

build healthy meals in minutes

Savoury Beef												Vegie Medley											
Date												Date											
+/-												+/-											
Total												Total											
Potato Mash												White Sauce											
Date												Date											
+/-												+/-											
Total												Total											
Tomato Sauce												Savoury Lamb Mince											
Date												Date											
+/-												+/-											
Total												Total											

Freezing time frame:

Block	Months	Block	Months
Savoury beef	2 to 3 months	Vegie medley	6 months
Potato mash	6 months	White sauce	3 months
Tomato sauce	6 months	Savoury lamb mince	2 to 3 months

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