

PRIMAL GUIDE

Freezer Inventory: By Zone

Keep each type of food in the same place every time. In a chest freezer use boxes or baskets; in an upright, give each shelf one job.

Ground meat Most-used item: keep at the top or front. 1-lb flat portions; keep a couple up front as the “forgot to thaw” backup.

Out	Cut / item	Weight / qty	Date frozen	Source / farm	Eat by

Steaks & roasts Steaks in pairs or per meal; roasts wrapped whole. Second layer of paper for long storage.

Out	Cut / item	Weight / qty	Date frozen	Source / farm	Eat by

Organs & bones Small portions, tray-frozen then moved to a glass jar. Bones for broth.

Out	Cut / item	Weight / qty	Date frozen	Source / farm	Eat by

Cooked meals & broth Glass or stainless containers, about 1 in headspace. Label with the date cooked.

Out	Cut / item	Weight / qty	Date frozen	Source / farm	Eat by

Fruit & butter Separate corner. Butter stays in its paper plus an outer layer of butcher paper.

Out	Cut / item	Weight / qty	Date frozen	Source / farm	Eat by