



Fill your Freezer

HEALTHY + DELICIOUS FREEZER MEALS



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Freezer Tips

LABEL YOUR MEALS

Be sure to label each package with the date prepared, the name of the recipe, and preparation instructions.

AVOID FREEZER BURN

Freezer burn is essentially your food getting dehydrated because of the cold air. Quality freezer containers are moisture and vapor proof so they protect your food.

IF IN DOUBT...

Throw It out! . If you are unsure of how long something has been frozen or are a bit wary of something once defrosted, don't take any chances.

THAWING TO COOK

The 3 safest methods for thawing frozen food are in the refrigerator, in cold water, or in the microwave.

MAKE FOODS YOUR FAMILY LIKES

If your family hates tacos, then don't choose to make a huge batch of freezer chicken tacos just because you see it online, and it looks easy. Make high-quality meals with foods you know you and your family will enjoy.

Make Ahead Freezer Oatmeal Cups

Ingredients

- 3 cups quick-cooking oats
- ¼ cup brown sugar or coconut or demerara sugar, to taste
- 3 cups water
- 3 cups milk of choice (dairy or non-dairy)
- 1 pinch salt
- Assorted chopped fruit, nuts, chocolate chips, or other toppings

Method

Combine the oats, sugar, water, milk, and salt in a large saucepan and bring to a boil.

Reduce heat to medium and cook for 2-3 minutes, or to desired consistency. Set aside to cool slightly.

Spray two 12-cup muffin tins with cooking spray or line with silicone muffin liners (or use a silicone muffin pan) and set out toppings in bowls.

Divide the cooked oatmeal between the muffin cups, and top each with desired toppings.

Cover with plastic wrap and place in the freezer for several hours, or until frozen.

Once frozen, pop out of the muffin tins, loosening with a butter knife or small spatula, if necessary and wrap in sandwich bags or plastic wrap.

Remove desired number of cups (one to three per serving) from the freezer the night before or day you plan to serve them.

Warm in the microwave for 1-2 minutes (longer if still frozen), and stir in a little more milk, if desired.

Prep Time: 10 Minutes

Freezing Time: 3 hrs

Serves: 24



Smoothies

Ingredients

For Green Smoothie (make 6 each):

- 1 cup (5 ounces) frozen spinach
- 1/2 cup (2 ounces) frozen tropical fruit mix
- 1/2 banana, sliced
- 1/4 cup mixed seeds

For blending: 1 cup almond milk

For Very Berry Smoothie (make 6 each):

- 1 cup (5 ounces) frozen mixed berries
- 1/2 banana, sliced
- 1/4 cup sliced almonds
- 1 tablespoon sweetener of choice (honey, maple syrup or other)

For blending: 1-1/2 cups almond milk

For Chocolate Coconut (make 6 each):

- 1 banana, sliced
- 1/2 cup (2 ounces) frozen mixed berries
- 1/2 cup (2 ounces) frozen cauliflower florets
- 2 tablespoons cacao powder
- 1 tablespoon maple syrup

For blending: 1 cup coconut milk



Prep Time: 30 Minutes

**Freezing Time: At least 3 hours
or until ready to use**

Serves: 18

Method

To Make Smoothie Freezer Packs:

For each individual smoothie flavor, place all components except for almond/coconut milk in plastic bag and flatten and press any air out of the bag.

You can use a straw to suck the air out, just be careful not to do this if you're using any cacao powder.

Repeat this recipe for a total of 6 smoothies per flavor. Place in the freezer until ready to use.

To Blend Smoothies:

Combine all ingredients, including specified milk, in a high speed blender.

Blend until creamy, adding additional almond milk if necessary.



Slow Cooker Beef, Lime & Cilantro Chili

Prep Time: 10 Minutes

Cook Time: 8 Hours

Serves: 6



Ingredients

- 1 pound 85% lean ground beef
- 14.5oz can tomato sauce
- 14.5oz can petite diced tomatoes, undrained
- 2 cans black beans, drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- The juice and zest from 1 lime
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- Fresh cilantro, chopped (for topping)

Method

Add all of the ingredients (except cilantro) to a gallon-sized baggie and freeze for later.

Thaw the bag in a bowl in the refrigerator overnight. Empty contents into a slow cooker and cook for 8 hours.

