

# FREEZER INVENTORY CHECKLIST

Use this page to track what is in your freezer so you always know what you have and what you have already used. Fill it in as you complete each session and cross items off as you pull them out.

## BREADS AND BASE DOUGHS

☐ Classic Artisan Sourdough Loaf  
Qty:                      Date:

☐ Easy Sourdough Sandwich Bread  
Qty:                      Date:

☐ Cinnamon Raisin Bread  
Qty:                      Date:

☐ Sourdough Tortillas  
Qty:                      Date:

☐ Sourdough English Muffins  
Qty:                      Date:

☐ Sourdough Naan  
Qty:                      Date:

☐ Sourdough Puff Pastry  
Qty:                      Date:

## TREATS FOR MILK MAKING DAYS

☐ Lactation Chocolate Chip Cookies  
Qty:                      Date:

☐ Lactation Banana Bread  
Qty:                      Date:

☐ Lactation Peanut Butter Truffles  
Qty:                      Date:

☐ Lactation Chocolate Bark  
Qty:                      Date:

☐ Lemon Blueberry Oat Lactation Muffins  
Qty:                      Date:

☐ Oat and Honey Lactation Energy Balls  
Qty:                      Date:

☐ Apricot Cranberry Lactation Granola Bars  
Qty:                      Date:

## LITTLE LUNCHES

☐ Mini Sourdough Discard Pizzas  
Qty:                      Date:

☐ Sourdough Puff Pastry Pinwheels  
Qty:                      Date:

☐ Little Sealed Sandwiches  
Qty:                      Date:

## SET IT AND FORGET IT

☐ Aloha Meatballs  
Qty:                      Date:

☐ The House Chili  
Qty:                      Date:

☐ Khao Tom  
Qty:                      Date:

☐ Pressure Cooker Chicken Bone Broth  
Qty:                      Date:

☐ Honey Garlic Chicken  
Qty:                      Date:

☐ Weeknight Butter Chicken  
Qty:                      Date:

☐ Freezer Pork Shoulder: Three Ways  
Qty:                      Date:

## CASSEROLES

☐ Nesting Ziti  
Qty:                      Date:

☐ Better Than the Box Beef and Pasta Bake  
Qty:                      Date:

☐ Creamy Confetti Chicken Casserole  
Qty:                      Date:

☐ BBQ Chicken and Sweet Potato Casserole  
Qty:                      Date:

☐ Enchiladas That Show Up for You  
Qty:                      Date:

## BREAKFAST

☐ Loaded Breakfast Tacos  
Qty:                      Date:

☐ Bacon Egg and Cheese Muffin Sandwiches  
Qty:                      Date:

☐ One-Handed Breakfast Pockets  
Qty:                      Date:

☐ Italian Mini Quiches  
Qty:                      Date:

☐ Freezer Waffles  
Qty:                      Date:

☐ Overnight French Toast Bake  
Qty:                      Date: