
THE BEGINNERS GUIDE *to* FREEZER MEALS





THE *concept*

Do you ever have an epiphany or brain wave where you think, "I could do this and make my life so much more organized!" Then quickly turn away from that idea with your tail between your legs because the very thought of it seemed too daunting a task?

I used to feel like Freezer meal day preps were too big a task to take on. The very thought of collecting recipes, making a grocery list, shopping, prepping and spending hours in the kitchen was enough to keep me from even starting. That was until I came up with a simpler method of stocking my freezer with delicious homemade meals. I have come up with a way to make multiple meals and alleviate some of that daunting mountain of work.

I am going to walk you through some easy steps to help you fill your freezer with 32 meals. You can do this as slowly or as quickly as you like. If you can commit to 2 recipes a week, that will get you 32 meals by the end of the month.

You're already making 1 meal for supper, right? So why not purchase extra ingredients at the same time and make 4 of the same meal at the same time you're making supper? Serve one and freeze 3. Do you realize that making 4 meals at time only adds 15 minutes extra prep time? Do you see the concept here?

When starting with an empty freezer begin with simple recipes until your freezer starts to fill up. Then move on to the more complicated and time consuming recipes. You will be feeling more confident in your freezer meal making skills and feel less pressure to fill your freezer at this point. I have been able to complete 4 SIMPLE recipes in 1 hour. Multiplied by 4 equals 16 meals in 1 hour. My average Cost for 16 meals with a range from simple to complicated recipes is approximately \$250.

"32 meals"
BY THE END OF THE MONTH

tips STRATEGIC



tips FREEZING

- ◆ If you Make up 2 freezer meal recipes a week, making 4 batches of each recipe at a time you will soon have a month's worth of meals in your freezer.
- ◆ 4 weeks x 8 meals a week = 32 meals. You will have a variety of 8 different meals.
- ◆ It takes approx. 60 minutes to make up 16 meals once shopping and prep is done (4 recipes x 4)
- ◆ Organizing with a group of friends can be fun to trade for a variety of meals. Groups of 4 or 8 work best. Each person makes 2 recipes multiplied by the number of people in the group. You don't even necessarily have to get together to do this if that seems too big a task to organize.

- ◆ Freeze your bagged meals flat then move or rearrange once they are frozen.
- ◆ Thaw in a container in the fridge in case of leakage. Bags do get holes in them. Unfortunately, I've learned this the hard way.

tips BAGGING



- ◆ Instead of bowls you will use freezer bags to both mix and store ingredients. Less Clean up!!! Can I get a shout for joy here!?!?
- ◆ Use plastic storage containers to hold bags open. Or something so you can easily fill bags and prevent spilling as you work. I personally Love Bag Bowls found in my favourite Tools section of my BLOG. They have different sizes and were specifically made to hold the bags open perfectly.
- ◆ You will be making 4 meals at once with each recipe. Line up a station of 4 bags in a row. For Example: If the recipe calls for 1 Cup of onions. Put one cup of onions in each of the 4 bags before moving on to the next ingredient.
- ◆ Your Large Freezer bag will be labeled with the recipe name and cooking directions and will hold all medium bags filled with sauce, meat, spices etc. I do it this way for 3 reasons,
- ◆ It allows an extra barrier in case of leaking,
- ◆ You can keep your meat separate. I find meat mixed in with sauces before freezing tastes more like a warm up or left over meal. But again, that is a personal preference.
- ◆ This method also allows you the option to add items like meat, buns, noodles, rice, veggies etc. to your bags to make a complete meal in one bag.

STEP #1

PLAN THE RECIPES

I am going to walk you through some easy steps to help you fill your freezer with 32 meals. You can do this as slowly or as quickly as you like. 2 recipes a week will get you 32 meals by the end of the month.

