

Freezer Mates[®] Storage Chart

	Mini 1 4 oz./ 110 mL	Small 1 1 cup/ 250 mL	Small 2 2 ¾ cups/ 650 mL	Medium 1 2 ¼ cups/ 550 mL	Medium 2 6 cups/ 1.5L	Large 2 13 cups/ 3.1 L
Meat:						
Steaks				1 pc.	2-3 pcs.	4 pcs.
Chops		1 pc.	2 pcs.	3 pcs.	6 pcs.	14 pcs.
Flank/ Cube Steak				1 – 1 ½ lb.	2 lb.	
Roast					2 – 3 lb.	4 – 5 lb.
Loin			1 1/2 – 2 lb.		3 1/2 – 4 lb.	7 – 8 lb.
Ribs		1/3 rack	3/4 rack	½ rack	1 ½ rack	3 racks
Ground Meat		½ lb.		1 lb.	3 lb.	
Poultry:						
Chicken Breast (boneless)		1 pc.	2 pcs.	3 pcs.	6 pcs.	14 pcs.
Chicken, whole (cut up)					1/2	1
Ground Poultry		½ lb.		1 lb.	3 lb.	
Luncheon Meat				1 lb.		
Sausage		2 pcs.		4 pcs.		
Tamales			3 pcs.	3 pcs.	6 pcs.	

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Fish, Shellfish:						
Fillet/Steaks		½ lb.	1 lb.	1 lb.	2 – 2 ½ lbs.	
Shrimp, Crayfish, Squid, Shucked Clams & Mussels - uncooked		½ lb. (med.)	1 lb. (med.)	1 lb. (med.)		
Crab Meat		½ lb.	1 lb.	1 lb.		
Lobster Tails – uncooked			2 pcs.		4 pcs.	
Dairy:						
Cheese, grated	¼ cup	1 cup	2 1/2 – 3 cups	2 – 2 ½ cups	6 cups	13 cups
Butter		½ - ¾ lb.		1 – 1 ½ lbs.		
Ice Cream Bars					6 - 8	
Ice Cream, Sorbet			1 qt.			
Eggs:						
Egg Whites – uncooked	4					
Egg Substitutes	¼ cup	1 cup	2 1/2 – 3 cups	2 – 2 ½ cups		

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Soups, Stews, Chili, Gravy	¼ cup	1 cup	2 ½ - 3 cups	2 – 2 ½ cups	6 cups	13 cups
Breads:						
Muffins/English Muffins			2 pcs.		6 pcs.	12 pcs.
Rolls – small					10 – 12 pcs.	30 – 36 pcs.
Rolls – medium					8 – 10 pcs.	14 – 16 pcs.
Bagels			2 pcs.		5 pcs.	10 pcs.
Hot Dog/ Hamburger Buns					5 pcs.	10 pcs.
Pancakes – cooked (3 ½ - 4" D)				4 - 5 pcs.	12 pcs.	36 pcs.
Tortillas (8" D)						24 – 32 pcs.
Waffles – cooked				3 – 4 pcs.	8 – 10 pcs.	21 – 27 pcs.
Pastries, Danish, Doughnuts – baked			2 pcs.		5 pcs.	10 pcs.
Pizza Slices					6 – 8 pcs.	
Baked Goods:						
Brownies (2" x 2")					8 pcs.	24 pcs.
Cookies				6 pcs.	12 pcs.	24 pcs.
Cupcakes			2 pcs.		6 pcs.	12 pcs.

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Fruit:						
Grapes		1 cup	3 cups	2 cups	6 cups	13 cups
Apricots (pitted), Plums (pitted)		2 – 3 sliced	4 halved		10 halved	19 – 20 halved
Peaches (pitted), Nectarines (pitted)		1 sliced			5 halved	11 – 12 halved
Blueberries, Cherries (pitted)		1 cup	3 cups	2 - 3 cups	6 - 7 cups	
Cranberries		1 ½ cups	3 cups	3 cups	6 cups	
Mango (pit & removed & peeled)		1 cubed	2 – 3 cubed			
Melon (1" cubes)			2 – 3 cups		½ - ¾ small melon cubed	1 medium melon cubed
Pineapple (1" cubes)		1 cup	1 pineapple cubed (2 - 3 cups)			
Raspberries, Blackberries		1 - 2 cups	3 - 4 cups			
All Other Fruit		1 cup	2 1/2 – 3 cups	2 cups	6 cups	
All-Natural Fruit Pops				3 – 4 pcs.	12 pcs.	

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Vegetables:						
Asparagus				20 – 30 spears	40 – 70 spears	
Beans, Lima Beans, Peas, Summer Squash		1 cup	2 – 3 cups			
Bell Peppers – chopped	½ cup	1 cup				
Broccoli – cut			3 cups		6 cups	
Carrots				6 – 8 whole	14 – 16 whole	
Cauliflower – cut			½ head, cut into pieces		1 whole head cut into pieces	
Celery				10 stalks	20 stalks	
Chilies, small		6 – 8 whole	12 – 14 whole			
Corn on the Cob					3 – 4 ears	7 – 8 ears
Garlic, chopped	½ cup	1 cup				
Greens: Collards, Kale, Mustard, Spinach, Swiss Chard – uncooked			2 cups		3 – 4 cups	
Green Beans			1 ½ cups		3 – 4 cups	
Herbs – chopped	½ cup	1 cup				
Mushrooms				1 – 1 ½ cups	2 ½ - 3 cups	
Onions – chopped	½ cup	1 cup				
Tomatoes – quartered					6 medium	12 medium

The Large 2 “Box”

- Use for any type of food you like to keep in large quantities.
- Place layers of food in container—flash freeze, use waxed paper, or freezer paper between layers to keep from sticking together.
- Any number of servings can be removed as needed for a meal.
- Ideas:
 - Beef Box (steaks, hamburger patties, etc.)
 - Chicken Box (drumsticks, wings, etc.)
 - Boneless Chicken Box
 - Pork Box
 - Fish Box
 - Breakfast Box (pancakes, waffles, bagels, English muffins, pastries, muffins, etc)
 - Sandwich Box (hamburger buns, hot dog buns, tortillas, etc.)
 - Frozen Treat Box (ice cream bars, all-natural fruit bars, ice cream sandwiches, etc.)
 - Sandwich Meat Box (individual servings of sliced luncheon meat)