



# Pantry & Freezer Tracker

By Eat Healthy, Eat Right

Stay Organized • Waste Less • Eat Well

This printable and GoodNotes-friendly tracker was designed to help you take the guesswork out of what's hiding in your pantry and freezer so you can cook smarter, shop more intentionally, and waste less food.

Whether you're managing food sensitivities, sticking to a grocery budget, or simply trying to make the most of what you already have, this tool will keep you organized and in control.

## What's Inside:

- **Pantry Staples Checklist** (with common items already listed)
- **Freezer Inventory Tracker** (sorted by category)
- **Blank Sections** for your unique staples and storage style
- **Space for Dates & Notes** so nothing gets forgotten
- **Weekly Meal Planner** so you can plan your meal to take some stress out of your life!

## Tips for Use:

- Print and post on your fridge or pantry door — or use in **GoodNotes** to track it all digitally
- Update weekly (or as needed) when you add or use ingredients before grocery shopping
- Use it alongside your **weekly meal planner** to save time and money (Page 5)
- Reuse or reprint monthly to reflect seasonal items or big shops

You're not just tracking ingredients you're creating a kitchen that supports your health goals, reduces waste, and gives you peace of mind.

Let's make food storage simple, satisfying, and smart.

With you in every delicious bite,  
Paula Fournier, BS | CHC | CMHC  
EHER

# Pantry Inventory

Item	Restock Soon?
All-purpose flour	<input type="checkbox"/> Yes <input type="checkbox"/> No
Brown sugar	<input type="checkbox"/> Yes <input type="checkbox"/> No
White sugar	<input type="checkbox"/> Yes <input type="checkbox"/> No
Corn starch	<input type="checkbox"/> Yes <input type="checkbox"/> No
Baking powder	<input type="checkbox"/> Yes <input type="checkbox"/> No
Baking soda	<input type="checkbox"/> Yes <input type="checkbox"/> No
Salt	<input type="checkbox"/> Yes <input type="checkbox"/> No
Olive oil	<input type="checkbox"/> Yes <input type="checkbox"/> No
Vegetable oil	<input type="checkbox"/> Yes <input type="checkbox"/> No
Canned tomatoes (sauce)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Beans (canned/dry)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Pasta	<input type="checkbox"/> Yes <input type="checkbox"/> No
Rice	<input type="checkbox"/> Yes <input type="checkbox"/> No
Nut butters	<input type="checkbox"/> Yes <input type="checkbox"/> No
Broth/Stock	<input type="checkbox"/> Yes <input type="checkbox"/> No
Oats	<input type="checkbox"/> Yes <input type="checkbox"/> No
Coffee/Tea	<input type="checkbox"/> Yes <input type="checkbox"/> No
Condiments	<input type="checkbox"/> Yes <input type="checkbox"/> No
Spices (list)	<input type="checkbox"/> Yes <input type="checkbox"/> No

# Freezer Inventory

## Vegetables

Item	Date Frozen	Use By	Restock?
Broccoli			<input type="checkbox"/>
Spinach			<input type="checkbox"/>
Mixed Veggies			<input type="checkbox"/>
Cauliflower			<input type="checkbox"/>
Peas			<input type="checkbox"/>
Corn			<input type="checkbox"/>
Carrots			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

# Freezer Inventory

## Meats & Poultry

Item	Date Frozen	Use By	Restock?
Ground beef			<input type="checkbox"/>
Chicken breast			<input type="checkbox"/>
Turkey			<input type="checkbox"/>
Hot Dogs			<input type="checkbox"/>
Pork			<input type="checkbox"/>
Beef (Cuts)			<input type="checkbox"/>
Lamb			<input type="checkbox"/>
			<input type="checkbox"/>

## Fruit & Other

Item	Date Frozen		Use By	Restock?
Mixed berries				<input type="checkbox"/>
Blueberries				<input type="checkbox"/>
Cherries				<input type="checkbox"/>
				<input type="checkbox"/>

# Weekly Meal Planner

<b>SUNDAY</b>	
<b>MONDAY</b>	
<b>TUESDAY</b>	
<b>WEDNESDAY</b>	
<b>THURSDAY</b>	
<b>FRIDAY</b>	
<b>SATURDAY</b>	

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