

# FREEZER MEAL RECIPES

## THEMED CATEGORIES

### TAKEOUT-INSPIRED NIGHT

(FREEZER-FRIENDLY VERSIONS OF FAST FOOD FAVORITES)

✦ WHY IT WORKS: MANY TAKEOUT MEALS CAN BE PREPPED, FROZEN, AND QUICKLY REHEATED.

MONGOLIAN BEEF & RICE – FREEZE BEEF IN SAUCE; REHEAT WITH RICE.

SWEET & SOUR CHICKEN – PRE-FRY AND FREEZE; REHEAT IN THE OVEN.

EGG ROLLS OR SPRING ROLLS – ASSEMBLE, FREEZE RAW, THEN BAKE OR FRY.

CHEESEBURGER SLIDERS – FREEZE COOKED PATTIES AND BUNS SEPARATELY.

GENERAL TSO'S CHICKEN – FREEZE SAUCE & CHICKEN SEPARATELY.

### QUICK & EASY NIGHT

(GRAB-AND-GO FREEZER MEALS)

✦ WHY IT WORKS: THESE MEALS REHEAT IN MINUTES FOR BUSY NIGHTS.

FREEZER-FRIENDLY BURRITOS – PRE-ASSEMBLED, JUST MICROWAVE.

STUFFED BELL PEPPERS – FREEZE FULLY COOKED OR RAW.

MINI CHICKEN POT PIES – FREEZE BEFORE BAKING.

HOMEMADE HOT POCKETS – STUFF WITH CHEESE, MEATS, AND VEGGIES.

LOADED BAKED POTATOES – PRE-BAKE, FREEZE WITH TOPPINGS SEPARATELY.

### CULTURAL CUISINE NIGHT

(FREEZER-FRIENDLY INTERNATIONAL DISHES)

✦ WHY IT WORKS: MANY GLOBAL DISHES INVOLVE PRE-COOKED ELEMENTS THAT FREEZE WELL.

BUTTER CHICKEN (INDIAN) – FREEZE SAUCE & CHICKEN SEPARATELY.

BEEF BULGOGI (KOREAN) – MARINATE AND FREEZE BEFORE COOKING.

SHAKSHUKA (MEDITERRANEAN) – FREEZE SAUCE SEPARATELY.

CARNITAS (MEXICAN) – FREEZE SHREDDED PORK FOR TACOS.

JAPANESE CHICKEN KATSU – PRE-BREAD AND FREEZE RAW; FRY FRESH.

### GAME NIGHT

(EASY FINGER FOODS FOR QUICK FUN DINNERS)

✦ WHY IT WORKS: PRE-MADE FINGER FOODS FREEZE WELL AND REHEAT QUICKLY.

MINI MEATBALLS – PRE-COOKED AND FROZEN IN SAUCE.

LOADED POTATO SKINS – PRE-ASSEMBLED, FREEZE BEFORE BAKING.

BUFFALO CHICKEN BITES – FREEZE FULLY COOKED FOR QUICK REHEATING.

MOZZARELLA STICKS – PRE-BREAD AND FREEZE BEFORE FRYING.

SOFT PRETZELS WITH CHEESE DIP – FREEZE PRETZELS BEFORE BAKING.

### COMFORT FOOD NIGHT

(HEARTY, COZY MEALS THAT FREEZE WELL)

✦ WHY IT WORKS: COMFORT FOODS LIKE CASSEROLES, SOUPS, AND STEWS FREEZE BEAUTIFULLY.

MAC & CHEESE BAKE – ASSEMBLE, FREEZE BEFORE BAKING.

CHICKEN POT PIE – FREEZE FILLING SEPARATELY FROM CRUST.

BEEF STROGANOFF – FREEZE SAUCE SEPARATELY; ADD FRESH PASTA.

LOADED BAKED POTATO SOUP – FREEZE WITHOUT DAIRY, ADD CREAM WHEN REHEATING.

MEATLOAF MUFFINS – INDIVIDUAL PORTIONS MAKE REHEATING EASY.

### DIY NIGHT

(BUILD-YOUR-OWN MEALS LIKE PIZZAS & TACOS)

✦ WHY IT WORKS: FREEZING COMPONENTS INSTEAD OF FULLY ASSEMBLED MEALS MAKES THIS A FUN, FLEXIBLE OPTION.

HOMEMADE PIZZA DOUGH & SAUCE – FREEZE DOUGH & SAUCE SEPARATELY.

PRE-COOKED TACO MEATS – FREEZE SEASONED BEEF, CHICKEN, OR PORK.

FROZEN STIR-FRY KITS – PRE-CHOP VEGGIES & PROTEINS FOR EASY COOKING.

BURRITO BOWLS – FREEZE PRE-COOKED RICE, BEANS, AND MEATS SEPARATELY.

MAKE-YOUR-OWN PASTA KIT – FREEZE DIFFERENT PASTA SAUCES & PROTEINS.