



# Freezer-First Swap Chart

**A simple way to turn what's already frozen into dinner, without overthinking.**

## 1) Choose Your Base

Start with one item from each column. That's your dinner foundation.

### Protein

- Chicken (breasts, thighs, shredded)
- Ground beef or turkey
- Meatballs
- Shrimp
- Beans or lentils

### Veg

- Mixed vegetables
- Broccoli or cauliflower
- Spinach or kale
- Peppers and onions
- Green beans

### Starch

- Rice
- Pasta
- Potatoes
- Tortillas
- Quinoa or farro

Pick what you have. No need to match perfectly.

## 2) Pick a Flavor Path

Add one flavor direction to bring it together.

### Tuscan

- Garlic
- Tomato or sun-dried tomato
- Cream or Parmesan
- Works well with: chicken, shrimp, spinach, pasta, potatoes

### Tex-Mex

- Cumin or chili powder
- Salsa or canned tomatoes
- Cheese
- Works well with: ground meat, beans, peppers, rice, tortillas

### Curry

- Curry paste or powder
- Coconut milk
- Ginger or garlic
- Works well with: chicken, shrimp, mixed veg, rice

Sauce and seasoning do most of the work. Keep the rest simple.

## 3) Quick Cook-from-Frozen Tips

- Most proteins can cook straight from frozen. Use medium heat and allow extra time.
- Frozen vegetables roast best at high heat or simmer well in sauces.
- Spread ingredients out on a sheet pan for better browning.
- Add sauces near the end to keep textures from getting mushy.
- When in doubt, cook a little longer at lower heat.

Simple food. Steady results.

## Optional Tip

Mix and match freely. This chart is a guide, not a rulebook.

Use what you have, follow one clear path, and let dinner be good enough.