

Freezer Meal Prep Mix and Match Cheat Sheet

All 3 Cook Sets, 15 recipes, one reference page for building dinner from the freezer

BEFORE YOU SHOP

Kosher salt, black pepper, olive oil, and neutral oil repeat across almost every recipe in this system. Check your pantry before you shop, most kitchens already have these on hand in the quantities needed here.

Any protein cube + any starch cube + any vegetable cube = dinner from frozen in under five minutes. Mix and match by mood, not by Cook Set.

RECIPE	ROLE	MOLD	PORTIONS	FREEZE TIME
COOK SET 1: BOLD & SAUCY				
Bourbon Chicken	Protein	1-cup	6	4 hrs
Pork Adobo	Protein	1-cup	6	8 hrs
Stick of Butter Rice	Starch	½-cup	8	4 hrs
Boursin Mashed Potatoes	Starch	½-cup	8	4 hrs
Lemon Garlic Broccolini	Vegetable	1-cup	4	4 hrs
COOK SET 2: WEEKNIGHT STAPLES				
Crockpot Mississippi Chicken	Protein	1-cup	6	6 hrs
Cuban Picadillo	Protein	1-cup	6	4 hrs
Spanish Rice	Starch	1-cup	6-8	4 hrs
Cuban Black Beans	Starch	1-cup	6	6 hrs
Sauteed Peppers and Onions	Vegetable	1-cup	6	4 hrs
COOK SET 3: COMFORT FOOD CLASSICS				
Salisbury Steak Meatballs	Protein	1-cup	4	4 hrs
Braised Beef Tips in Gravy	Protein	1-cup	6	6 hrs
Stovetop Mac and Cheese	Starch	1-cup	8	4 hrs
Cream Cheese Mashed Potatoes	Starch	½-cup	8	4 hrs
Cheesy Broccoli	Vegetable	1-cup	6	4-6 hrs