Freezer portion meal count

See how many meals are available from frozen portions.

Three steps

1. Count usable portions
2. Choose portion needs
3. Plan meals using older safe food first

A worked example

Food	Soup
Portions	6
Portions per meal	2
Meals available	3

Six portions cover three two-person meals.

Follow safe thawing and storage guidance.

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Use one row per item or decision. Start with what you know.

Food	Portions	Portions per meal	Meals available

My next action / when