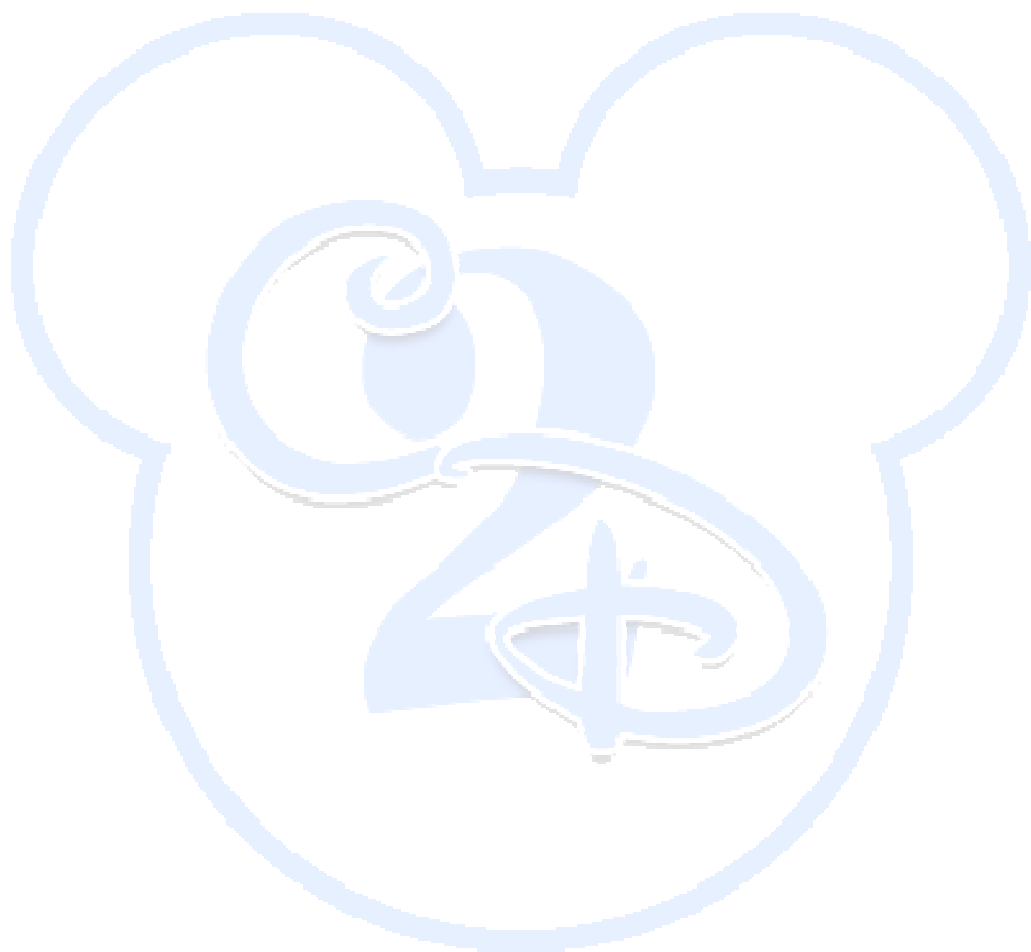


My **FREEZER** Inventory

Knowing what is in your freezer will not only help you keep track of what you have and what you need, but it will also help you plan meals so that you save the most money possible. Aim to have at least 20 pounds worth of meat in your freezer at all times. For each package of meat that you have in your freezer that is separated by recipe requirements (ex: 1 pound of ground beef, 4 chicken breasts, 4 pork chops, etc. This just means the quantity your family normally eats per recipe.) place a check mark next to the meat. Once you use 1 recipes worth, erase a check mark.

	Meats	Qty.	Veggies	Qty.	Other	Qty.
BEEF	Ground Beef		Broccoli			
	Top Sirloin Steak		Corn			
	Beef Brisket		Corn on the Cob			
	Beef Stew Meat		Green Beans			
	Ribeye Steak		Okra			
	Top Round Roast		Okra (Breaded)			
			Snap Peas			
			Sugar Peas			
			Squash (Breaded)			
CHICKEN	Chicken Breast					
	Chicken Thighs					
	Chicken Legs					
	Chicken Wings					
	Whole Chicken					
PORK	Ground Pork					
	Pork Chops					
	Pork Loin					
	Pork Ribs					
TURKEY	Ground Turkey					
	Turkey Breast					
	Turkey Legs					
	Turkey Thighs					
	Turkey Wings					
OTHER						



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