



Freezer Inventory

Packaged Fruit & Veggies:

Item | Quantity | Date Stored | Notes

Ground Beef, Beef, Seafood, Chicken, Pork:

Item | Quantity | Date Stored | Notes

Prepped Meals or Veggies:

Item | Quantity | Date Stored | Notes

Freezer Inventory

Broths/Sauces/Flavor Cubes:

Item | Quantity | Date Stored | Notes

Frozen Dinners, Pizza, Fish or Chicken Strip:

Item | Quantity | Date Stored | Notes

Broths/Sauces/Flavor Cubes:

Item | Quantity | Date Stored | Notes

Life Hacks

Tried And True | Trish Tipton