1. Beef Stroganoff
2. Annes Meatballs
3. Potato Cheeseburger Soup
4. Cheesy Broccoli Chicken
5. Marlas Chili
6. Fish Tacos
7. Lasagna
8. Italian Chicken

WEEK 1:

- ◆ Beef Stroganoff x4
- ◆ Annes Meatballs x4

WEEK 3:

- ◆ Marlas Chili x4
- ◆ Fish Tacos x4

WEEK 2:

- ◆ Potato Cheeseburger Soup x4
- ◆ Cheesy Broccoli Chicken x4

WEEK 4:

- ◆ Lasagna x4
- ◆ Italian Chicken x4

STEP #2

PURCHASE & PREPARE THE STAPLES
DRY STAPLES

These are just some of the pantry staples I like to keep stocked up on as they come on sale. **(Find a printable grocery list on Page 6.)**

- ◆ Canned Tomatoes
- ◆ Jarred, minced garlic or fresh garlic cloves
- ◆ Beef and Chicken broth in large cartons
- ◆ Pasta - spaghetti, lasagna, elbow noodles & egg noodles
- ◆ Ketchup
- ◆ Pasta Sauce
- ◆ Spices such as salt, pepper, garlic salt, onion powder,
- ◆ Sugar
- ◆ Flour
- ◆ Olive Oil
- ◆ Large and Medium Freezer bags. Please make sure these are good quality as the cheaper ones can rip and that is NEVER fun to discover. My favourite brands are Glad and Presidents Choice.
- ◆ Foil take out pans with cardboard lids.
- ◆ Aluminum foil

PURCHASE & PREPARE THE STAPLES

FREEZER STAPLES

I always keep these items stocked in my freezer. It saves so much time in prep when I want to quickly whip up a recipe. I store the cooked ground meat and grated cheese in pre-measured portions in labeled zip lock freezer baggies. **(Find a printable grocery list on Page 6.)**

- ◆ Diced Onion. My favourite tool for dicing onions is in my favour tools section of the BLOG site. No more tears when cutting onions and its done in a couple of swift easy steps.
- ◆ Diced Green Peppers
- ◆ Diced Red Peppers
- ◆ Cooked Ground Beef or Turkey.
- ◆ 2 cups of cooked ground beef is equivalent to 1 lb. if you are cooking bulk.
- ◆ Grated Mozzarella & Cheddar Cheese



PREP DAY

Do this preparation a few days to a week before you plan to start making your freezer meals. It will save you so much time when you go to put your recipes together. **(Find a printable grocery list on Page 6.)**

FREEZER PREP DAY | GROCERIES

- ◆ 16 oz. Sharp Cheddar Cheese to grate or buy already grated (use Daiya cheddar shreds for non-Dairy options)
- ◆ 16 oz. Mozzarella Cheese to grate or buy already grated (use Daiya mozzarella shreds for non-dairy options)
- ◆ 4 oz. Monterey Jack Cheese to grate or already grated (use Daiya Pepper jack Shreds for non-dairy options)
- ◆ 16 lbs Ground Beef or Turkey
- ◆ 7 Medium Onions
- ◆ 4 Green Peppers
- ◆ 3 Red peppers



PREP DAY

FREEZER PREP DAY | INSTRUCTIONS

BEEF PREP

- ◆ Brown all the ground beef or turkey.
(You may need to do this in shifts depending on how many large frying pans you have.)
- ◆ Once cooled, bag the cooked meat into appropriate portions in medium sized freezer bags.
- ◆ Label the bags appropriately
- ◆ 2 Cups of cooked ground meat equals 1 lb.

YOU NEED: 8 bags with 1lb cooked meat (2 cups)
4 bags with 2lb cooked meat (4 cups)

**Refer to Bagging Tips on Page 2 for Detailed instructions on making 4 meals at once.*

CHEESE PREP

- ◆ Grate all cheese. Bag the grated cheese into appropriate portions.
- ◆ Cheddar - 4 bags with 1 Cup grated Cheddar Cheese. Label appropriately
- ◆ Cheddar- 4 bags with 3 Cups grated Cheddar Cheese. Label appropriately
- ◆ Mozzarella – 4 bags with 1 Cup grated Mozzarella Cheese. Label appropriately
- ◆ Mozzarella – 4 Bags with 3 Cups grated Mozzarella Cheese. Label appropriately
- ◆ Monterey Jack – 4 bags with 1 Cup grated Monterey Jack Cheese

ONION & GREEN AND RED PEPPER PREP

- ◆ Dice all the onions and peppers. I love my onion chopper for doing this quickly and with no tears. You can find my favourite chopper in the My favourite tools section on my BLOG.
- ◆ These ingredients do not need to be pre-measured. Just put all the diced onions, green peppers and red peppers in their own separate medium size freezer bag to freeze.
- ◆ Once prepped, Store all of these ingredients in your freezer so that they are ready to go when the recipe calls for it.

