

Freezer Mates[®] Storage Chart

| | Mini 1 4 oz./ 110 mL | Small 1 1 cup/ 250 mL | Small 2 2 ¾ cups/ 650 mL | Medium 1 2 ¼ cups/ 550 mL | Medium 2 6 cups/ 1.5L | Large 2 13 cups/ 3.1 L |
|------------------------------|-----------------------------------|------------------------------------|---------------------------------------|--|------------------------------------|-------------------------------------|
| Meat: | | | | | | |
| Steaks | | | | 1 pc. | 2-3 pcs. | 4 pcs. |
| Chops | | 1 pc. | 2 pcs. | 3 pcs. | 6 pcs. | 14 pcs. |
| Flank/ Cube Steak | | | | 1 – 1 ½ lb. | 2 lb. | |
| Roast | | | | | 2 – 3 lb. | 4 – 5 lb. |
| Loin | | | 1 1/2 – 2 lb. | | 3 1/2 – 4 lb. | 7 – 8 lb. |
| Ribs | | 1/3 rack | 3/4 rack | ½ rack | 1 ½ rack | 3 racks |
| Ground Meat | | ½ lb. | | 1 lb. | 3 lb. | |
| Poultry: | | | | | | |
| Chicken Breast (boneless) | | 1 pc. | 2 pcs. | 3 pcs. | 6 pcs. | 14 pcs. |
| Chicken, whole (cut up) | | | | | 1/2 | 1 |
| Ground Poultry | | ½ lb. | | 1 lb. | 3 lb. | |
| Luncheon Meat | | | | 1 lb. | | |
| Sausage | | 2 pcs. | | 4 pcs. | | |
| Tamales | | | 3 pcs. | 3 pcs. | 6 pcs. | |

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| Fish, Shellfish: | | | | | | |
| Fillet/Steaks | | ½ lb. | 1 lb. | 1 lb. | 2 – 2 ½ lbs. | |
| Shrimp, Crayfish, Squid, Shucked Clams & Mussels - uncooked | | ½ lb. (med.) | 1 lb. (med.) | 1 lb. (med.) | | |
| Crab Meat | | ½ lb. | 1 lb. | 1 lb. | | |
| Lobster Tails – uncooked | | | 2 pcs. | | 4 pcs. | |
| Dairy: | | | | | | |
| Cheese, grated | ¼ cup | 1 cup | 2 1/2 – 3 cups | 2 – 2 ½ cups | 6 cups | 13 cups |
| Butter | | ½ - ¾ lb. | | 1 – 1 ½ lbs. | | |
| Ice Cream Bars | | | | | 6 - 8 | |
| Ice Cream, Sorbet | | | 1 qt. | | | |
| Eggs: | | | | | | |
| Egg Whites – uncooked | 4 | | | | | |
| Egg Substitutes | ¼ cup | 1 cup | 2 1/2 – 3 cups | 2 – 2 ½ cups | | |

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| Soups, Stews, Chili, Gravy | ¼ cup | 1 cup | 2 ½ - 3 cups | 2 – 2 ½ cups | 6 cups | 13 cups |
| Breads: | | | | | | |
| Muffins/English Muffins | | | 2 pcs. | | 6 pcs. | 12 pcs. |
| Rolls – small | | | | | 10 – 12 pcs. | 30 – 36 pcs. |
| Rolls – medium | | | | | 8 – 10 pcs. | 14 – 16 pcs. |
| Bagels | | | 2 pcs. | | 5 pcs. | 10 pcs. |
| Hot Dog/ Hamburger Buns | | | | | 5 pcs. | 10 pcs. |
| Pancakes – cooked (3 ½ - 4" D) | | | | 4 - 5 pcs. | 12 pcs. | 36 pcs. |
| Tortillas (8" D) | | | | | | 24 – 32 pcs. |
| Waffles – cooked | | | | 3 – 4 pcs. | 8 – 10 pcs. | 21 – 27 pcs. |
| Pastries, Danish, Doughnuts – baked | | | 2 pcs. | | 5 pcs. | 10 pcs. |
| Pizza Slices | | | | | 6 – 8 pcs. | |
| Baked Goods: | | | | | | |
| Brownies (2" x 2") | | | | | 8 pcs. | 24 pcs. |
| Cookies | | | | 6 pcs. | 12 pcs. | 24 pcs. |
| Cupcakes | | | 2 pcs. | | 6 pcs. | 12 pcs. |

