



KETO

FREEZER MEALS



New Leaf Wellness

Keto Freezer Meals.

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ABOUT THE AUTHOR



Dr. Kelly McNelis is a psychologist, blogger, and the author of several other freezer meal eCookbooks. Kelly lives in Pittsburgh, PA with her husband, Andy, and their four young children. Kelly shares her favorite crockpot recipes and freezer meal prep sessions on her blog, [New Leaf Wellness](#).

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INTRODUCTION

Welcome to Keto Freezer Meals! My name is Kelly McNelis and I am the creator of New Leaf Wellness. This book includes all of the recipes from my cookbook eBooks that will work with a Ketogenic diet. You can find the full list of Cookbook eBooks on my website, [New Leaf Wellness](#). All of the recipes in this eBook are frozen without any cooking ahead of time and then cooked in your crockpot, oven, or pot on your stovetop. Here are answers to some of the most frequently asked questions about my “no cook” freezer meals:

How many servings are in each recipe?

4-6. You can decrease the number of servings by splitting each recipe into two freezer bags and cooking in a smaller crockpot (2-4 quarts). The serving size for each dish is included in the nutritional information labels.

Do I have to freeze the meals before cooking?

No. You can add cook them fresh instead.

How long do the meals last in the freezer?

Most meals will last at least three months in a standard freezer.

Do I need to thaw my frozen meals before cooking? If so, how do I do it?

Crockpot meals only need to be thawed enough to break them apart and fit them in the crockpot. (Oven meals do not need to be thawed and stovetop meals need to be thawed completely.) I thaw my crockpot freezer meals overnight in the refrigerator or in the morning in water. I shared 10 tips to help you remember to thaw freezer meals on [my blog here](#).

How do I use the printable labels for my freezer meals?

You can print the labels on [Avery sticker labels](#) or regular computer paper (attach to your freezer bags with clear shipping tape).

Most of the meals need to cook in a crockpot for 4-8 hours. What should I do if I'm out of the house for longer than that?

Most of the recipes in this book will cook perfectly in 4-6 hours on “low” in a 6-quart crockpot or 8 hours on “low” in a 4-quart crockpot. If you need to be out of the house longer than that, I highly recommend purchasing a [crockpot with a timer](#) that you can program to switch to the “warm” setting after a specified amount of time. This is the easiest way to make sure that your meals do not end up dry and burned. If you only need one extra hour (or less), you can use a standard light timer to turn off your crockpot instead. However, if your food sits in the crockpot longer than that, it will start to get cold.

What makes these specific recipes appropriate for a Ketogenic diet?

All of the recipes in this eBook have less than 10g net carbs per serving and ingredients that are “keto-friendly.” Full nutritional information is provided at the back of the eBook and suggested side dishes to increase the fat content are provided with each recipe.

Since these recipes are part of my Complete Freezer Cooking Bundle, some of the photos contain side dishes that are not recommended.

Are there any gadgets that you recommend purchasing to make these meals?

You only need a knife, cutting board, and can opener, but here are some other items that I use and love: [Jokari Hands-Free Baggy Holders, 8-Inch Chef's Knife](#), and [Programmable Crockpot](#).

Additional questions?

If you have additional questions, please email me at kelly@newleafwellness.biz. I would also love to hear what you think of the meals after you freeze and cook them yourself. Please email me or tag me on Instagram [@kellymcnelis](#).

Disclosure: The items recommended above include my Amazon Associate link so I earn a very small percentage of the sales price if you purchase something after clicking on them. Thank you for your support







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CHICKEN SPINACH ALFREDO



Serve over zucchini “noodles” and top with Parmesan cheese and bacon bits.

Yields: 6 servings

Ingredients

1 pound boneless skinless chicken breasts, fat trimmed
16oz heavy cream (2 cups or 1 pint)
4 cloves of garlic, minced
1 cup fresh Parmesan cheese, shredded
1 teaspoon parsley
1/2 teaspoon salt
1/2 teaspoon pepper
5oz baby spinach

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken and stir to combine.

CILANTRO-LIME CHICKEN



Serve with cauliflower rice. Top with your favorite burrito toppings, like shredded cheese, guacamole, and sour cream.

