



building satisfying meals *from your freezer*

did you know that you can create a satisfying, nutritionally balanced and easy meal straight from your freezer? using what you have on hand in your freezer reduces the time spent cooking and allows you to save money, while reducing food waste. plus, you don't lose any nutritional value!

follow these simple tips to get started:

CHOOSE A VEGGIE

PRO TIP: always keep a supply of frozen fruits and veggies in the freezer. did you know that frozen produce retains its nutrients - sometimes even better than fresh produce? that's because frozen fruits and veggies are picked at the peak of ripeness and flash frozen. you can freeze your own fruits or veggies or buy the ones already frozen at the grocery store.

throw your veggies in a stir fry, soup, casserole, or on top of a pizza. you can also saute or roast frozen veggies with olive oil as a side dish.

ADD A WHOLE GRAIN

PRO TIP: cook your favorite whole grains such as farro, brown rice or quinoa in bulk and freeze for later use. or, buy the frozen whole grains at the grocery store to use for quick meals. just make sure nothing is added, such as sauces or excess sodium.

whole grains make a great base for any type of bowl, or as a satisfying component to a soup or salad.

PICK YOUR PROTEIN

PRO TIP: when making foods such as turkey or black bean burgers, prep more to freeze for later. having protein sources stocked in your freezer can bring together a meal in a flash. simply reheat and you're set! if you're short on time, buy premade frozen protein sources at the grocery store to have on hand - such as turkey or bean burgers, or meatballs.

top a salad with a premade black bean burger, or saute and flavor frozen shrimp to add to a burrito bowl.

FLAVOR IT UP

PRO TIP: infusing flavor or adding satisfying toppings to your meal makes all the difference.

use dried and fresh herbs, as well as acid (such as vinegar or citrus juice) to enhance flavor without the use of salt.

drizzle on homemade dressing or sauces, add sliced avocado, or a sprinkle of cheese to whatever dish you are making.