

# TO FREEZE OR NOT TO FREEZE?

Chilli con carne  
Beef Curry  
Beef Bourignon  
Shepherd's Pie  
Chicken Chasseur  
Fish Pie  
Fish Chowder  
Pasta Bake  
Enchiladas  
Lasagne  
Tuna Casserole  
Sweet & Sour  
Pot roast  
Macaroni and Cheese  
Pulled Pork

FREEZE FULL MEALS

Tomato Sauce  
Grated cheese  
Chopped vegetables e.g.  
onions, peppers  
Smoothie bags  
Cooked rice & pasta  
Stock  
Marinades/sauces

## In ice-cube trays:

Lemon & lime juice  
Chopped garlic  
Chopped ginger  
Chopped fresh herbs  
Tomato puree  
Leafy greens

FREEZE MEAL ELEMENTS

Meatballs  
Meatloaf  
Schnitzel  
Fishcakes  
Fish goujons  
Shredded chicken  
Whole chickens (raw)  
Minced beef/lamb  
Beef burgers  
Chicken goujons  
Chicken breasts  
Sausages  
Steaks

FREEZE PROTEINS

Soup  
Quiche/tarts  
Pancakes  
Sandwiches  
Waffles  
Pastry  
Cookie dough

FREEZE OTHER FOODS

Eggs in shells  
Cream/yogurt  
Watery vegetables  
Egg-based sauces  
Fresh herbs, whole

DO NOT FREEZE