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1/4 cup chopped fresh cilantro
The juice and zest of one lime
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon cumin
4 tablespoons unsalted butter (1/4 cup), diced

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken and mix with juice in slow cooker.

ITALIAN SAUSAGE & PEPPERS

A large, stylized yellow number '3' with a slight shadow, positioned to the right of the main title.

Serve with a fresh garden salad and full-fat salad dressing.

Yields: 6 servings

Ingredients

6 sweet Italian sausage links (you can use more or less and keep remaining ingredients the same)
3 rainbow sweet peppers (red, orange, and yellow), sliced
1 small yellow onion, sliced
4 cloves garlic, sliced
2 tablespoons olive oil
1/2 teaspoon basil
1/2 teaspoon oregano

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover

To Freeze and Cook Later

1. Add all ingredients to pan, except sausage, and stir to combine.
2. Place sausage on top.
3. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 1 1/2 hours covered and then uncover and bake for additional 30 minutes or until sausage reaches an internal temperature of 165° Fahrenheit.

LEMON CHICKEN WITH BABY SPINACH

Serve over zucchini “noodles” and top with Parmesan cheese and shredded mozzarella cheese.



Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
5oz bag baby spinach
6 cloves garlic, minced
1/4 cup extra virgin olive oil
The juice from one lemon
1 tablespoon parsley
1 tablespoon basil
1/2 teaspoon pepper
1/2 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
4. Slice or shred chicken and mix with spinach and sauce in crockpot.

LEMON PEPPER CHICKEN

5

Serve with broccoli and cauliflower topped with cheese.

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1/4 cup extra-virgin olive oil
The juice from one lemon (about 3 tablespoons)
1/2 teaspoon pepper
1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

MEDITERRANEAN SHREDDED PORK



Serve with tomato slices, cucumbers, olives, and hummus for dipping.

Yields: 4 servings

Ingredients

2-pound boneless pork shoulder roast, fat trimmed
2 tablespoons extra virgin olive oil
2 cloves garlic, minced
1 tablespoon paprika
1 tablespoon onion powder
2 teaspoons oregano
2 teaspoons basil
1 teaspoon rosemary
1/2 teaspoon black pepper
1/2 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred pork and mix with juice in crockpot.

MONSTER CHEESEBURGERS

7

Serve on lettuce leaves and top with mayonnaise and bacon slices.

Yields: 6 servings

Ingredients

- 2 pounds 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 2 1/2 teaspoons Montreal steak seasoning mix
- 4 slices of American cheese (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except cheese.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Top with cheese and replace lid for 10 minutes or until melted.
5. Cut into six burgers and discard grease.

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RED PEPPER CHICKEN

Serve with baked asparagus wrapped in bacon.

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1 medium-sized red bell pepper, sliced
1/4 cup extra-virgin olive oil
4 cloves garlic, minced
1 small yellow onion, diced (one cup)
1 teaspoon crushed red pepper flakes
1/2 teaspoon black pepper
1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
4. Shred or slice chicken.

SHREDDED BUFFALO CHICKEN

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Serve with celery, carrots, and bleu cheese dressing.

Yields: 4 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1 cup hot sauce
4 tablespoons unsalted butter
2 tablespoons distilled white vinegar
1 teaspoon paprika
1/2 teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
4. Shred chicken and mix with remaining sauce in crockpot.

SHREDDED CHICKEN FAJITAS



Serve over shredded lettuce, and top with avocado, sour cream, and shredded cheddar cheese.

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1 red pepper, sliced
1 green pepper, sliced
1 red onion, sliced
1/4 cup extra-virgin olive oil
The juice from one lime (about 3 tablespoons)
1 tablespoon chili powder
2 teaspoons cumin
1 teaspoon crushed red pepper flakes
1/2 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
4. Shred chicken and return to crockpot to mix with peppers, onions, and sauce.

SPICY GARLIC LIME CHICKEN



Serve with zucchini and yellow squash sautéed in butter.

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed (about 6 small chicken breasts)
1/4 cup extra virgin olive oil
The juice and zest of one lime
6 garlic cloves, minced
1 small yellow onion, diced (one cup)
1 teaspoon crushed red pepper flakes
1/2 teaspoon pepper
1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

STEAK STIR-FRY AND BOK CHOY

12

Serve topped with a fried egg.

