

FREEZER MEAL RECIPES

SPECIFIC FOOD CATEGORIES

PASTA NIGHT (BEST FOR FREEZING SAUCES, MEATS & PRE-ASSEMBLED DISHES)

WHY IT WORKS: SAUCES, MEATBALLS, AND BAKED PASTA DISHES FREEZE QUITE WELL.

- SPAGHETTI & MEAT SAUCE – FREEZE SAUCE SEPARATELY FROM PASTA.
- BAKED ZITI – ASSEMBLE, FREEZE, THEN BAKE
- CHICKEN ALFREDO – FREEZE SAUCE SEPARATELY; REHEAT WITH A SPLASH OF MILK.
- PESTO CHICKEN PASTA – FREEZE PESTO SEPARATELY FOR BEST FLAVOR.
- STUFFED SHELLS WITH RICOTTA – FREEZE FULLY ASSEMBLED BEFORE BAKING.

CASSEROLE NIGHT (BEST FOR FREEZING FULL MEALS IN ONE DISH)

WHY IT WORKS: CASSEROLES ARE FREEZER-FRIENDLY AND REHEAT BEAUTIFULLY.

- LASAGNA – FREEZE FULLY ASSEMBLED BEFORE BAKING.
- SHEPHERD'S PIE – FREEZE PRE-MADE, BAKE WHEN READY.
- CHICKEN & RICE CASSEROLE – CREAMY AND FREEZER-FRIENDLY.
- ENCHILADA CASSEROLE – FREEZE PRE-ASSEMBLED OR IN PORTIONS.
- TUNA NOODLE CASSEROLE – HOLDS UP WELL WITH A CREAMY SAUCE.

RICE BOWL NIGHT (BEST FOR FREEZING COOKED PROTEINS & GRAINS)

WHY IT WORKS: PRE-COOKED RICE, PROTEINS, AND VEGGIES MAKE QUICK MEALS.

- CHICKEN TERIYAKI BOWL – FREEZE CHICKEN SEPARATELY FROM RICE.
- BURRITO BOWL (CHICKEN OR BEEF) – PRE-COOK ALL COMPONENTS AND FREEZE.
- MONGOLIAN BEEF RICE BOWL – FREEZE COOKED BEEF IN SAUCE.
- GREEK CHICKEN & RICE BOWL – PRE-MARINATE CHICKEN AND FREEZE SEPARATELY
- CILANTRO LIME SHRIMP BOWL – FREEZE SHRIMP WITH SEASONING.

WRAPS & ROLLS NIGHT (BEST FOR FREEZING PRE-MADE WRAPS & FILLING)

WHY IT WORKS: PRE-ASSEMBLED WRAPS AND BURRITOS FREEZE WELL FOR EASY MEALS.

- CHICKEN CAESAR WRAPS – FREEZE CHICKEN SEPARATELY; ASSEMBLE FRESH.
- BUFFALO CHICKEN WRAPS – FREEZE FILLING AND TORTILLAS SEPARATELY.
- FREEZER BREAKFAST BURRITOS – SCRAMBLED EGGS, SAUSAGE, CHEESE IN TORTILLAS.
- PHILLY CHEESESTEAK WRAPS – PRE-COOK STEAK, FREEZE, AND REHEAT IN TORTILLAS.
- VEGETARIAN HUMMUS WRAPS – FREEZE HUMMUS AND FILLING SEPARATELY.

BURGER NIGHT (BEST FOR FREEZING PATTIES & BUNS)

WHY IT WORKS: PATTIES FREEZE WELL RAW OR PRE-COOKED; BUNS FROZEN SEPARATELY.

- CLASSIC BEEF BURGERS – PRE-FORM PATTIES AND FREEZE RAW OR COOKED.
- TURKEY BURGERS – PRE-SEASON AND FREEZE FOR QUICK GRILLING.
- VEGGIE BURGERS (BLACK BEAN OR LENTIL) – COOK, COOL, AND FREEZE INDIVIDUALLY.
- CHICKEN BURGERS – PRE-COOK AND FREEZE FOR EASY REHEATING.
- SALMON BURGERS – FREEZE WITH PARCHMENT BETWEEN PATTIES.

SOUP NIGHT (BEST FOR FREEZING BROTHS & HEARTY SOUPS)

WHY IT WORKS: SOUP FREEZES PERFECTLY

- CHICKEN NOODLE SOUP – FREEZE BROTH SEPARATELY FROM NOODLES.
- BEEF & BARLEY SOUP – HOLDS TEXTURE WELL WHEN FROZEN TOGETHER.
- TOMATO BASIL SOUP – PUREED SOUPS FREEZE BEAUTIFULLY.
- LENTIL & SAUSAGE SOUP – FREEZER-FRIENDLY WITH GREAT TEXTURE.
- BROCCOLI CHEDDAR SOUP – FREEZE WITHOUT DAIRY, ADD WHEN REHEATING.