

FREEZER MATES

MINI 1s

8 EGG YOLKS
3-4 EGGS(WITHOUT THE SHELL)
1/2 CAN TOMATO PASTE
3 SPRIGS OF GREEN ONIONS CUT INTO CIRCLES

(DID YOU KNOW YOU CAN FREEZE GREEN ONIONS AND THEN REMOVE FROM FREEZE AND CHOP FINE AS PARSLEY FLAKES?) USE AS A GARNISH FOR SOUPS/SAUCES

SMALL 1

1/2LB. OF CHICKEN TENDERS
SMALL PORTIONS OF MOST LEFT OVERS
1- 1 1/2 OF NUTS (2CUP-CHOPPED)
1 WHITE MED ONION CHOPPED

SMALL 2

1LB. GROUND BEEF, TURKEY OR CHICKEN
1LB. OF SAUSAGE LINKS
1LB. OF MOST VEGGIES
1LB. SCALLOPS-SOME OTHER SEAFOODS

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1 1/2 LBS GROUND MEATS
1 LB (3 PIECES) OF BONELESS, SKINLESS CHICKEN BREAST
1-1/2 LBS. OF CHICKEN TENDERS
2 SANDWICHES "SIDE BY SIDE"
1 LB OF BACON-ROLLED AND SET UP RIGHT
1 LB OF FROZEN VEGGIES

MEDIUM 2

2-3 LARGE STEAKS (SEPARATED BY WAX PAPER)
SMALL 2 LB ROAST
2 LBS. FRENCH FRIES
8-10 PAN CAKES OR FRENCH TOAST

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3LBS. FRYER CHICKEN PIECES
FAMILY PACKS OF MOST MEATS
5-6 LBS. CHICKEN BREAST (3-4LB BONE-IN)
4 LBS OF PORKS, STEAKS
36 PANCAKES, 30 FRENCH TOAST
BREAKFAST BOX– MIX OF MUFFINS, BAGELS, ENG MUFFINS ETC.
COOKIE BOX– FREEZE AHEAD HOLIDAY COOKIES!

**(DID YOU KNOW THAT REMOVING FROZEN VEGGIES FROM THE STORE CONTAINER
AND PLACING THEM IN FREEZER MATES WILL ADD 3 TIMES MORE SHELF-LIFE?)**

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