FREEZER-FRIENDLY FOOD

MILK





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

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

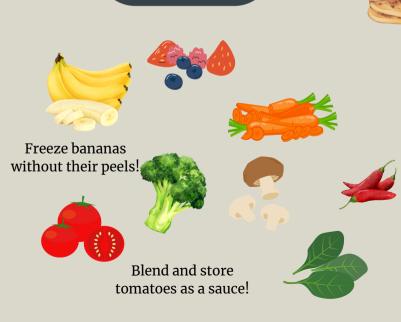
> fruits + vegetables



dairy



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



NO-FREEZE LIST

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

starches

