



01 / TAKE STOCK

What's in the freezer?

Keep this near the freezer. Update the pack count when you use something.

Checked on: _____

Next freezer check: _____

Write down the cut, weight per pack and number of packs.

Use a separate row when pack weights differ. Copy dates from the pack label.

Meat / cut	g per pack	Packs	Frozen on	Where it is

Example: chicken breast fillet | 600 g | 2 packs | date from label | top drawer

Already have dinners in mind?

Circle the packs you want to plan around, then turn to page 2.



02 / MAKE A LITTLE PLAN

This week's dinners

Choose dinners around your freezer, then check the cupboard before shopping.

Week beginning: _____

People: _____

Day	Dinner idea	Freezer pack(s) to use
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Check at home

Cupboard, fridge and freezer

Buy what's missing

Item + amount needed

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Leave room for leftovers, a familiar favourite or a change of plans.