



Saving You Time + Money in the Kitchen

What's Inside My Freezer?

5 Must-have ingredients to
keep in your freezer for quick
and nutritious meals

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Italian





5 Freezer Must-Haves For Quick & Nutritious Meals

Having these 5 essentials in my freezer allows me to whip up delicious meals in no time while staying on track with my nutrition.

1

Vegetables

Chop and freeze fresh vegetables or simply stock pre-frozen veggies.

2

Fruit

Wash and freeze fresh berries and fruit or simply stock pre-frozen fruit.

3

Pesto

Take homemade or pre-bought pesto and freeze in individual portions.

4

Naan + Bread

Freeze naan, flatbreads, bagels, tortillas and quickly turn them into easy last minute meals.

5

Soffritto

Pre-portion carrots, celery and onion and freeze to have on hand to save time.



Saving You Time & Money

Keeping a well-stocked freezer isn't just about convenience —it's a game changer for meal prep and budgeting!

- 🕒 **Saves Time:** No need for daily chopping, prepping, or last-minute grocery trips.
- ♻️ **Reduces Waste:** Frozen ingredients last longer, preventing spoilage.
- 💰 **Cost-Effective:** Buying in bulk and freezing portions saves money in the long run.
- 🥗 **Healthy Meals:** With these essentials, nutritious homemade meals are always within reach.

Let's dive into my top five must-have freezer staples →



What's Inside My Freezer

Frozen Vegetables

Why I Always Have Them:

- Ready-to-use for stir-fries, soups, omelets, and side dishes.
- No chopping or prep—just toss them into your favorite recipes.
- Helps increase vegetable intake without spoilage.

Quick Meal Idea: Add frozen veggies to scrambled eggs or a stir-fry for a fast, nutrient-packed meal.



What's Inside My Freezer

Frozen Fruit

Why It's a Must-Have:

- Perfect for smoothies, yogurt bowls, oatmeal, and desserts.
- Adds natural sweetness without added sugars.
- Great for baking and making homemade sauces.

Quick Meal Idea: Blend frozen fruit with Greek yogurt and honey for a refreshing smoothie.



What's Inside My Freezer

Naan, Bagels, Flatbreads

Why I Keep It Stocked:

- A quick base for flatbreads, pizzas, or wraps.
- Toast it for a crispy side to soups and curries.
- Great for last-minute meals or entertaining guests.

Quick Meal Idea: Top naan with pesto, cheese, and veggies, then bake for an easy homemade pizza.



What's Inside My Freezer

Portioned Pesto

Why It's a Game-Changer:

- Instant flavor booster for pasta, grilled meats, or roasted veggies.
- Freezing in small portions makes it easy to grab just what you need.
- Adds a rich, herby taste to simple dishes.

Quick Meal Idea: Stir pesto into warm pasta with cherry tomatoes and mozzarella for a fast, delicious meal.



What's Inside My Freezer

Soffritto

Why I Keep It Ready:

- The perfect base for soups, stews, sauces, and sautés.
- Saves time on chopping while adding depth of flavor.
- A key ingredient in many savory dishes.

Quick Meal Idea: Sauté soffritto with garlic and olive oil, then add broth and lentils for a hearty soup.



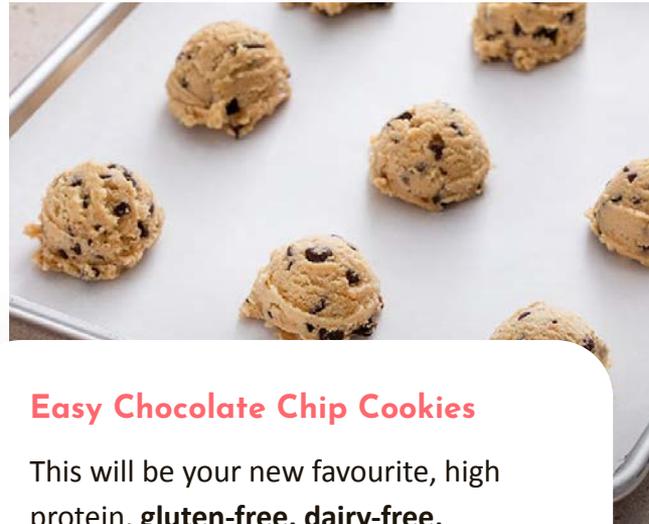
Try These ♥ Most Loved Recipes



Roasted Cauliflower + Hummus

This roasted cauliflower hummus is creamy, comforting, full of flavour, **nutritious, satisfying and super filling.**

Make This Recipe



Easy Chocolate Chip Cookies

This will be your new favourite, high protein, **gluten-free, dairy-free,** chocolate chip cookies.

Make This Recipe



Follow Me For More Tips & Easy Recipes

With these freezer essentials, you can cook up healthy delicious meals in minutes while staying on track with my nutrition.

 *Share your freezer must-haves with me on Instagram!*



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