Yields: 6 servings

Ingredients

2 pounds boneless sirloin tip steak, fat trimmed and thinly sliced
2 red peppers, sliced
1 small red onion, thinly sliced (one cup)
1 small bok choy (1 1/2 pounds), root removed and stalks/leaves thinly sliced
1-inch fresh ginger root, peeled and diced
4 garlic cloves, minced
1/4 cup soy sauce
2 tablespoons olive oil
1 teaspoon pepper
1/2 teaspoon salt
1/2 teaspoon ground turmeric
1/2 teaspoon basil

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to a boil and simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked though.

SWEET 'N SPICY THAI BEEF

13

Serve over cauliflower rice. Top with Thai basil leaves and chopped peanuts.

Yields: 6 servings

Ingredients

2-pound sirloin tip roast, fat trimmed
1 small yellow onion, diced (one cup)
13.5oz can unsweetened coconut milk
2 Roma tomatoes, seeded and diced
1 green pepper, sliced*
The juice and zest of 1 lime
1 tablespoon honey
1 teaspoon crushed red pepper flakes
1 teaspoon cumin
1 teaspoon dried basil
1 teaspoon ground ginger

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred beef and return to crockpot to mix with sauce.

*Tip: If you prefer al dente vegetables, freeze the green peppers separately and add last 30 minutes of cooking.

THAI CHICKEN

14

Serve with cauliflower rice and top with chopped peanuts.

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1 small yellow onion, sliced (one cup)
1 large green bell pepper, sliced
13.5oz can unsweetened coconut milk
1 teaspoon crushed red pepper flakes
1 teaspoon cumin
1 teaspoon dried basil
1 teaspoon salt
1 teaspoon ground ginger
The juice and zest of two limes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken and stir to combine.

THAI GREEN CURRY CHICKEN

Serve with cauliflower rice and top with chopped cashews.

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Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
Two 15oz cans unsweetened coconut milk
3 tablespoons jarred green curry paste
1 small yellow onion, diced (1 cup)
1 tablespoon low sodium soy sauce
8oz can bamboo shoots, sliced and drained
1 red bell pepper, sliced
8oz fresh green beans, chopped (about 2 cups)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken and stir to combine.

TUSCAN STEAK AND GREEN PEPPERS

16

Serve over zucchini “noodles” and top with shredded Parmesan and mozzarella cheeses.

Yields: 6 servings

Ingredients

2-pound boneless sirloin tip roast, fat trimmed and sliced
2 green bell peppers, chopped*
4 cloves garlic, minced
1 small yellow onion, diced (one cup)
14.5oz can diced tomatoes, undrained
2 tablespoons extra-virgin olive oil
1 tablespoon Italian seasoning
1 teaspoon salt
1/2 teaspoon crushed red pepper
1/2 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

*Tip: If you prefer al dente vegetables, freeze the green peppers separately and add last 30 minutes of cooking.

NUTRITIONAL INFORMATION

Nutritional information was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested toppings and side dishes were not included.

Chicken Spinach Alfredo

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1/2 cup	Total Fat 34g	52%	Total Carb 8g	3%
	Saturated Fat 23g	115%	Dietary Fiber 3g	12%
Servings 6	Trans Fat 0g		Sugars 0g	
Calories 460	Cholesterol 165mg	55%	Protein 26g	52%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 400mg	17%		
	Vitamin A 70%		Vitamin C 20%	
	Calcium 30%		Iron 10%	

Cilantro Lime Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	Total Fat 7g	11%	Total Carb 1g	0%
	Saturated Fat 5g	25%	Dietary Fiber 0g	0%
Servings 6	Trans Fat 0g		Sugars 0g	
Calories 240	Cholesterol 105mg	35%	Protein 32g	64%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 290mg	12%		
	Vitamin A 6%		Vitamin C 10%	
	Calcium 0%		Iron 6%	

Italian Sausage and Peppers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 sausage and ½ cup peppers and onions	Total Fat 12g	18%	Total Carb 9g	3%
	Saturated Fat 4g	20%	Dietary Fiber 1g	4%
Servings 6	Trans Fat 0g		Sugars 2g	
Calories 200	Cholesterol 25mg	8%	Protein 15g	30%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 485mg	20%		
	Vitamin A 20%		Vitamin C 240%	
	Calcium 4%		Iron 10%	

