



Freezer Cooking Tips & FreezEasy Hacks

FreezEasy's freezer cooking meal plans are the perfect solution for the crazy busy home chef who wants to have less stress and less mess when getting dinner on the table. FreezEasy meal plans are designed to help you get 10 meals into your freezer in under 1 hour, using recipes that can quickly be pulled together into freezer bags or trays.

Even with the fast assembly process and cutting out the dinner hour stress, there are still a number of other essential "HACKS" for putting together FreezEasy meal plans!

General Freezer Cooking Tips

1. Let the food cool down completely to reduce risk of freezer burn!
 2. Package up and remove as much as air possible if using a plastic baggie. If using a plastic container and freezing liquid, be sure to leave enough headspace at the top, as the liquid will expand as it freezer.
 3. "Flat freeze" by pressing the food as flat as possible in the baggie. Then you can stack meals and save space in your freezer. ([Photos & samples here.](#))
 4. Thaw completely in the fridge overnight or for up to 2 days if it is 'thick.' If you need the food that day, or within 30 minutes, you can let it soak in a warm bowl of water and it will quickly thaw. The thickness of the baggie or container will determine how long it will take to thaw. When I 'quick-thaw' things, it can take anywhere from 20 minutes to an hour. {[Photos & samples here.](#)}
- {Note: If utilizing the quick thaw method, please don't leave raw meat out on the counter in a bowl of warm water. Always let raw meat thaw in the refrigerator to keep it at proper cold temperatures.}
5. My recommended "stay in the freezer times" are: up to 6 months for regular fridge freezer, or up to 12 months in deep freezer.

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FreezEasy
Simple, Easy Freezer Cooking Meal Plans

FreezEasy Hacks

1. Do not (I repeat, do NOT!) shop and prep on the same day. Find a time in your schedule that will allow you to shop the morning/afternoon/evening before, then prep the meals the following day.
2. When the meat is on sale at your store, prepare the meals in that particular meats plan and you'll kill two birds with 1 stone.
 - You've saved a ton by stocking up on meat that is on sale.
 - You've saved a ton of time and sanity by prepping it all for dinner at once.
3. Use the "Prep Day Shopping List by Recipe" when in the checkout lane (or even as you are loading and unloading your cart!) to organize ingredients into specific bags so that when you get home, the ingredients are already grouped together by recipe. The bagger might look at you like you've lost your mind, but you'll be smiling when you get home and it's already organized for your prep & assembly!
4. Drop produce and meats into the fridge in their bags so they are easy to pull out the next day when it's prep time. Leave shelf stable ingredients on the counter, ideally organized in their bags, to make prep set up a cinch.
5. Side Dishes: I leave these very much open and flexible to allow your family to decide which veggies and/or starches are best for your preferences. Make the most of sales and deals on produce and bulk rice or pasta to save big on side dishes too.

Get FreezEasy Meal Plans at www.freezeeasy.com/store!