

Freezer Meal Quick Reference Guide

Wrap and Foil:

What to do – Lay out a sheet of foil into the pan. Lay out the plastic wrap on top. Add your food to the pan and cover with the plastic wrap. Wrap in the foil. Freeze in the pan and then once frozen, remove from pan.

What to use it on – casseroles (enchiladas, lasagna, mac and cheese, etc.)

Flash and Freeze:

What to do – Lay out your food onto a cookie sheet (or for sticky food line the cookie sheet first). Freeze for 2-4 hours or until frozen. Place frozen items into a freezer bag, remove air and freeze.

What to use it on – cookie dough balls, baked cookies, chopped bananas, small pieces of fruit, raw or baked rolls, raw or unbaked scones

Foil Pan:

What to do – Purchase foil pans and prepare the freezer food inside them. Seal with lid that was included or extra foil and freeze.

What to use it on – casseroles, delicate fish, chicken breast/thighs, sauces with pasta and/or meat

Double Wrap:

What to do – Wrap the food in plastic wrap. Place the items in a freezer bag. Remove air and freeze.

What to use it on – baked goods, pizza, calzones

Freezer Bag:

What to do – Add freezer food items to bag. Remove air and freeze.

What to use it on – beans, rice, soups, stocks, marinated proteins