DIAMOND CO.

Freezer Meal Batch Cook Data Sheet

Freezer Meal Batch Cook Tracking Template (Printable & Fillable PDF/Excel)

Overview
Track, optimize, and document your batch cooking process for meal prep and freezing. Use this template to plan, record, and analyze your meal preparation activities.

Download: [Free Printable PDF] | [Editable Google Sheet] (No sign-up required)
Formats: Ready for immediate printing or digital filling.

Planning Table

Meal Name	Ingredients List (with quantities)	Prep Time (min)	Cook Time (hr)	Total Time (hr)	Servings	Portion Size (cups)	Storage Method	Storage Containers Used
Chicken Stir-Fry	1 lb chicken breast, 2 cups broccoli, 1/2 cup soy sauce, 1 tbsp oil	20	0.25	0.83	6	1.5	Vacuum-sealed bags	6x 12oz vacuum bags
Beef & Veggie Stir-Fry	1 lb beef strips, 2 cups bell peppers, 1/4 cup teriyaki sauce, 1 tbsp oil	15	0.33	0.83	5	1.2	Airtight containers	5x 16oz containers
[Meal 3]								
[Meal 4]								
[Meal 5]								

Execution Log

Date of Batch Cooking	Prepared By	Total Prep Time (hrs)	Total Cook Time (hrs)	Total Cost of Ingredients	Cost per Meal	Cost per Serving
2024-05-10	Jane Doe	4.5	2.0	$35.00	$5.83	$0.97

Storage Tracker

| Freezer Location | Storage Containers Used | Date Frozen | Expiration Date | Storage Temp |

Recommendation |
|---|---|---|---|---|
| Lower shelf | 6x 12oz vacuum bags | 2024-05-10 | 2024-08-10 | 0°F (-18°C) or below |

Reheat Guide

Meal Name	Reheating Method	Reheating Time (min)	Reheating Temp (°F)	Stirring Steps (if applicable)
Chicken Stir-Fry	Microwave	5-7	350°F	Stir every 2 minutes
Beef & Veggie Stir-Fry	Oven (350°F)	15-20	350°F	Flip halfway
[Meal 3]				
[Meal 4]				
[Meal 5]				

Food Safety Guidelines

Freezing:
- Store at **0°F (-18°C) or below** for best quality.
- Label with **date frozen** and **expiration date** (3-6 months max).

Thawing:
- **Refrigerator (2-3 days)**
- **Cold water bath (30 min per 1 lb)**
- **Microwave (avoid for large portions)**

Reheating:
- **Microwave:** 350°F (175°C) for 1-2 minutes.
- **Oven:** 350°F (175°C) for 15-20 minutes.
- **Stovetop:** 165°F (74°C) until heated through.
- **Record actual reheating temp:** _____ °F

Reflection Notes

| Meal Name | Time Savings (hrs) | Cost Savings vs. Store ($) | Satisfaction (1-5) | Notes |

