

OUR FAMILY KITCHEN

FREEZER LABELS · BREAKFASTS · COLOUR

EASY BREAKFAST WAFFLES

BREAKFASTS · NO. 1

Frozen on: ___ / ___ / ___

Waffles: _____

FROM FREEZER TO TOASTER

Remove the baking paper. Toast straight from frozen until hot and crisp.

KEEP FROZEN
BEST WITHIN 3 MONTHS

PROTEIN TRAY PANCAKES

BREAKFASTS · NO. 2

Frozen on: ___ / ___ / ___

Squares: _____

HEAT & ENJOY

Remove the baking paper. Microwave from frozen until hot. For a crisper finish, use a toaster oven.

KEEP FROZEN
BEST WITHIN 3 MONTHS

APPLE PIE COTTAGE PANCAKES

BREAKFASTS · NO. 3

Frozen on: ___ / ___ / ___

Pancakes: _____

HEAT & ENJOY

Remove the baking paper. Microwave from frozen until hot throughout.

KEEP FROZEN
BEST WITHIN 3 MONTHS

APPLE & CINNAMON BREAKFAST WAFFLES

BREAKFASTS · NO. 4

Frozen on: ___ / ___ / ___

Waffles: _____

FROM FREEZER TO TOASTER

Remove the baking paper. Reheat from frozen in a toaster or toaster oven until hot and crisp.

KEEP FROZEN
BEST WITHIN 3 MONTHS

Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

Write the date and portions before freezing.

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**HIGH-PROTEIN
OVERNIGHT OATS**
BREAKFASTS · NO. 5

Frozen on: ____ / ____ / ____
Frozen as: Flavour: _____
Jars: _____

THAW & ENJOY
Thaw overnight in the fridge. Stir and add fresh toppings.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**HIGH-PROTEIN EGG
MUFFIN CUPS**
BREAKFASTS · NO. 6

Frozen on: ____ / ____ / ____
Frozen as: Filling: _____
Muffins: _____

HEAT & ENJOY
Microwave from frozen for 45–60 sec, or thaw overnight for lunchboxes.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**BREAKFAST EGG
CASSEROLE**
BREAKFASTS · NO. 7

Frozen on: ____ / ____ / ____
Frozen as: Filling: _____
Portions: _____

HEAT & ENJOY
Microwave from frozen for about 2 min, or thaw overnight and reheat until piping hot.

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BEST WITHIN 3 MONTHS



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FREEZER LABELS · BREAKFASTS · LINE-ART



EASY BREAKFAST WAFFLES
BREAKFASTS · NO. 1

Frozen on: ____ / ____ / ____
Waffles: _____

FROM FREEZER TO TOASTER
Remove the baking paper. Toast straight from frozen until hot and crisp.

KEEP FROZEN
BEST WITHIN 3 MONTHS



PROTEIN TRAY PANCAKES
BREAKFASTS · NO. 2

Frozen on: ____ / ____ / ____
Squares: _____

HEAT & ENJOY
Remove the baking paper. Microwave from frozen until hot. For a crispier finish, use a toaster oven.

KEEP FROZEN
BEST WITHIN 3 MONTHS



APPLE PIE COTTAGE PANCAKES
BREAKFASTS · NO. 3

Frozen on: ____ / ____ / ____
Pancakes: _____

HEAT & ENJOY
Remove the baking paper. Microwave from frozen until hot throughout.

KEEP FROZEN
BEST WITHIN 3 MONTHS



APPLE & CINNAMON BREAKFAST WAFFLES
BREAKFASTS · NO. 4

Frozen on: ____ / ____ / ____
Waffles: _____

FROM FREEZER TO TOASTER
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