

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.