healthyfood GUIDE
ideas for real life

HFG FREEZING TIP
When you buy chicken fillets or pieces, make a simple marinade, coat the chicken in it and freeze. The chicken will marinade as it defrosts...

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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