

10 Recipes | 4-Hour Session | Printable

Freezer Meal Prep Checklist

Cook Once, Eat for a Month



Before You Start

- Clear freezer space - you'll need 2-3 cubic feet
- Buy 20-30 gallon-size freezer bags
- Get masking tape + a permanent marker for labels
- Plan a 4-hour block (Saturday morning works best)
- Review the 10 recipes and double the ones you like

10 Freezer-Friendly Recipes

1. Turkey + Bean Chili (batch of 12 servings)
2. Chicken Burrito Bowls (8 servings)
3. Beef Stew with Root Vegetables (8 servings)
4. Turkey Meatballs + Marinara (16 meatballs)
5. Lentil Soup (10 servings)
6. Breakfast Burritos (12 burritos)
7. Baked Pasta (2 pans, 8 servings each)
8. Chicken Tikka Masala (8 servings)
9. Black Bean Soup (10 servings)
10. Shepherd's Pie (2 small casseroles)

The 4-Hour Batch Schedule

Time	Task
0:00	Start rice (rice cooker) + preheat oven
0:10	Brown ground turkey + beef (2 pans)
0:30	Chop all vegetables (prep station)
1:00	Assemble chili, stew, soup in pots
2:00	Bake meatballs + pasta in oven
2:30	Assemble burrito bowls + wraps
3:15	Cool everything + portion into bags
3:45	Label every bag (date + reheating time)
4:00	Done. 40+ meals ready.

[LABEL] Label everything

Write: recipe name | date made | reheat instructions. Example: 'Chili | 04/16 | Thaw overnight, 8 min microwave.' Future-you will thank present-you.

Freezer Storage Times

Food	Max Time	Best Within
Soups/stews/chili	4 months	2 months
Cooked chicken	3 months	2 months
Casseroles	3 months	2 months
Ground meat (cooked)	3 months	2 months
Burritos (wrapped)	3 months	1 month

[SKIP] What NOT to freeze

Avoid freezing: cream-based sauces (separate), raw salad greens (go limp), fried foods (lose crisp), high-water vegetables like cucumber or watermelon, soft cheeses.

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

Meal Prep Masterplan - \$15

grabguides.com/products/meal-prep-masterplan

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