Break apart beef and stir in about one tablespoon of fresh cilantro.



Chickpea Wild Rice Soup

Ingredients

- 1/2 cup yellow onion, diced
- 1 cup shredded carrots
- 1 tsp minced garlic
- 1 cup uncooked wild rice
- 1 can chickpeas, drained
- 4 cups vegetable or chicken broth
- 1 tsp salt 1 tsp poultry seasoning
- 1/4 tsp (1 mL) celery salt
- pinch of red pepper flakes
- 1 lb chicken breasts (optional)

On serving day:

- 1/4 cup butter
- 1/4 cup cornstarch
- 2-1/2 cups whole milk

Prep Time: 10 Minutes

Cook Time: 6-7 Hours

Serves: 6



Method

Add all ingredients to a gallon-sized freezer bag or container for instant pot. Seal bag or container, removing as much air as possible, and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 30 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 28 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 4-5 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 6-7 hours.

TO SERVE

After cooking in Instant Pot or Crock Pot, shred chicken if using. In a small saucepan melt butter over medium heat. Add cornstarch and whisk for 30 seconds until smooth. Add in whole milk and whisk, stirring constantly until thickened. Add to soup and stir gently until all blended together and creamy. Serve.



Easy Sausage Gumbo

Prep Time: 10 Minutes

Cook Time: 3-4 Hours

Serves: 6

Ingredients

- 12 oz Smoked turkey or Kielbasa sausage, sliced into thin slices
- 10 oz okra, fresh or frozen
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 2 tsp minced garlic
- 28 oz can of diced tomatoes, with juices
- 1 tbsp Worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 dashes tabasco or hot sauce

Method

Add all ingredients to a gallon sized freezer bag or container for instant pot. Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 10 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 3-4 hours or low 5-6 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 3 hours or low 4-5 hours.

So delicious served over rice and a crisp green salad or corn-on-the-cob.

Cilantro Lime Chicken Freezer Meal

Prep Time: 10 Minutes

Cook Time: 8 Hours

Serves: 4-6



Ingredients

- 3 or 4 chicken breasts
- 1/4 cup lime juice
- 1 bunch fresh cilantro, chopped
- 2 cups frozen corn
- 2 garlic cloves, minced
- 1/2 onion, chopped
- 1 can {1 1/2 cups} black beans, drained and rinsed
- 1 tsp cumin

Method

Place all the ingredients in a resealable gallon-sized freezer bag and pop it in the freezer.

When you are ready to prepare your meal, simply thaw the bag in a bowl in the refrigerator overnight.

Empty contents into a slow cooker and cook for 8 hours on low or 4- 6 hours on high until the chicken is cooked thoroughly.

Serve over rice or with tortillas and all the fixings.



Make Ahead Meatloaf

Prep Time: 20 Minutes

Cook Time: 1 Hour

Serves: 4

Ingredients

- 1.5 pounds lean ground beef
- 1 cup milk
- 1 tbsp Worcestershire Sauce
- 1 tsp chopped fresh sage leaves
or 1/4 teaspoon dried sage leaves
- 1 tsp salt
- .5 tsp ground mustard
- .5 tsp pepper
- 2 cloves garlic, chopped or 1/2
teaspoon garlic powder
- 1 egg
- .5 cup bread crumbs
- 1 small onion, diced

Method

Combine all ingredients.

Shape into a large loaf and place in an ungreased 9x5 inch pan. Wrap in saran wrap, then foil, date and then store in the freezer for up to 6 months.

When you are ready to cook, preheat oven to 350°F.

Bake uncovered at 350° for about an hour or until a meat thermometer reads 160°F

Let cool to room temperature and serve.

Sesame Honey Chicken Lettuce Cups

Prep Time: 10 Minutes

Cook Time: 5-6 Minutes

Serves: 4-6

Ingredients

- 2 lbs boneless chicken breasts, cut into bite-sized pieces
- 1/3 cup cornstarch
- 1/4 cup honey
- 1 tbsp soy or tamari sauce
- 1 tsp minced garlic (about 1 clove)
- 1 tsp sesame seeds
- 1/4 tsp (1 mL) red pepper flakes

On cooking day: 1 head iceberg or butter lettuce.

