



Petal & Paper

YOUR FREE PRINTABLE

Freezer meal labels set



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F R E E Z E R L A B E L S ❄️

meal labels

Label 1

Dish: _____
Date frozen: ____ Use by: ____
Portions: ____
Reheat: _____

Label 2

Dish: _____
Date frozen: ____ Use by: ____
Portions: ____
Reheat: _____

Label 3

Dish: _____
Date frozen: ____ Use by: ____
Portions: ____
Reheat: _____

Freezer tips

Most cooked meals keep 3 months frozen
Cool fully before freezing
Freeze flat in bags to save space + defrost faster
Label EVERYTHING — frozen food looks identical!