

OUR FAMILY KITCHEN

FREEZER LABELS · MEAL PREP · COLOUR

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.

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.

OUR FAMILY KITCHEN

FREEZER LABELS · MEAL PREP · COLOUR

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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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

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FREEZER LABELS · MEAL PREP · COLOUR



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



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.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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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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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

