Freezer Meal Planner

BATCH COOK · FREEZE · REHEAT

Prep Date _____

Servings Goal _____

MEAL / RECIPE	PORTIONS	CONTAINER	FREEZE DATE	USE BY	REHEAT INSTRUCTIONS

❄️ FREEZER STORAGE TIPS

- Soups & stews: 3–4 months
- Cooked grains & rice: 2–3 months
- Marinated proteins: 3–6 months
- Baked goods: 2–3 months
- Always label with date & contents

📋 THIS WEEK'S THAW PLAN

MON _____

TUE _____

WED _____

THU _____

FRI _____