

# Freezer Inventory

Tape it inside the freezer and fill it in as you stock. Cross off each meal as you use it, so the busy night always has a real answer.

## ■ EVERY MEAL, ONE ROW

| MEAL | FROZEN | SERVINGS | USE BY | REHEAT |
|------|--------|----------|--------|--------|
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## ■ BATCH-COOK SHOPPING LIST

Buy for every recipe in one trip, so a single shop becomes a freezer full of dinners.

**Proteins** \_\_\_\_\_

**Bases (rice, pasta, beans, tortillas)** \_\_\_\_\_

**Sauce, broth, canned tomatoes** \_\_\_\_\_

**Onions, garlic, aromatics** \_\_\_\_\_

**Vegetables to add in** \_\_\_\_\_

**Cheese and dairy for baking** \_\_\_\_\_

**Freezer supplies (bags, foil pans, tape, marker)** \_\_\_\_\_