

Freezer Inventory & Budget Recipe Cards

Printable kitchen tools for keeping food organized, reducing waste, and making simple, budget-friendly meals easier to plan.

Freezer Inventory

Write the date when food goes into the freezer and cross it off when used. Keep the oldest foods near the top of the list.

Item / Meal	Qty	Date Frozen	Use First By	Location	Used
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Use First This Week: _____

Freezer Notes: _____

Freezer Meal Inventory & Restock List

Prepared Meal	Servings	Date Made	Reheat / Thaw Notes	Used
				■
				■
				■
				■
				■
				■
				■
				■
				■
				■
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Freezer Restock List

Running Low / Out	Amount Needed	Buy
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		■
		■
		■
		■
		■
		■
		■
		■

Chicken & Vegetable Rice Bowls

4 servings | About 30 minutes | Freezer friendly

Ingredients

1 lb boneless chicken, diced • 1 cup dry brown or white rice • 3 cups frozen mixed vegetables • 1/3 cup low-sodium teriyaki sauce • 1 tbsp cooking oil

Directions: Cook rice. Heat oil in a skillet and cook chicken until it reaches 165°F. Add vegetables and cook until hot and tender-crisp. Stir in teriyaki sauce. Divide over rice.

Storage / Freezer: Cool completely. Freeze individual portions up to about 3 months. Thaw overnight or microwave from frozen until steaming hot.

Budget tip: Frozen vegetables are inexpensive, last longer, and eliminate most prep waste.

Turkey or Lean Beef Chili

6 servings | About 40 minutes | Excellent freezer meal

Ingredients

1 lb ground turkey or lean ground beef • 2 cans beans, drained • 1 can diced tomatoes • 1 can tomato sauce • 1 small onion, diced • 1-2 tbsp chili seasoning

Directions: Brown meat and onion; drain if needed. Add beans, tomatoes, sauce and seasoning. Simmer 20-25 minutes. Add a little water if the chili becomes too thick.

Storage / Freezer: Freeze cooled chili in meal-size containers for up to about 3 months.

Budget tip: Stretch one pound of meat with beans for more servings, fiber, and protein.

Hearty Lentil Vegetable Soup

6 servings | About 45 minutes | Very low cost

Ingredients

1 1/2 cups dry lentils, rinsed • 1 onion, diced • 2 carrots, chopped • 2 celery stalks, chopped • 1 can diced tomatoes • 6 cups low-sodium broth or water • 1 tsp garlic powder

Directions: Combine ingredients in a large pot. Bring to a boil, reduce heat, cover loosely and simmer 30-35 minutes until lentils are tender. Season to taste.

Storage / Freezer: Cool and freeze in 2-cup or family-size portions. Leave a little space in containers for expansion.

Budget tip: Lentils are shelf-stable and provide protein and fiber without meat.

Sheet-Pan Chicken, Potatoes & Vegetables

4 servings | About 50 minutes

Ingredients

1 1/2 lb chicken thighs • 1 1/2 lb potatoes, cubed • 3 cups broccoli, carrots or mixed vegetables • 2 tbsp oil • Garlic powder, pepper and a small amount of salt

Directions: Heat oven to 425°F. Toss potatoes and vegetables with oil and seasonings. Arrange with chicken on a sheet pan. Roast 35-45 minutes until chicken reaches 165°F and potatoes are tender.

Storage / Freezer: Refrigerate leftovers 3-4 days. Freeze cooked chicken and vegetables in portions if desired.

Budget tip: Chicken thighs generally cost less than breasts and stay moist during roasting.

Black Bean Burrito Bowls

4 servings | About 25 minutes | Meatless

Ingredients

1 cup dry rice • 2 cans black beans, drained and rinsed • 1 cup frozen corn • 1 cup salsa • 1 cup shredded lettuce • 1/2 cup shredded cheese, optional

Directions: Cook rice. Warm beans and corn together. Divide rice into bowls and top with beans, corn, salsa, lettuce and a small amount of cheese.

Storage / Freezer: Freeze rice, beans and corn together. Add lettuce, salsa and cheese after reheating.

Budget tip: Use store-brand beans and rice as the base, then add whatever vegetables need to be used up.

Vegetable Egg Fried Rice

4 servings | About 20 minutes

Ingredients

4 cups cold cooked rice • 6 eggs • 3 cups frozen mixed vegetables • 2 tbsp low-sodium soy sauce • 1 tbsp cooking oil

Directions: Scramble eggs in a large skillet and remove. Heat oil, add vegetables and cook until hot. Add cold rice and stir-fry until steaming. Return eggs and stir in soy sauce.

Storage / Freezer: Best refrigerated and eaten within 3-4 days. Cool rice promptly after cooking and refrigerate within two hours.

Budget tip: This is an ideal way to use leftover rice and small amounts of vegetables.

Chicken & Vegetable Pasta

6 servings | About 30 minutes

Ingredients

12 oz whole-wheat or regular pasta • 1 lb chicken, diced • 3 cups frozen vegetables • 24 oz pasta sauce • 1/2 cup shredded cheese, optional

Directions: Cook pasta. Cook chicken in a skillet until 165°F. Add vegetables and sauce; simmer until vegetables are hot. Toss with pasta and add a small amount of cheese if desired.

Storage / Freezer: Freeze cooled portions up to about 3 months. Thaw overnight for faster reheating.

Budget tip: Use more vegetables and slightly less meat to lower the cost per serving.

Baked Chicken, Potatoes & Carrots

4 servings | About 55 minutes

Ingredients

8 small chicken thighs or drumsticks • 1 1/2 lb potatoes • 1 lb carrots • 2 tbsp oil • Pepper, garlic powder and paprika

Directions: Heat oven to 400°F. Cut potatoes and carrots into chunks. Toss vegetables with oil and seasonings. Arrange with chicken and bake 40-50 minutes, until chicken reaches 165°F.

Storage / Freezer: Freeze leftover cooked chicken separately or as complete meal portions.

Budget tip: Buy family packs when the unit price is lower and freeze uncooked portions immediately.

Tuna & White Bean Pasta Salad

4 servings | About 20 minutes | No reheating

Ingredients

8 oz pasta • 2 cans tuna, drained • 1 can white beans, drained and rinsed • 1 cucumber, diced • 1 tomato, diced • 1/3 cup Italian dressing

Directions: Cook pasta, drain and cool. Combine with tuna, beans, cucumber and tomato. Toss with dressing and chill.

Storage / Freezer: Refrigerate promptly and use within 3-4 days. This recipe is better refrigerated than frozen.

Budget tip: Beans stretch the tuna and add fiber without making the meal expensive.

Slow-Cooker Chicken & Beans

6 servings | 6-7 hours low / 3-4 hours high

Ingredients

1 1/2 lb chicken thighs or breasts • 2 cans beans, drained • 1 can diced tomatoes • 1 cup salsa • 1 cup frozen corn • 1 tsp cumin or taco seasoning

Directions: Place chicken in slow cooker. Add beans, tomatoes, salsa, corn and seasoning. Cook until chicken reaches 165°F and is tender. Shred chicken and stir before serving.

Storage / Freezer: Cool quickly and freeze in meal-size containers for up to about 3 months.

Budget tip: Serve over rice or in tortillas to turn one batch into several different meals.