

Freezer Cheat Sheet

What to freeze, how to freeze it, and how to turn it into dinner fast.

The only rule:
make a little extra,
freeze the rest.

FOOD	HOW TO FREEZE	USE WITHIN	HOW TO USE IT	✓
Soup, chili, curry	Cool, ladle into bags, freeze flat	2–3 mo	Warm from frozen on low with a splash of water, then bring to a boil	☐
Cooked beans & lentils	Drain, bag in 1 to 2 cup portions	2–3 mo	Toss in frozen: soups, tacos, skilletts, bowls	☐
Cooked rice & grains	Cool, bag in 1 to 2 cup portions, press flat	2–3 mo	Microwave covered with a splash of water	☐
Pesto & sauces	Ice cube tray, then pop cubes into a bag	Pesto 1 mo Sauces 2–3 mo	Drop 1 or 2 cubes into pasta, bowls or soup	☐
Enchiladas & casseroles	Assemble in a foil pan, wrap tight	Up to 2 mo	Thaw overnight in the fridge, then bake	☐
Sloppy joe & taco filling	Cool, bag flat in dinner-size portions	2–3 mo	Warm from frozen in a skillet	☐
Chopped onions & peppers	Chop raw, bag, no cooking needed	2–3 mo	Straight into the pan, no thawing	☐
Smoothie packs & bananas	Bag fruit + greens per smoothie; peel and slice bananas	2–3 mo	Dump in the blender with milk or water	☐
Pancakes, waffles, muffins	Freeze on a tray first, then bag	1–2 mo	Toaster or microwave, straight from frozen	☐

Skip the freezer

- Salad greens and cucumber (greens are fine in smoothies)
- Plain cooked pasta (it goes soft; freeze the sauce)
- Big potato chunks in soup (they can turn grainy)
- Creamy dairy sauces (they can separate)

Freeze it right

- Into the fridge or freezer within 2 hours
- Freeze bags flat (reusable silicone works too)
- Write what it is + the date on every bag
- Oldest in front. Add one fresh thing when you serve

In my freezer right now

_____	date	_____	date
_____	date	_____	date
_____	date	_____	date
_____	date	_____	date
_____	date	_____	date
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