

FREE PRINTABLE · MEALS

Batch Cooking Planner

Cook three or four big things once, eat from them for two weeks.

COOK DATE

PORTIONS NEEDED

FREEZER SPACE

The batches

DISH	PORTIONS	COOK TIME	FREEZES WELL?	REHEAT METHOD

Combined shopping list

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Oven & hob schedule

SLOT	WHAT IS COOKING	TEMP	OUT AT
Oven 1			
Oven 2			
Hob 1			
Hob 2			
Slow cooker			