GROCERY LIST 1/2

PANTRY STAPLES

- ☐ Canned Tomatoes
- ☐ Jarred, Minced Garlic
(or Fresh Garlic Cloves)
- ☐ Beef & Chicken Broth
- ☐ Pasta
(Spaghetti, Lasagna, Elbow Noodles & Egg)
- ☐ Ketchup
- ☐ Pasta Sauce
- ☐ Spices
(Salt, pepper, garlic Salt, Onion Powder, Sugar)
- ☐ Flour
- ☐ Olive Oil
- ☐ Large and Medium Freezer Bags
- ☐ Foil take out pans with cardboard lids.
- ☐ Aluminum Foil

FREEZER PREP

- ☐ 16 oz. Sharp Cheddar Cheese grated
(use Daiya cheddar shreds for non-Dairy)
- ☐ 16 oz. Mozzarella Cheese Grated
(use Daiya Mozzarella Shreds for Non-Dairy)
- ☐ 4 oz. Monterey Jack Cheese Grated
(use Daiya Pepper jack Shreds for non-dairy)
- ☐ 16 lbs Ground Beef or Turkey
- ☐ 7 Medium Onions
- ☐ 4 Green Peppers
- ☐ 3 Red Peppers

GROCERY LIST 2/2

WEEK 1

BEEF STROGANOFF & ANNES MEATBALLS

- ☐ 2 Lemons
- ☐ 4, 10oz Cans Mushrooms
- ☐ 16 oz. Beef Broth (2 Cups)
- ☐ 40 oz. Grape Jelly
(I buy 2 large jars grape jelly)
- ☐ 48 oz. Chili Sauce
(I buy 2, 24 oz. large jars chili sauce to)
- ☐ 4 Boxes Frozen Meatballs
(or make 4 batches meatballs and freeze)
- ☐ 6 lbs Stewing Beef Cubes
- ☐ 2, 8 oz. Bricks of Cream Cheese.
(use Daiya cream cheese spread for non-dairy)
- ☐ 4 Bags Egg Noodles (or fettuccini noodles)
- ☐ 4 Boxes Meatballs
- ☐ 4 Bags Egg Noodles

(The onions should already be prepped and in your freezer.)

WEEK 2

POTATO CHEESEBURGER SOUP & CHEESY BROCCOLI CHICKEN

- ☐ 4, 10 oz. Cans Diced Potatoes
- ☐ 4, 10 oz. Cans Sliced Carrots
(or 4 medium carrots)
- ☐ 1 Jar Jalapeño Peppers
(or 2 Fresh Jalapeño Peppers)
- ☐ Beef Bouillon Powder
- ☐ 1 Jar Minced Garlic
(or 1 Fresh garlic bud)
- ☐ 12 Cups Milk
(Almond, Coconut or Rice for Dairy free options)
- ☐ Flour
- ☐ Pepper
- ☐ 16 Medium Sized Chicken Breasts,
- ☐ 4 Heads of Fresh Broccoli
(or 2 bags frozen broccoli florets)
- ☐ 4 Cans Broccoli Cheese Soup

(The ground beef, cheese, onions and peppers should already be prepped & in your freezer.)

WEEK 3

MARLAS CHILI & ITALIAN CHICKEN

- ☐ 16 Roma Tomatoes
- ☐ 4, 10oz cans Kidney Beans
- ☐ 4, 10oz cans mushrooms
- ☐ 20 Cloves garlic
(or jarred minced garlic)
- ☐ 8 packets Chili Seasoning Mix
(Olde Elpasso)
- ☐ 4, 24oz Cans diced tomatoes
- ☐ 16 Medium Sized Chicken Breasts
- ☐ 4 Small Jars Artichoke Hearts. 16oz
- ☐ Spaghetti Noodles for 4 Meals

(The ground beef, cheese, onions and peppers for these recipes should already be prepped and in your freezer. And you should already have the pantry staples of flour, sugar, salt, pepper and olive oil)

WEEK 4

LASAGNA AND BAJA FISH TACOS

- ☐ 4 Limes
- ☐ 2 Cups Chopped Fresh Cilantro
- ☐ 4, 16 oz. Jars or cans Spaghetti Sauce
(8 Cups)
- ☐ 40 Lasagna Noodles Approx. 3 boxes
- ☐ 6 Cups Cottage Cheese (3- 500ml tubs)
- ☐ 1 Tub Sour Cream (500ml)
- ☐ 2 Cups Mayonnaise (500ml)
- ☐ 4 Jalapeño Peppers
(or 1 jar jalapeño peppers)
- ☐ 16 Frozen Battered Fish Fillets
(or unbattered fish is nice too)

