

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.

OUR FAMILY KITCHEN

FREEZER LABELS · BREAKFASTS · COLOUR

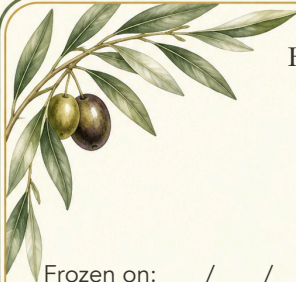


**HIGH-PROTEIN
OVERNIGHT OATS**
BREAKFASTS · NO. 5

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.

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 · SALADS, DIPS & SIDES · COLOUR

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

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 · SALADS, DIPS & SIDES · COLOUR



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



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 · CHICKEN DINNERS · COLOUR

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.

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 · CHICKEN DINNERS · COLOUR

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.

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 · CHICKEN DINNERS · COLOUR



CHICKEN, BROCCOLI & CHEDDAR HASH BROWN CASSEROLE

CHICKEN DINNERS · NO. 9

Frozen on: ___ / ___ / ___

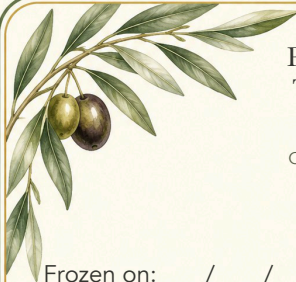
Frozen as: Filling only

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



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 · CHICKEN DINNERS · COLOUR

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.

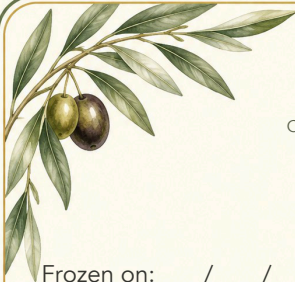
KEEP FROZEN
BEST WITHIN 3 MONTHS

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 · CHICKEN DINNERS · COLOUR



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



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 · CHICKEN DINNERS · COLOUR

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.

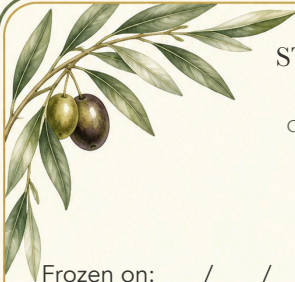
KEEP FROZEN
BEST WITHIN 3 MONTHS

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 · CHICKEN DINNERS · COLOUR

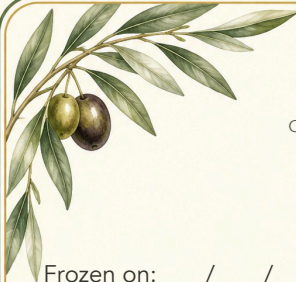


STICKY CHILLI & SOY CHICKEN
CHICKEN DINNERS · NO. 25

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



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 · BEEF · COLOUR

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

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 · BEEF · COLOUR

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

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 · PORK · COLOUR

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.

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 · LAMB · COLOUR

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

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 · SOUPS · COLOUR



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

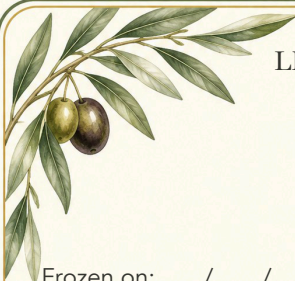


CHICKEN NOODLE SOUP
SOUPS · NO. 2

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.

KEEP FROZEN
BEST WITHIN 3 MONTHS

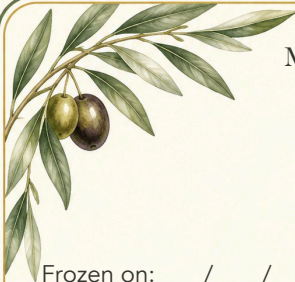


Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

Write the date and portions before freezing.

OUR FAMILY KITCHEN

FREEZER LABELS · DESSERTS · COLOUR



**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



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

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

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

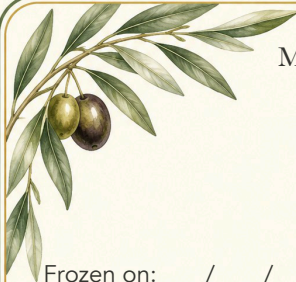


CAESAR LEMON-GARLIC CHICKEN
MEAL PREP · NO. 9

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.

OUR FAMILY KITCHEN

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

