

FREEZER MEALS



✓ checklist

STEP 1: PLAN

GATHER RECIPES

- Crockpot Meals You've Made Before (no pre-cooking required)
- Ask Friends And Relatives
- Pinterest

PRINT

- Freezer Meals Planner
- Labels (*bonus if you print your recipes on your labels!)
- Recipes

CREATE SHOPPING LIST

STEP 2: ASSEMBLE

GATHER NON-FOOD SUPPLIES (*SEE TOOLS & RESOURCES LIST BELOW)

WRITE LABELS (*UNLESS YOU PRINTED THEM ALREADY) **AND APPLY TO BAGS**

SET UP ASSEMBLY LINE STYLE, ADD TO BAGS IN ORDER

- Dry Goods
- Chopped Vegetables & Fruit
- Refrigerated Items
- Meat

TAKE ALL THE AIR OUT OF THE BAGS, LAY FLAT, AND FREEZE

TOOLS YOU NEED

- Hands Free Bag Holders
- Erasable Food Labels
- Permanent Markers
- Good Quality Freezer Bags (Quart & Gallon)
- Slow Cooker With A Timer
- Slow Cooker Liners
- Double Burner Grill
- Rockcrok™
- Silicone Ice Cube Trays
- Freezer Bins