Other optional toppings: shredded carrots, finely sliced cucumber, sliced green onion, crispy rice noodles



Method

Add sliced chicken + cornstarch into gallon-sized freezer bag. Shake bag until all sides of chicken pieces are coated. Seal bag, removing air.

In a small bowl (or place directly into quart sized freezer bag) combine honey, tamari or soy sauce, minced garlic, sesame seeds, and red pepper flakes.

Label a new gallon-sized freezer bag. Add to labeled bag the sealed chicken with cornstarch bag and sealed sauce bag. Seal bags together and freeze.

QUICK THAW: Thaw chicken and sauce packets quickly by running under warm water until you can break the packets up. Or place the whole kit in the fridge first thing in the morning so the meat will be thawed by dinner time.

COOK IN WOK OR LARGE SKILLET: Add 3-4 tbsp vegetable or canola oil over high heat. Add chicken into wok and stir-fry, separating pieces and stirring constantly until the majority of the pieces have some golden or crispy edges on them, about 4 minutes. Add sauce, and cook, stirring constantly for about 1-2 minutes until sauce is boiling and slightly thickens. Serve in lettuce cups and top with additional toppings if desired.



Salsa Chicken Make Ahead Freezer Meal

Prep Time: 10 Minutes

Cook Time: 4 Hours

Serves: 6

Ingredients

- 2 pounds boneless chicken breast halves, cut into pieces
- 3/4 cup salsa
- 1 15 oz can black beans, drained
- 1 can corn, drained
- 1 15 oz can petite diced tomatoes
- 1/2 tsp garlic powder
- 1/2 tsp cumin



Method

Add 2 pounds of cut up chicken breasts to a gallon zip top bag along with the salsa, black beans, corn, diced tomatoes, garlic powder and cumin.

Remove any air from the bag and squeeze it shut and seal the bag. Store the bag in the freezer lying flat.

When you are ready to cook your meal, simply open up the bag, dump the contents into the crock pot and discard the bag. Set the crock pot to cook on high for 4 hours or low for 8 hours.

Optional: If you would like, when you have 30 minutes left in the cooking time, add 1 cup of shredded cheese to top and continue cooking. You can use cheddar or a Mexican blend.

Shopping List

PRODUCE

- 2 bananas
- 3 limes
- 2 heads garlic (or a jar of minced garlic)
- 2 yellow onions
- 2 medium onions
- 1 small onion
- 1 bag shredded carrots
- 10 oz okra, fresh or frozen
- 1 red bell pepper
- 2 bunches fresh cilantro
- fresh sage leaves
- 1 head iceberg or butter lettuce
- 1 cucumber
- 1 bunch green onions

FROZEN

- 8 ounces frozen mixed berries
- 2 ounces frozen cauliflower florets
- 5 ounces frozen spinach
- 2 ounces frozen tropical fruit mix
- 2 cups frozen corn

PANTRY

- quick-cooking oats
- brown sugar (or coconut or demerara sugar)
- Salt
- pepper
- cacao powder
- maple syrup
- chili powder
- ground cumin
- poultry seasoning
- celery salt
- red pepper flakes
- cornstarch
- ground mustard
- honey
- garlic powder
- sesame seeds
- soy sauce
- worcestershire sauce
- tabasco sauce

PROTEIN

- 2 1/2 lbs 85% lean ground beef
- 6-7 lbs chicken breasts
- 12 oz Smoked turkey or Kielbasa sausage
- 1 egg

OTHER

- Assorted chopped fruit, nuts, chocolate chips, or other toppings
- 1/4 cup sliced almonds
- 1/4 cup mixed seeds
- 14.5 oz can tomato sauce
- 4 cans black beans
- 1 cup uncooked wild rice
- 1 can chickpeas
- 32 oz vegetable or chicken broth
- 28 oz can of diced tomatoes
- 1 container bread crumbs
- crispy rice noodles
- 1 jar salsa
- 1 can corn, drained
- 2 15 oz cans petite diced tomatoes

DAIRY

- 4 cups milk of choice (dairy or non-dairy)
- 1 cup coconut milk
- 1 carton almond milk
- 1/4 cup butter
- 1/2 gallon whole milk