

My Freezer Meal Plan **CHECKLIST**

Follow this checklist to help you fully and successfully complete each freezer cooking meal plan 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 meal plan
- Change and set the serving size to your families needs
- Print off all your Meal Plan 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 5168 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!