

Freezer + Midweek Reset Guide

One morning of cooking feeds you all week. Then there's one small job on the night of Day 3.

Step 1: Prep Day, tucking the food away

Fridge

For Days 1, 2, and 3

- ☐ 6 Beef & Lentil Crumble
- ☐ 4 Salsa Chicken
- ☐ 14 Egg Squares
- ☐ 8 Cocoa Bites
- ☐ 2 red peppers, sliced

Pantry

- ☐ 14 Snack Mix bags

Freezer

For Days 4 to 7

- ☐ 4 Beef & Lentil Crumble
- ☐ 4 Salsa Chicken
- ☐ 2 Plain Chicken (label it "Day 7")
- ☐ 16 Egg Squares
- ☐ 6 Rice
- ☐ 8 Cocoa Bites
- ☐ 4 Smoothie Bags

A quick label on each freezer bag helps: "**Move to fridge: night of Day 3.**" Smoothie Bags can skip it.

Step 2: Night of Day 3, a few-minute job for you or a helper

- ☐ Move **everything** from the freezer to the fridge, Day 1 salmon too.
- ☐ The **4 Smoothie Bags** can stay in the freezer. They go right into the blender.
- ☐ Slice **3 red peppers** and keep them covered in the fridge.

By morning, it'll all be thawed. Still a little icy? A bit more microwave time and a stir will do it.

Keeping food safe

- Cooked food goes into the fridge or freezer within **2 hours**.
- Fridge food keeps for **3 to 4 days**.
- Day 1 leftover salmon rests in the **freezer**. Day 4 leftover salmon waits in the **fridge** for Day 6.
- Warm leftovers until they're steaming hot, **165°F** in the middle.
- A stir halfway through microwaving helps everything heat evenly.

Sources: USDA; FoodSafety.gov storage chart and safe temperatures; Oregon State University Extension, PNW 612. Prepared by Emahlea Wilcher, MPH, RD, LD, with AI compiling & editing assistance, for StudioLink Recipe. October 2026.