FREEZER **MEAL PLANNER**

FROZEN FOOD USE BY GUIDE: MEAT 8-12 months. CHICKEN 6-12 months. FISH 3-6 months. FRUITS 12 months. VEGETABLES 8-12 months

Place this list on your freezer door and keep it up to date to track the freezer contents and plan meals. Cross the item off as you use it.

FOOD	CODE	SERVES	DATE FROZEN	USE BY

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