

FREEZER-FRIENDLY FOOD



Expiration date coming sooner than expected? **Freeze time** by storing these in the freezer.



dairy



To freeze eggs, beat them and store in an airtight container to put in the freezer.

starches



fruits + vegetables

aromatics



Pre-chopping and freezing your aromatics can be convenient for meal prepping!



Freeze bananas without their peels!

Blend and store tomatoes as a sauce!

NO-FREEZE LIST

- Soft dairy (yogurt, mayo, soft cheese, sour cream, cream cheese)
- Leafy fresh herbs (will turn brown)
- Fresh lettuce

