

Each recipe serves 4. 10 labels provided in case you halve them to make 10 meals for 2

PRINTABLE LABELS - attach to ziplock bags



Chicken & Spinach Bread Bake

1. Thaw for 24 hours in fridge, or overnight on counter.
2. Bake, covered, at 180C/300F for 20 minutes, remove cover then bake for further 10 minutes.

Date made:



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Date made:



Japanese Marinated Salmon

1. Thaw, then cook over medium high heat on stove or grill.
 2. Serve with rice and shredded cabbage.
- * Make extra rice, leftovers req'd for Mexican Fried Rice.

Date made:



Japanese Marinated Salmon

1. Thaw, then cook over medium high heat on stove or grill.
 2. Serve with rice and shredded cabbage.
- * Make extra rice, leftovers req'd for Mexican Fried Rice.

Date made:



Mexican Fried Rice

1. Defrost freezer pack.
2. Heat 1 tbsp olive oil in fry pan. Add ziplock contents until excess water is evaporated.
3. Add rice, 6 tbsp enchilada sauce + 2 tbsp water.

Date made:



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2. Heat 1 tbsp olive oil in fry pan. Add ziplock contents until excess water is evaporated.
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Date made:



Slow Cooker Chicken Enchilada Soup

1. Thaw, place in slow cooker and cook on low for 4 to 6 hours.
2. Remove chicken, shred, return to soup.
3. Serve with toppings of choice.

Date made:



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2. Remove chicken, shred, return to soup.
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Date made:



Greek Lamb

1. Thaw, then cook over high heat to your liking either on stove or grill.
2. Serve with salad and dressing (pre-made), and grilled bread.

Date made:



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2. Serve with salad and dressing (pre-made), and grilled bread.

Date made: