

Freezer inventory

Add a row when food goes in. Cross out portions as they come out.

Kitchen

Started

ITEM	PORTIONS	SHELF / DRAWER	DATE FROZEN	BEST QUALITY BY	TAKEN OUT
Meat & poultry					
					☐
					☐
					☐
					☐
					☐
					☐
Fish & seafood					
					☐
					☐
					☐
					☐
Cooked meals & leftovers					
					☐
					☐
					☐
					☐
					☐
					☐
Vegetables & fruit					
					☐
					☐
					☐
					☐
					☐
Bread & baked goods					
					☐
					☐
					☐
					☐
Other					
					☐
					☐
					☐