

OUR FAMILY KITCHEN

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

KEEP FROZEN
BEST WITHIN 3 MONTHS



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FREEZER LABELS · BREAKFASTS · LINE-ART



**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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OUR FAMILY KITCHEN

FREEZER LABELS · SALADS, DIPS & SIDES · LINE-ART



**ROASTED EGGPLANT &
CHICKPEA SALAD**

SALADS, DIPS & SIDES · NO. 1

Frozen on: ____ / ____ / ____
Servings: _____

THAW OVERNIGHT IN THE FRIDGE

Stir well and add freshly chopped parsley
before serving.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CREAMY LEMON &
GARLIC HUMMUS**

SALADS, DIPS & SIDES · NO. 2

Frozen on: ____ / ____ / ____
Servings: _____

THAW OVERNIGHT IN THE FRIDGE

Stir well, loosen with a little cold water if
needed, and add the garnish.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**LEFTOVER CRISPY
CROQUETTES**

SALADS, DIPS & SIDES · NO. 3

Frozen on: ____ / ____ / ____
Frozen as: Uncooked, crumbed
Croquettes: _____

THAW & REHEAT

Thaw overnight in the fridge. Air-fry until
golden and piping hot.
Made from: _____

KEEP FROZEN
BEST WITHIN 3 MONTHS



**INSTANT POT MAC AND
CHEESE**

SALADS, DIPS & SIDES · NO. 4

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently with
a splash of milk, stirring until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · SALADS, DIPS & SIDES · LINE-ART



GREEK POTATOES
SALADS, DIPS & SIDES · NO. 5

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat in an ovenproof dish at 200°C (180°C fan) until piping hot. Add fresh parsley.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · CHICKEN DINNERS · LINE-ART



MEDITERRANEAN CHICKEN
CHICKEN DINNERS · NO. 1

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot, adding a splash of stock if needed. Serve with fresh pasta, rice or mash.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN & SWEET POTATO CURRY
CHICKEN DINNERS · NO. 2

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, stirring, until piping hot. Add a splash of water or stock if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY CHICKEN PESTO SPAGHETTI
CHICKEN DINNERS · NO. 3

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot. Serve with freshly cooked spaghetti.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN FRITTERS
CHICKEN DINNERS · NO. 4

Frozen on: ____ / ____ / ____
Fritters: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat in the oven or air fryer until piping hot.

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FREEZER LABELS · CHICKEN DINNERS · LINE-ART



CREAMY TOMATO & BASIL CHICKEN
CHICKEN DINNERS · NO. 5

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat covered until piping hot, loosening with a little milk or cream.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY HONEY MUSTARD CHICKEN
CHICKEN DINNERS · NO. 6

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot, stirring well.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN BIG MAC WAFFLES
CHICKEN DINNERS · NO. 7

Frozen on: ____ / ____ / ____
Frozen as: Waffles only
Waffles: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat in the oven or air fryer until piping hot, then add the fillings.

KEEP FROZEN
BEST WITHIN 3 MONTHS



EASY CHICKEN LASAGNA
CHICKEN DINNERS · NO. 8

Frozen on: ____ / ____ / ____
Frozen as: Unbaked
Servings: _____

THAW & BAKE
Thaw fully in the fridge. Bake until tender and piping hot in the centre.

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BEST WITHIN 3 MONTHS



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FREEZER LABELS · CHICKEN DINNERS · LINE-ART



**CHICKEN, BROCCOLI &
CHEDDAR HASH BROWN
CASSEROLE**

CHICKEN DINNERS · NO. 9

Frozen on: ____ / ____ / ____
Frozen as: Filling only
Servings: _____

THAW & BAKE

Thaw in the fridge. Top with the cheese and hash browns and bake until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**PESTO & SUN-DRIED
TOMATO CHICKEN
ORZO**

CHICKEN DINNERS · NO. 10

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot, loosening with stock or milk. Cook the orzo fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CREAMY CHICKEN &
BROCCOLI PIE FILLING**

CHICKEN DINNERS · NO. 11

Frozen on: ____ / ____ / ____
Frozen as: Filling only
Servings: _____

THAW & REHEAT

Thaw fully in the fridge. Heat until piping hot, then add your pastry, potato or pasta.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CHICKEN ALFREDO
PUFF-PASTRY
CASSEROLE**

