

FREEZER INVENTORY & USE-FIRST PLAN

List what is inside before you shop or make the next meal.

Freezer check: _____ °F / _____ °C

Target: 0 °F (-18 °C) or below; verify with an appliance thermometer.

ITEM	PORTIONS	FROZEN ON	USE FIRST?
1.			[]
2.			[]
3.			[]
4.			[]
5.			[]
6.			[]
7.			[]
8.			[]

THIS WEEK: USE THESE FIRST

1. _____

2. _____

3. _____

MY NEXT FREEZER MEAL

Meal: _____

Move to refrigerator to thaw on: _____

LABEL REMINDER

Name + frozen-on date + portions. Use suitable airtight packaging.