(The following spices if you do not already have them stocked in your dry staples: chili powder, dried oregano, garlic powder, paprika, onion powder, ground cumin, crushed red pepper flakes, salt & pepper)

STEP#4

PREPARE RECIPES

BEEF STROGANOFF

1 Bag Egg Noodles or Fettuccine - add the day of cooking

BAG 1 (Medium Freezer Bag)

- ◆ 1.5 lb Stewing Beef

BAG 2 (Medium Freezer Bag)

- ◆ 1 Cup Onion
- ◆ 1 Can Mushrooms
- ◆ 1/2 Cup Beef Broth
- ◆ 1/2 Cup Cream Cheese

BAG 3 (Medium Freezer Bag)

- ◆ Place Bags 1 & 2 inside Large Freezer Bag labelled with Recipe Name and Cooking Directions

COOKING DIRECTIONS

- ◆ Pour contents of all bags 1 & 2 into crockpot
- ◆ Cook low 6-8 hours or high 4-5 hours
- ◆ Cook noodles separately according to package directions.
- ◆ Add cooked noodles to crockpot just before serving.

**Refer to Bagging Tips on Page 2 for Detailed instructions on making 4 meals at once.*

ANNES MEATBALLS**BAG 1**

- ◆ Meatballs. - 1 Box Store Bought. Or One Homemade Batch.

BAG 2

- ◆ 10 oz. Grape Jelly
- ◆ 12 oz. Chili Sauce
- ◆ Place Bag 1 & 2 in side Large Labelled Freezer Bag
- ◆ Label bag with Recipe Name and Cooking Directions.

COOKING DIRECTIONS

Crockpot: Cook all Ingredients Low 4-5 Hours or High 2-3 Hours

Oven: Bake in a Casserole Dish at 350 degrees F. 30 min.
Serve with Rice and Fresh Salad

PREPARE RECIPES

POTATO CHEESEBURGER SOUP

This recipe makes a large batch 14 servings. I recommend splitting the recipe into 2 bags for 2 meals

BAG 1 (Large Labelled Freezer Bag)

All ingredients go into a large labelled freezer bag label with recipe name and cooking directions. I recommend double bagging in case of leakage.

- ◆ 4 Cans Diced Potato's
- ◆ 2 Medium Carrots sliced or 4 Cans Sliced Carrots
- ◆ ½ Cup Chopped Onion
- ◆ 2 TBSP Chopped Seeded Jalapeno Pepper
(if you don't want to chop the pepper yourself you can purchase jarred jalapeño)
- ◆ 3 Cups Water
- ◆ 2 TBSP Beef Bouillon Powder
- ◆ 2 Cloves Fresh Minced Garlic. (or jarred minced garlic)
- ◆ 1/8 TSP Pepper
- ◆ 2 lb. Cooked Ground Beef
- ◆ 5 Cups Milk *(almond or rice milk for dairy free)*
- ◆ 6 TBSP All-Purpose Flour
- ◆ 2 Cups Grated Cheddar Cheese
(Daiya cheddar or pepper jack shreds for dairy free)

TIPS

- ◆ Recommend double bagging this one for extra protection against holes and leaks.
- ◆ Lay flat to freeze.
- ◆ You can freeze potatoes. Make sure they are covered in the liquid when freezing and defrosting to prevent them from turning brown.

COOKING DIRECTIONS

- ◆ Pour contents of bag into crockpot.
- ◆ Low 8-9 hours or High 5-6 hours.
- ◆ Make sure the potatoes are cooked through.



PREPARE RECIPES

CHEESY BROCCOLI CHICKEN

Bag (1 Medium Freezer Bag)

- ◆ 4 Chicken Breasts - Chopped into Cubes

Bag 2 (Medium Freezer Bag)

- ◆ 2 Cups Frozen Broccoli or Freshly Chopped

Bag 3 (Medium freezer bag)

- ◆ 1 Can Broccoli Cheese Soup
- ◆ 3 Cups Shredded Cheddar Cheese
- ◆ 1/2 Cup Milk

Bag 4 (Large Freezer Bag labeled with Name & Directions)

- ◆ Place Bags 1-3 inside Bag 4
- ◆ Freeze

COOKING DIRECTIONS

- ◆ Thaw in fridge overnight (do not thaw the frozen broccoli)
- ◆ Place Chicken in 9x9 Baking Dish
- ◆ Add Broccoli
- ◆ Pour the Sauce over Chicken and Broccoli
- ◆ Bake 350 Degrees F for 30 minutes
- ◆ Serve over Rice.