CHICKEN DINNERS · NO. 12

Frozen on: ____ / ____ / ____
Frozen as: Filling & sauce set
Servings: _____

THAW & BAKE

Thaw in the fridge and whisk the sauce. Assemble with fresh pastry and cheese and bake until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · CHICKEN DINNERS · LINE-ART



**CHICKEN TORTILLA
ENCHILADA CASSEROLE**
CHICKEN DINNERS · NO. 13

Frozen on: ____ / ____ / ____
Frozen as: Unbaked
Servings: _____

THAW & BAKE
Thaw fully in the fridge. Bake until piping hot,
then add fresh toppings.

KEEP FROZEN
BEST WITHIN 3 MONTHS



NOT BUTTER CHICKEN
CHICKEN DINNERS · NO. 14

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently,
stirring, until piping hot. Add water if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



GREEK LEMON CHICKEN
CHICKEN DINNERS · NO. 15

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently,
covered, until piping hot. Add a splash of stock
if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CHICKEN MEATBALLS &
PARMESAN BROTH**
CHICKEN DINNERS · NO. 16

Frozen on: ____ / ____ / ____
Frozen as: Meatballs & broth
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently,
covered, until piping hot. Cook the pasta fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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FREEZER LABELS · CHICKEN DINNERS · LINE-ART



LEMON GARLIC CHICKEN
CHICKEN DINNERS · NO. 17

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, covered, until piping hot. Cook the potatoes fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MARRY ME CHICKEN
CHICKEN DINNERS · NO. 18

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently on the stove until piping hot, adding milk or stock if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY CHICKEN & PEPPER RICE
CHICKEN DINNERS · NO. 19

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat with a splash of stock until piping hot.

KEEP FROZEN
BEST WITHIN 1 MONTH



CREAMY PESTO & PARMESAN CHICKEN
CHICKEN DINNERS · NO. 20

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & BAKE
Thaw overnight in the fridge. Bake until piping hot. Cook the pasta fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · CHICKEN DINNERS · LINE-ART



CHICKEN & CHICKPEA STEW
CHICKEN DINNERS · NO. 21

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



HONEY GARLIC CHICKEN
CHICKEN DINNERS · NO. 22

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



GREEN CHICKEN CURRY BASE
CHICKEN DINNERS · NO. 23

Frozen on: ____ / ____ / ____
☐ With chicken ☐ Without
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot. Serve with fresh noodles, rice or mash.

KEEP FROZEN
BEST WITHIN 3 MONTHS



THAI COCONUT & LEMONGRASS CHICKEN
CHICKEN DINNERS · NO. 24

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, stirring well, until piping hot. Cook the noodles fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · CHICKEN DINNERS · LINE-ART



STICKY CHILLI & SOY CHICKEN
CHICKEN DINNERS · NO. 25

Frozen on: ____ / ____ / ____
Frozen as: Chicken & vegetables
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot, adding water to loosen the glaze. Cook the noodles fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



COCONUT CURRY CHICKEN & RICE
CHICKEN DINNERS · NO. 26

Frozen on: ____ / ____ / ____
Frozen as: Fully cooked
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Add a splash of water and reheat, covered, until piping hot.

KEEP FROZEN
BEST WITHIN 1 MONTH



RED THAI CHICKEN CURRY
CHICKEN DINNERS · NO. 27

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently on the stove, stirring, until piping hot. Cook the rice fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · BEEF · LINE-ART



CLASSIC BEEF BOLOGNESE
BEEF · NO. 1

Frozen on: ____ / ____ / ____
Frozen as: Sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot, loosening if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



BEEF BURGER PATTIES
BEEF · NO. 2

Frozen on: ____ / ____ / ____
Frozen as: Uncooked
Patties: _____

THAW & COOK
Thaw overnight in the fridge. Cook until cooked through to the centre.

