

RECIPE BLOCKS

build healthy meals in minutes

FREEZER RECORD EXAMPLE

| Savoury Beef | | | | | | | | | | | | | Vegie Medley | | | | | | | | | | | | |
|--------------|------|------|------|------|--|--|--|--|--|--|--|--|--------------------|--|--|--|--|--|--|--|--|--|--|--|--|
| Date | 20/7 | 21/7 | 29/7 | 31/7 | | | | | | | | | Date | | | | | | | | | | | | |
| +/- | 9 | -4 | -2 | +9 | | | | | | | | | +/- | | | | | | | | | | | | |
| Total | 9 | 5 | 3 | 12 | | | | | | | | | 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 |