PREPARE RECIPES

MARLAS CHILI

BAG 1 (Large Freezer Bag. Labelled with Name & Directions)

- ◆ Add all ingredients to large labelled freezer bag
- ◆ 2 lbs Cooked Ground beef or Turkey (2 Cups Cooked Ground Meat = 1lb)
- ◆ ½ Cup Green Pepper Chopped
- ◆ ½ Cup Red Pepper Chopped
- ◆ 1 Can Kidney Beans with Liquid 10 oz
- ◆ 1 Can Mushrooms with Liquid 10 oz
- ◆ ½ Cup Chopped Onion
- ◆ 3 Garlic Cloves
- ◆ 2 Packets Old El Paso Chili Seasoning.
- ◆ 1 24oz Can Diced Tomatoes

COOKING DIRECTIONS

- ◆ Thaw in fridge over night, in a container incase of leakage.
- ◆ Dump the contents of the freezer bag into crockpot.
- ◆ Cook on low 10 hours. The longer the better.
- ◆ Serve with fresh bread, or garlic bread and a salad

TIPS

- ◆ Don't forget to multiply ingredients and make at least 4 meals at one time. Just line up your bags on the counter and add your ingredients to each bag in one session.
- ◆ I fry up my ground meat in bulk. Portions I don't use, I freeze for the future. I freeze already measured out in 1lb lots in a medium freezer bag. 2 cups COOKED ground beef = 1lb.



PREPARE RECIPES

ITALIAN CHICKEN

Bag 1 (Medium Freezer Bag)

- ◆ 4-6 Chicken Breasts (I like to chop mine into chunks to serve over pasta)

Bag 2 (Medium Freezer Bag)

- ◆ 4-5 Chopped Roma Tomatoes
- ◆ 2 Cloves Garlic Minced
- ◆ Small Jar Artichokes - Drained
- ◆ 1 TSP Sugar
- ◆ 2 TBSP Flour
- ◆ 2 TBSP Olive Oil

Bag 3 (Small Freezer Bag)

- ◆ 1 Cup Shredded Mozzarella

Bag 4 (Large Freezer Bag labeled with Name and Directions)

- ◆ Place Bag 1, 2, and 3 inside Bag 4

COOKING DIRECTIONS:

- ◆ Place Chicken in Baking Dish.
- ◆ Mix Bag 2 with Chicken.
- ◆ Bake 350 Degrees F for 35 minutes
- ◆ Remove from oven and sprinkle cheese (bag 3) over chicken
- ◆ Bake until chicken is cooked/cheese is melted
- ◆ Serve over Pasta or with rice or mashed potatoes and a salad



PREPARE RECIPES

LASAGNA

BAG 1 (Medium Freezer Bag)

- ◆ 1 lb Cooked Ground Beef
- ◆ 1 Jar Spaghetti Sauce

BAG 2 (Medium Freezer Bag)

- ◆ 1 1/2 Cups Cottage Cheese
- ◆ 3 Cups Grated Mozzarella Cheese

BAG 3 (Large Freezer Bag labelled with Name and Directions)

- ◆ Place bags 1 & 2 inside large labeled freezer bag

COOKING DIRECTIONS

- ◆ At time of cooking you will need no cook lasagna noodles *(or cooked)*
- ◆ You can precook noodles just cook for half the recommended time and wrap individually in wax paper or plastic wrap before freezing.
- ◆ In a 9x13 pan spread a layer of sauce, layer of noodles, layer of sauce layer of cheese mixture bag 2
- ◆ Repeat the layers 2 more times.
- ◆ Bake 350 degrees F for 45 minutes



PREPARE RECIPES

BAJA FISH TACOS

BAG 1 (Medium Freezer Bag)

BAJA SAUCE:

- ◆ ½ Cup Sour Cream
- ◆ ½ Cup Mayonnaise
- ◆ 2 TSP Mexican Seasoning
- ◆ 1 Small Jalapeño Pepper, Seeded and Diced
- ◆ ¼ Cup Fresh Lime Juice
- ◆ ½ Cup Chopped Fresh Cilantro

