FREEZER MEALS

Date Prepared _____

Recipe	Source	Page	Servings	Protein	Method/Time	Starch/Grain	Vegetable	Condiments/Garnish
Chicken Cacciatore	CookingHeartSmart	SMD21	8	Chicken	Oven	Spaghetti	Salad	Oil & Vinegar
Clam Chowder	CookingHeartSmart	SML10	6	Clams	Stovetop	Red Potatoes		Add a fruit cup
Pot Roast Stew	CookingHeartSmart	SMD22	8	Beef	Slow Cooker	Red Potatoes	Carrots	
Pork Chow Mein	CookingHeartSmart	SMD23	6	Pork	Stovetop	Rice	Mushrooms	

Print this chart to keep track of freezer meal or batch cooking inventory. Copyright 2019-2020 CookingHeartSmart.com

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