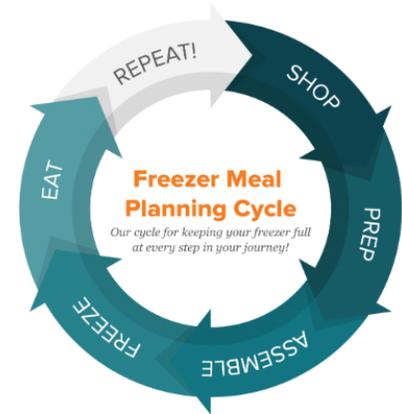


My Freezer Menu **CHECKLIST**

Follow this checklist to help you fully and successfully complete each freezer cooking menu you make! This list will help you avoid common mistakes and remind you to check yourself at each step in the process!

Plan:

- Create and customize the recipes in your menu
- Change and set the serving size to your families needs
- Print off all your Menu Resources



Shop:

- Pull out your *Grocery Shopping List*
- Cross off all ingredients on your Grocery Shopping List that you already have on hand
- Order your groceries online, or head to the store to purchase your ingredients

Prep:

- Prepare all of your ingredients the night before you assemble your meals listed on your Prep Sheet under “To-Do Night Before”
- Cut, dice, slice, and mince every ingredient listed on your Prep Sheet using your “Chopping List”

Assemble:

- Follow the order of recipes given in your Cooking Day Instructions
- When at the recipe and step listed in your Cooking Day Instructions, reference the exact recipe in your Recipe Cards for exact assembly and freezing instructions

Freeze:

- Once you have assembled all your meals, print off your *Printable Labels* on either “Avery 8168 Labels” or regular paper using tap
- Place your Printable Labels on your freezer bags or freezer containers
- Place your labeled meals into the freezer

Eat:

- Use your Thaw Sheet to choose the meal you want from your freezer
- Follow the thaw instructions listed on your Thaw Sheet to properly defrost your meal
- Use the instructions listed on your Printable Labels to cook or reheat your meal
- Eat and enjoy!