Lemon Chicken with Baby Spinach

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	Total Fat 15g Saturated Fat 3g Trans Fat 0g	23% 15% 0%	Total Carb 3g Dietary Fiber 1g Sugars 0g	1% 4% 0%
Servings 6				
Calories 280	Cholesterol 85mg	28%	Protein 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 270mg Vitamin A 45% Calcium 4%	11% 45% 4%	Vitamin C 25% Iron 10%	

Lemon Pepper Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 chicken breast	Total Fat 15g Saturated Fat 1g Trans Fat 0g	23% 5% 0%	Total Carb <1g Dietary Fiber 0g Sugars 0g	0% 0% 0%
Servings 6				
Calories 330	Cholesterol 130mg	43%	Protein 48g	96%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 210mg Vitamin A 0% Calcium 0%	9% 0% 0%	Vitamin C 6% Iron 10%	

Mediterranean Shredded Pork

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2/3 cup	Total Fat 53g Saturated Fat 17g Trans Fat 0g	82% 85% 0%	Total Carb 2g Dietary Fiber <1g Sugars 0g	1% 0% 0%
Servings 4				
Calories 650	Cholesterol 160mg	53%	Protein 38g	76%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 450mg Vitamin A 8% Calcium 4%	19% 8% 4%	Vitamin C 8% Iron 15%	

Monster Cheeseburgers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cheeseburger	Total Fat 27g Saturated Fat 14g Trans Fat 0g	42% 70% 0%	Total Carb 7g Dietary Fiber 0g Sugars 4g	2% 0% 0%
Servings 6				
Calories 410	Cholesterol 120mg	40%	Protein 30g	60%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 680mg Vitamin A 4% Calcium 15%	28% 4% 15%	Vitamin C 8% Iron 15%	

Red Pepper Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 chicken breast	Total Fat 15g	23%	Total Carb 4g	1%
	Saturated Fat 1g	5%	Dietary Fiber <1g	0%
Servings 6	Trans Fat 0g		Sugars 2g	
Calories 340	Cholesterol 130mg	43%	Protein 48g	96%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 210mg	9%	Vitamin A 15%	Vitamin C 45%
			Calcium 2%	Iron 10%

Shredded Buffalo Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1/2 cup	Total Fat 15g	23%	Total Carb 0g	0%
	Saturated Fat 7g	35%	Dietary Fiber 0g	0%
Servings 4	Trans Fat 0g		Sugars 0g	
Calories 290	Cholesterol 125mg	42%	Protein 36g	72%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 2360mg	98%	Vitamin A 40%	Vitamin C 0%
			Calcium 0%	Iron 10%

Shredded Chicken Fajitas

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	Total Fat 15g	23%	Total Carb 6g	2%
	Saturated Fat 3g	15%	Dietary Fiber 1g	4%
Servings 6	Trans Fat 0g		Sugars 8g	
Calories 290	Cholesterol 85mg	28%	Protein 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 260mg	11%	Vitamin A 25%	Vitamin C 80%
			Calcium 2%	Iron 10%

Spicy Garlic Lime Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 chicken breast	Total Fat 15g	23%	Total Carb 4g	1%
	Saturated Fat 3g	15%	Dietary Fiber 0g	0%
Servings 6	Trans Fat 0g		Sugars 1g	
Calories 280	Cholesterol 85mg	28%	Protein 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 230mg	10%	Vitamin A 4%	Vitamin C 10%
			Calcium 2%	Iron 6%

Steak Stir Fry and Bok Choy

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 2/3 cup	Total Fat 16g Saturated Fat 6g Trans Fat 0g	25% 30% 0%	Total Carb 9g Dietary Fiber 2g Sugars 6g	3% 8% 6%
Calories 320	Cholesterol 80mg	27%	Protein 36g	72%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 1040mg Vitamin A 150% Calcium 20%	43%	Vitamin C 190%	
			Iron 20%	

