cherylmillerville.com

Healthy Fast Food Kitchen™

make it fast...eat it slow

## Freezer Contents

Date:_____

| Date Frozen | Eat By/Good for | # of Item |
|---|---|---|
| **Nuts and Seeds** | ( ) | |
| | | |
| | | |
| | | |
| **Grains** | ( ) | |
| | | |
| | | |
| | | |
| | | |
| **Meats/Broth** | ( ) | |
| | | |
| | | |
| | | |
| | | |
| **Prepared Foods** | ( ) | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| Date Frozen | Eat by/Good for | # of Item |
|---|---|---|
| **Dairy** | ( ) | |
| | | |
| | | |
| | | |
| | | |
| **Vegetables** | ( ) | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| **Fruits/Juices** | ( ) | |
| | | |
| | | |
| | | |
| | | |
| **Other** | | |
| | | |
| | | |
| | | |
| | | |

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