KEEP FROZEN
BEST WITHIN 3 MONTHS



SLOW COOKER BEEF RAMEN
BEEF · NO. 3

Frozen on: ____ / ____ / ____
Frozen as: Beef & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat on the stove until piping hot. Cook the noodles fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



SHEET-PAN COWBOY MEATLOAF
BEEF · NO. 4

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

THAW & REHEAT
Thaw overnight in the fridge. Reheat, covered, until piping hot; uncover at the end. Add fresh crispy onions.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · BEEF · LINE-ART



CREAMY BEEF & SHELLS
BEEF · NO. 5

Frozen on: ____ / ____ / ____
Frozen as: Beef & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot and cook the pasta fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHILLI CON CARNE
BEEF · NO. 6

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



COTTAGE PIE
BEEF · NO. 7

Frozen on: ____ / ____ / ____
Frozen as: Unbaked
Servings: _____

THAW & BAKE
Thaw overnight in the fridge. Bake at 180°C (160°C fan) for 40–45 min, until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



BOBOTIE MINCE
BEEF · NO. 8

Frozen on: ____ / ____ / ____
Frozen as: Without topping
Servings: _____

THAW & BAKE
Thaw overnight. Add a fresh egg topping and bake at 180°C (160°C fan) for 40–45 min.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · PORK · LINE-ART



STEAMED PORK DUMPLINGS
PORK · NO. 1

Frozen on: ____ / ____ / ____
Frozen as: Uncooked
Dumplings: _____

COOK FROM FROZEN
Steam straight from frozen, spaced apart, for 18–20 minutes, until cooked through.

KEEP FROZEN
BEST WITHIN 3 MONTHS



ITALIAN SAUSAGE & PEPPERS
PORK · NO. 2

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat, covered, until piping hot. Cook the sides fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



LEMON GARLIC BUTTER PORK SPIEDINI
PORK · NO. 3

Frozen on: ____ / ____ / ____
Frozen as: Raw, in marinade
Servings: _____

THAW & COOK
Thaw in the fridge, then crumb and cook as in the recipe.

KEEP FROZEN
BEST WITHIN 3 MONTHS



HAVANA PORK FILLET
PORK · NO. 4

Frozen on: ____ / ____ / ____
Portions: _____

THAW & REHEAT
Thaw in the fridge. Reheat gently, covered, until piping hot. Add a splash of water if needed.

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BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · LAMB · LINE-ART



SLOW-COOKED LAMB RAGU
LAMB · NO. 1

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot, stirring, and add stock or water if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



LAMB SHANKS IN RED WINE SAUCE
LAMB · NO. 2

Frozen on: ____ / ____ / ____
Portions: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, covered, until piping hot. Loosen the sauce with stock.

KEEP FROZEN
BEST WITHIN 3 MONTHS



GREEK LAMB KOFTAS
LAMB · NO. 3

Frozen on: ____ / ____ / ____
☐ Raw ☐ Cooked
Koftas: _____

COOK OR REHEAT
Raw: bake from frozen at 200°C fan for 22–25 min. Cooked: reheat until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CAPE MALAY LAMB CURRY
LAMB · NO. 4

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot. Serve with yellow rice.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · SOUPS · LINE-ART



**CREAMY BUTTERNUT
SOUP**
SOUPS · NO. 1

Frozen on: ____ / ____ / ____
Volume: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot and stir well.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN NOODLE SOUP
SOUPS · NO. 2

Frozen on: ____ / ____ / ____
Frozen as: Without noodles
Volume: _____

THAW & REHEAT
Thaw overnight. Bring to the boil and cook fresh noodles in the soup.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**LENTIL & VEGETABLE
SOUP**
SOUPS · NO. 3

Frozen on: ____ / ____ / ____
Volume: _____

THAW & REHEAT
Thaw overnight. Reheat until piping hot, adding a splash of water.

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OUR FAMILY KITCHEN

FREEZER LABELS · DESSERTS · LINE-ART



**MOIST CHOCOLATE
CAKE**
DESSERTS · NO. 1

Frozen on: ____ / ____ / ____
Frozen as: Uniced layers
Layers: _____

THAW & FINISH
Thaw, still wrapped, in the fridge. Add the ganache and fresh berries.

