SMART MOM EDIT

# Freezer Meal Labels and Inventory

Label every meal with these four things, then track what is in the freezer.

## Label every bag or container

[ ] Meal name
[ ] Date frozen
[ ] How to finish it
[ ] What to serve with it

## Inventory

[ ] Meal _____ Date _____ Used _____
[ ] Meal _____ Date _____ Used _____
[ ] Meal _____ Date _____ Used _____
[ ] Meal _____ Date _____ Used _____
[ ] Meal _____ Date _____ Used _____
[ ] Meal _____ Date _____ Used _____