myfreezerinventory

In each box, write the date the item was made. ➤ 3/16

When an item is used, mark through the box. ➤

PREPARED MEALS	DATE & QUANTITY								
four-cheese lasagna	~~3/16~~	~~3/16~~	3/16	7/12					
meatloaf	3/16	7/12	7/12						

FRUITS & VEG	DATE & QUANTITY								
green beans	~~3/16~~	3/16	3/16	3/16	3/16				

MEATS	DATE & QUANTITY								

BREADS	DATE & QUANTITY								

OTHER	DATE & QUANTITY								

OTHER	DATE & QUANTITY								

SAMPLE

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PREPARED MEALS	DATE & QUANTITY

FRUITS & VEG	DATE & QUANTITY

MEATS	DATE & QUANTITY

BREADS	DATE & QUANTITY

OTHER	DATE & QUANTITY

OTHER	DATE & QUANTITY

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