FREEZER MEAL BATCH INVENTORY & EXPIRATION LOG

COMPREHENSIVE BATCH COOKING TRACKER | ZERO-WASTE MEAL INVENTORY & DEFROST PROTOCOL

SAFE FREEZER STORAGE THRESHOLDS (MAINTAIN CONSTANT 0°F / -18°C):

Soups & Stews: 2-3 Months | Casseroles & Lasagnas: 3 Months | Cooked Poultry & Beef: 3-4 Months | Raw Ground Meats: 3-4 Months

CURRENT FREEZER MEAL STOCK (FIFO - FIRST IN, FIRST OUT)

Item / Recipe Name	Date Frozen	Portions	Location / Bin	Best By Date	Reheat / Defrost Method	Used
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]
_____	___/___	_____	_____	___/___	_____	[ ]

GOLDEN RULES OF DEFROSTING & FREEZER PACKAGING INTEGRITY

1. The 3 Safe Thawing Methods

Refrigerator: 24-48 hrs in advance (safest). Cold Water Bath: Submerged in leak-proof bag, change water every 30 min. Microwave: Defrost setting ONLY if cooking immediately afterward. NEVER thaw

2. Preventing Freezer Burn

Air is the enemy of frozen food. Use heavy-duty aluminum foil, vacuum seal bags, or freezer-grade zip bags with all excess air pressed out. Leave 1/2-inch headspace in glass canning jars for liquid expa

3. Refreezing Rules

Food thawed safely in the refrigerator can be safely refrozen without cooking (though some moisture loss occurs). Never refreeze foods thawed in warm water or microwave unless completely cooked fir

4. Reheating Temperature Safety

Always reheat previously cooked frozen casseroles, soups, and dishes until an internal probe thermometer registers at least 165°F (74°C) steaming throughout.