KEEP FROZEN
BEST WITHIN 3 MONTHS



BLUEBERRY COMPOTE
DESSERTS · NO. 2

Frozen on: ____ / ____ / ____
Portions: _____

THAW OVERNIGHT IN THE FRIDGE
Stir and spoon over the cheesecake just before serving.

KEEP FROZEN
BEST WITHIN 3 MONTHS



BLUEBERRY CRISP
DESSERTS · NO. 3

Frozen on: ____ / ____ / ____
☐ Cooked ☐ Uncooked
Servings: _____

THAW & BAKE
Thaw in the fridge. Bake an uncooked crisp, or reheat a cooked one until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · MEAL PREP · LINE-ART



ROTISSERIE CHICKEN & STOCK
MEAL PREP · NO. 1

Frozen on: ____ / ____ / ____
☐ Chicken ☐ Stock
Weight / volume: _____

THAW OVERNIGHT IN THE FRIDGE
Use within a day of thawing.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MASTER SHREDDED CHICKEN
MEAL PREP · NO. 2

Frozen on: ____ / ____ / ____
Weight: _____

THAW OVERNIGHT IN THE FRIDGE
Use within a day of thawing.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MASTER BEEF MINCE
MEAL PREP · NO. 3

Frozen on: ____ / ____ / ____
Frozen as: Cooked
Weight: _____

THAW OVERNIGHT IN THE FRIDGE
Use within a day of thawing.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MASTER WHITE SAUCE
MEAL PREP · NO. 4

Frozen on: ____ / ____ / ____
Weight: _____

THAW OVERNIGHT IN THE FRIDGE
Whisk well while reheating, adding milk if needed.

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BEST WITHIN 3 MONTHS



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FREEZER LABELS · MEAL PREP · LINE-ART



MASTER TOMATO SAUCE
MEAL PREP · NO. 5

Frozen on: ____ / ____ / ____
Volume: _____

THAW OVERNIGHT IN THE FRIDGE
Use within a day of thawing.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MASTER RICE
MEAL PREP · NO. 6

Frozen on: ____ / ____ / ____
Frozen as: Cooked
Weight: _____

THAW OVERNIGHT IN THE FRIDGE
Reheat until piping hot.

KEEP FROZEN
BEST WITHIN 1 MONTH



HIGH-PROTEIN REFRIED BEANS
MEAL PREP · NO. 7

Frozen on: ____ / ____ / ____
Weight: _____

THAW OVERNIGHT IN THE FRIDGE
Stir well while reheating, adding stock if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MASTER PINTO BEANS
MEAL PREP · NO. 8

Frozen on: ____ / ____ / ____
Frozen as: Cooked
Weight: _____

THAW OVERNIGHT IN THE FRIDGE
Drain if the recipe needs drained beans.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · MEAL PREP · LINE-ART



CAESAR LEMON-GARLIC CHICKEN
MEAL PREP · NO. 9

Frozen on: ____ / ____ / ____
Frozen as: Cooked, for salad jars
Portions: _____

THAW OVERNIGHT IN THE FRIDGE
Assemble the jars once fully thawed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MEXICAN TACO BEEF
MEAL PREP · NO. 10

Frozen on: ____ / ____ / ____
Frozen as: Cooked, for salad jars
Portions: _____

THAW OVERNIGHT IN THE FRIDGE
Assemble the jars once fully thawed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



ITALIAN PESTO CHICKEN
MEAL PREP · NO. 11

Frozen on: ____ / ____ / ____
Frozen as: Cooked, for salad jars
Portions: _____

THAW OVERNIGHT IN THE FRIDGE
Assemble the jars once fully thawed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MEDITERRANEAN CHICKEN
MEAL PREP · NO. 12

Frozen on: ____ / ____ / ____
Frozen as: Cooked, for salad jars
Portions: _____

THAW OVERNIGHT IN THE FRIDGE
Assemble the jars once fully thawed.

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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SOY-GINGER CHICKEN
MEAL PREP · NO. 13

Frozen on: ____ / ____ / ____
Frozen as: Cooked, for salad jars
Portions: _____

THAW OVERNIGHT IN THE FRIDGE
Assemble the jars once fully thawed.

KEEP FROZEN
BEST WITHIN 3 MONTHS

