



Step Six: Store & Freeze for Flexibility

Storing and freezing your meals properly helps you eat well consistently, even on the busiest or most low-energy days. It protects your time, reduces waste and gives you options when life gets hectic — all while supporting your body's needs.

✓ To Do: Best Practices for Freezing with Intention

Planning & Preparation

- **Plan ahead:** Choose 2–3 meals per week for batch cooking and freezing.
- **Label everything:** Write the *date*, *meal name*, and *which freezer/drawer* it's in.
- **Portion it out:** Store in individual servings for ease and flexibility.
- **Choose the right containers:** Use *glass containers*, *BPA-free plastic*, or *silicone freezer bags* for a hormone-safe, eco-conscious kitchen.
- **Let food cool:** Cool food fully before freezing (but no more than 2 hours at room temp).

Storage Tips

- Store food in **flat layers** to save space and speed up freezing.
- Use **airtight containers** or **double-wrap** for extra protection against freezer burn.
- Follow the **FIFO** method: *First In, First Out* — eat older meals first.
- Keep a **Frozen Meal Log** (template below) to stay organised and reduce waste.

Defrosting & Reheating

- **Thaw in the fridge overnight** for safety and best texture.
 - Use the **microwave or stovetop** to reheat gently.
 - Eat thawed food within **24–48 hours**.
 - Never refreeze thawed food *unless it has been cooked again*.
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✗ Not To Do: Common Mistakes & Foods That Don't Freeze Well

Common Mistakes to Avoid

- Freezing food while **still hot** → leads to ice crystals and poor texture.
- **Overfilling containers** → food expands and can leak or break containers.
- Refreezing food that's been thawed *and not cooked again*.
- Relying on the freezer *only* — it's a tool, not a lifestyle! Combine with fresh meals.

Foods That Don't Freeze Well

✗ Avoid Freezing...	! Why
Boiled eggs	Rubbery texture, watery whites
Dairy (milk, sour cream, cream sauces)	Separates, grainy texture
Raw leafy veg, cucumber, watermelon	Becomes mushy or slimy
Egg-based sauces (mayo, hollandaise)	Separates when thawed
Fried foods	Becomes soggy, loses crispness
Soft cheeses (ricotta, cottage cheese)	Grainy, watery when thawed
Carbonated drinks	May burst in the freezer

✦ **Better alternatives:** Freeze scrambled eggs, cooked grains, hearty stews, sauces, lentils, shredded meat, casseroles, cooked veg, curries, and soups.

Frozen Meal Log Template

Keep this in your kitchen or on the fridge. A total game-changer for organisation!

Date	What	Where
<i>Example</i>		
<i>09/01/2025</i>	<i>1x red cabbage, greek pork and fried rice</i>	<i>Utility freezer, draw 3 from top</i>



Catherine Howell
CERTIFIED INTERNATIONAL HEALTH COACH
AND LIFE COACH

☎ +44 7542022488
✉ Catherine@WISWYHealth.com
🌐 www.WISWYHealth.com
📷 @CoachCatWISWY



Disclaimer: This handout is based on current research and is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult with a qualified healthcare provider before making any significant changes to your diet or lifestyle. By following these suggestions, you acknowledge that you do so by exercising your right of choice.

P.S. Did you like this handout? Then you'll love [She Thrives Academy](#), along with my [Emotional Eating Breakthrough Blueprint](#) and [Menstrual Cycle Mastery](#) courses!

