ☐ I feel less stressed every night
- ☐ My kitchen stays cleaner
- ☐ My kids enjoy dinner together
- ☐ We didn't order take-out
- ☐ We avoided unplanned grocery store trips
- ☐ We have more time as a family
- ☐ My goal \_\_\_\_\_

Have  
you  
booked  
your next  
session?



# WEEK 3

SUN

MON

TUE

## MARK YOUR CALENDAR!

After this week, you only have one  
week of dinners in your freezer.

Date and time of your next session:

WED

THUR

YAY!

FRI

SAT

## ARE DREAM DINNERS NIGHTS YOUR FAV?

Add a few extra meals to your next  
order for more favorite nights together!

## PRO-TIP

What size meals do you  
need? Medium meals  
feed 2-3 people. Large  
meals feed 4-6 people.  
Consider ordering a  
combination of meal  
sizes so you can plan  
for leftovers and stretch  
your meal plan!

## YOUR DREAM DINNERS DATE:

Pick a convenient  
time/day each month  
that works  
with your  
schedule and  
book your



next session before  
you leave the store.  
Better yet, invite a  
friend to join you and  
receive even more  
rewards.



● **STEP 1:**  
Thaw 3-4 meals  
for the week in  
your refrigerator.

● **STEP 2:**  
Mark the  
calendar with  
your meal plan  
for the week.

● **STEP 3:**  
Follow the  
easy cooking  
instructions for  
your meals.

● **STEP 4:**  
Enjoy and rate  
your meals  
online.

You  
did it.  
You've  
mastered  
a month  
of dinners!



# WEEK 4

SUN

MON

TUE

WED

THUR

YAY!

FRI

SAT

● **STEP 1:**  
Thaw 3-4 meals  
for the week in  
your refrigerator.

● **STEP 2:**  
Mark the  
calendar with  
your meal plan  
for the week.

● **STEP 3:**  
Follow the  
easy cooking  
instructions for  
your meals.

● **STEP 4:**  
Enjoy and rate  
your meals  
online.

## COOK FOR A CROWD!

Dream Dinners makes cooking for  
friends and family a breeze.



## SAY, "CHEESE!"

Post your family dinner pics on Instagram  
using #DreamDinners and tag a friend to  
join you at your next session!

## PRO-TIP

Order multiples of  
your family's favorites  
so you don't run out.  
And pick up extra tasty  
sides and tempting  
desserts to complete  
your meals.

## YOU'RE CRUSHIN' IT!

Over the last month,  
you and your family  
have shared wonderful  
meals together  
around the dinner  
table. Success! To  
continue to enjoy the  
benefits of Dream  
Dinners, book two  
more sessions within  
the next two months.  
After three months,  
it will be your new  
normal to no longer  
dread the question:

What's for  
dinner?



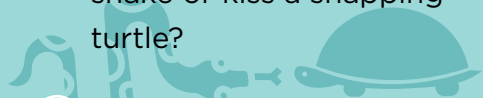
# TABLE TALK

Ideas to keep the conversation going at dinner!



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1 Would you rather hug a snake or kiss a snapping turtle?



2 If you could have three wishes granted, what would they be?

3 What are you most thankful for?

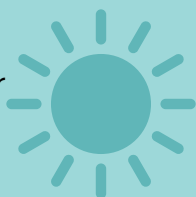
4 What is one thing that you want to learn to do?

5 What are you looking forward to tomorrow?

6 If you had wings, where would you fly?

7 If you could have a superpower, what would it be?

8 Describe your perfect day.



9 Would you rather go to the beach or play in the snow?

10 What makes you happy?

11 If you could invent a new candy flavor, what would it be?

12 Tell me the best thing about your day today!

13 If you could be an animal, what would you be?

14 Try this tongue twister: Does your family demand dining on Dream Dinners' delicious, delectable, dreamy dinners?

15 Can you create a tongue twister?