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| Fruit: | | | | | | |
| Grapes | | 1 cup | 3 cups | 2 cups | 6 cups | 13 cups |
| Apricots (pitted), Plums (pitted) | | 2 – 3 sliced | 4 halved | | 10 halved | 19 – 20 halved |
| Peaches (pitted), Nectarines (pitted) | | 1 sliced | | | 5 halved | 11 – 12 halved |
| Blueberries, Cherries (pitted) | | 1 cup | 3 cups | 2 - 3 cups | 6 - 7 cups | |
| Cranberries | | 1 ½ cups | 3 cups | 3 cups | 6 cups | |
| Mango (pit & removed & peeled) | | 1 cubed | 2 – 3 cubed | | | |
| Melon (1" cubes) | | | 2 – 3 cups | | ½ - ¾ small melon cubed | 1 medium melon cubed |
| Pineapple (1" cubes) | | 1 cup | 1 pineapple cubed (2 - 3 cups) | | | |
| Raspberries, Blackberries | | 1 - 2 cups | 3 - 4 cups | | | |
| All Other Fruit | | 1 cup | 2 1/2 – 3 cups | 2 cups | 6 cups | |
| All-Natural Fruit Pops | | | | 3 – 4 pcs. | 12 pcs. | |

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| Vegetables: | | | | | | |
| Asparagus | | | | 20 – 30 spears | 40 – 70 spears | |
| Beans, Lima Beans, Peas, Summer Squash | | 1 cup | 2 – 3 cups | | | |
| Bell Peppers – chopped | ½ cup | 1 cup | | | | |
| Broccoli – cut | | | 3 cups | | 6 cups | |
| Carrots | | | | 6 – 8 whole | 14 – 16 whole | |
| Cauliflower – cut | | | ½ head, cut into pieces | | 1 whole head cut into pieces | |
| Celery | | | | 10 stalks | 20 stalks | |
| Chilies, small | | 6 – 8 whole | 12 – 14 whole | | | |
| Corn on the Cob | | | | | 3 – 4 ears | 7 – 8 ears |
| Garlic, chopped | ½ cup | 1 cup | | | | |
| Greens: Collards, Kale, Mustard, Spinach, Swiss Chard – uncooked | | | 2 cups | | 3 – 4 cups | |
| Green Beans | | | 1 ½ cups | | 3 – 4 cups | |
| Herbs – chopped | ½ cup | 1 cup | | | | |
| Mushrooms | | | | 1 – 1 ½ cups | 2 ½ - 3 cups | |
| Onions – chopped | ½ cup | 1 cup | | | | |
| Tomatoes – quartered | | | | | 6 medium | 12 medium |

The Large 2 “Box”

- Use for any type of food you like to keep in large quantities.
- Place layers of food in container—flash freeze, use waxed paper, or freezer paper between layers to keep from sticking together.
- Any number of servings can be removed as needed for a meal.
- Ideas:
 - Beef Box (steaks, hamburger patties, etc.)
 - Chicken Box (drumsticks, wings, etc.)
 - Boneless Chicken Box
 - Pork Box
 - Fish Box
 - Breakfast Box (pancakes, waffles, bagels, English muffins, pastries, muffins, etc)
 - Sandwich Box (hamburger buns, hot dog buns, tortillas, etc.)
 - Frozen Treat Box (ice cream bars, all-natural fruit bars, ice cream sandwiches, etc.)
 - Sandwich Meat Box (individual servings of sliced luncheon meat)