From Box to Pantry
YOUR FIRST WEEK

A simple plan for your first seven days with your new machine, no overwhelm required. Check things off as you go (that's half the fun) and jot notes in your Batch Log. Always follow your own manual for setup, since models differ.

Delivery day: _____ **Model:** _____ **Pump:** _____

Day	What to do	Notes
Day 1 SETTLE IN	☐ Unbox and inspect for shipping damage ☐ Set it up in its spot (dedicated outlet, airflow around it) ☐ Add pump oil if needed, slightly above ¾ on the sight glass ☐ Let it rest 24 hours (per your manual) ☐ Pre-freeze a tray or two of something easy for Day 3	
Day 2 TEST BATCH	☐ Power on and complete Factory Setup ☐ Start your test batch (follow your manual) ☐ Set up your packaging station: bags, absorbers, sealer, labels, bins	
Day 3 EASY LOAD	☐ Check and finish the test batch ☐ Defrost and wipe the chamber dry ☐ Start an easy batch: sliced bananas or strawberries, or frozen peas and corn	
Day 4 PACKAGE!	☐ Crunch test, then package your first real food! ☐ Practice your seals (tug test) ☐ Start a candy batch in Candy Mode just for fun ☐ Pre-freeze tomorrow's trays	
Day 5 MEAL LOAD	☐ Package the candy (and hide some from the kids) ☐ Start a meal batch: chili, soup, or leftovers you pre-froze	
Day 6 TASTE TEST	☐ Package the meal when it's done (meals can take more than a day) ☐ Rehydrate a little of something to see how it comes back ☐ Write notes in your Batch Log	
Day 7 CELEBRATE	☐ Clean the chamber and trays ☐ Check your oil ☐ Plan next week's three loads ☐ Celebrate. You're a freeze dryer now!	

DON'T WAIT FOR PERFECT
A half-full tray of bananas is still a win.

WRITE IT ALL DOWN
Food, prep, start time, end time, how it came out.

TASTE AS YOU GO
That's the best part. Seriously.

EXPECT A HICCUP
Check the drain valve, door and oil first, then your manual.

© 2026 FREEZE DRYING MAMA