MEXICAN SEASONING RECIPE:

- ◆ 1 TBSP Chili Powder
- ◆ 1/4 TSP Garlic Powder
- ◆ 1/4 TSP Onion Powder
- ◆ 1/4 TSP Crushed Red Pepper Flakes
- ◆ 1/4 TSP Dried Oregano
- ◆ 1/2 TSP Paprika
- ◆ 1 1/2 TSP Ground Cumin
- ◆ 1 TSP Sea Salt
- ◆ 1 TSP Black Pepper

BAG 2 (Medium Freezer Bag).

- ◆ 4-6 fillet battered fish (Frozen Highliner is good)
- ◆ Use an elastic and attach bag 2 to the box the fish come in.

BAG 3

- ◆ 1 Cup Shredded Monterey Jack Cheese

BAG 4 (Large Freezer Bag labeled with Name and Directions)

- ◆ Place Bag 1 and 2 inside large labeled bag and freeze

DIRECTIONS

- ◆ Thaw bag 4 (sauce and toppings) in fridge NOT THE FISH!!!
- ◆ Cook fish from frozen according to package directions
- ◆ Serve fish on soft shell taco topped with Baja sauce, cheese, and fresh diced tomatoes, onion and crisp lettuce. Squeeze 1 medium lime wedge over before serving.

RECIPE LABELS

PRINT THIS PAGE 4 TIMES

BEEF STROGANOFF

- ◆ Pour contents of all bags 1 & 2 into crockpot
- ◆ Cook low 6-8 hours or high 4-5 hours
- ◆ Cook noodles separately according to package directions.
- ◆ Add cooked noodles to crockpot just before serving.

ANNES MEATBALLS

Crockpot: Cook all Ingredients Low 4-5 Hours or High 2-3 Hours

Oven: Bake in a Casserole Dish at 350 degrees F. 30 min. Serve with Rice and Fresh Salad.

POTATO CHEESEBURGER SOUP

- ◆ Pour contents of bag into crockpot.
- ◆ Low 8-9 hours or High 5-6 hours.
- ◆ Make sure the potatoes are cooked through.

CHEESY BROCCOLI CHICKEN

- ◆ Thaw in fridge overnight (do not thaw the frozen broccoli)
- ◆ Place Chicken in 9x9 Baking Dish
- ◆ Add Broccoli
- ◆ Pour the Sauce over Chicken and Broccoli
- ◆ Bake 350 Degrees F for 30 minutes
- ◆ Serve over Rice.

MARLAS CHILLI

- ◆ Thaw in fridge over night, in a container incase of leakage.
- ◆ Dump the contents of the freezer bag into crockpot.
- ◆ Cook on low 10 hours. The longer the better.
- ◆ Serve with fresh bread, or garlic bread and a salad

BAJA FISH TACOS

- ◆ Thaw bag 4 (sauce and toppings) in fridge NOT THE FISH!!!
- ◆ Cook fish from frozen according to package directions
- ◆ Serve fish on soft shell taco topped with Baja sauce, cheese, and fresh diced tomatoes, onion and crisp lettuce.
- ◆ Squeeze 1 medium lime wedge over before serving.

LASAGNA

- ◆ You will need no cook lasagna noodles unless you have included the noodles in your pre frozen meal
- ◆ In a 9x13 pan spread a layer of sauce, layer of noodles, layer of sauce, layer of cheese mixture bag 2
- ◆ Repeat the layers 2 more times.
- ◆ Bake 350 degrees F for 45 minutes

ITALIAN CHICKEN

- ◆ Place Chicken in Baking Dish.
- ◆ Mix Bag 2 with Chicken.
- ◆ Bake 350 Degrees F for 35 minutes
- ◆ Remove from oven and sprinkle cheese (bag 3) over chicken
- ◆ Bake until chicken is cooked/cheese is melted
- ◆ Serve over Pasta or with rice or mashed potatoes and a salad

congratulations!

If you completed all of these steps you now have

32 meals in your freezer. Feels really good doesn't it?

You now know the basic steps to my freezer meal concept.

You should be ready to tackle some more complicated recipes.

By keeping up on keeping your freezer staples stocked and making

1 recipe a week x4 you will keep your

freezer full of a variety of meals to choose from.