Sweet 'N Spicy Thai Beef

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	Total Fat 21g Saturated Fat 14g Trans Fat 0g	32% 70% 0%	Total Carb 8g Dietary Fiber 1g Sugars 6g	3% 4% 6%
Calories 360	Cholesterol 80mg	27%	Protein 33g	66%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 110mg Vitamin A 8% Calcium 8%	5% 8% 8%	Vitamin C 40%	
			Iron 20%	

Thai Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 1/3 cup	Total Fat 1g Saturated Fat 1g Trans Fat 0g	2% 5% 0%	Total Carb 5g Dietary Fiber 1g Sugars 2g	2% 4% 2%
Calories 200	Cholesterol 85mg	28%	Protein 32g	64%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 500mg Vitamin A 8% Calcium 15%	21% 8% 15%	Vitamin C 45%	
			Iron 8%	

Thai Green Curry Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 1/3 cup	Total Fat 3g Saturated Fat 3g Trans Fat 0g	5% 15% 0%	Total Carb 9g Dietary Fiber 3g Sugars 4g	3% 12% 4%
Calories 230	Cholesterol 85mg	28%	Protein 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium 460mg Vitamin A 25% Calcium 30%	19% 25% 30%	Vitamin C 70%	
			Iron 10%	

Tuscan Steak and Green Peppers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	Total Fat 15g	23%	Total Carb 10g	3%
Servings 6	Saturated Fat 6g	30%	Dietary Fiber 1g	4%
Calories 310	Trans Fat 0g		Sugars 5g	
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Cholesterol 80mg	27%	Protein 33g	66%
	Sodium 630mg	26%		
	Vitamin A 8%		Vitamin C 70%	
	Calcium 10%		Iron 20%	

GROCERY LIST

FOR ALL 16 RECIPES

Note: the number(s) listed next to each ingredient corresponds to its recipe number.

Produce

34 cloves of garlic (3 bulbs) (1, 3, 4, 6, 8, 11, 12, 16)
10oz baby spinach (1, 4)
1/4 cup fresh cilantro (2)
6 limes for zest and juice (2, 10, 11, 13, 14)
2 lemons for juice (4, 5)
3 rainbow sweet peppers (red, orange, and yellow) (3)
5 red bell peppers (8, 10, 12, 15)
5 green bell peppers (10, 13, 14, 16)
2 red onions (10, 12)
8 small yellow onions (You can buy 3 bags of frozen diced onions to save time) (3, 7, 8, 11, 13, 14, 15, 16)
1 small bok choy (1 1/2 pounds) (12)
1-inch fresh ginger root (12)
2 Roma tomatoes (13)
8oz fresh green beans (about 2 cups) (15)

Meat

19 pounds boneless skinless chicken breasts (1, 2, 4, 5, 8, 9, 10, 11, 14, 15)
6 sweet Italian sausage links (3)
2-pound boneless pork shoulder roast (6)
2 pounds 85% lean ground beef (7)
2 pounds boneless sirloin tip steak (12)
2 two-pound sirloin tip roasts (13, 16)

Cold/Dairy

16oz heavy cream (2 cups or 1 pint) (1)
1 cup fresh Parmesan cheese (1)
1 stick unsalted butter (8 tablespoons) (2, 9)

Canned

2 cans (13.5oz each) unsweetened coconut milk (13, 14)
2 cans (15oz each) unsweetened coconut milk (15)
8oz can bamboo shoots (15)
14.5oz can diced tomatoes (16)

Materials

15 gallon-sized plastic freezer bags (1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16)
9x13" disposable or aluminum baking pan (3)
Lid or foil to cover aluminum baking pan (3)

Oil/Vinegar

1 3/4 cup extra virgin olive oil (3, 4, 5, 6, 8, 10, 11, 12, 16)
2 tablespoons distilled white vinegar (9)

Seasonings

2 tablespoons plus 2 teaspoons dried basil (3, 4, 6, 12, 13, 14)
1 tablespoon chili powder (10)
1 tablespoon plus 1 1/4 teaspoon cumin (2, 10, 13, 14)
2 teaspoons ground ginger (13, 14)
1 tablespoon Italian seasoning (16)
2 1/2 teaspoons Montreal steak seasoning mix (7)
1 tablespoon onion powder (6)
2 1/2 teaspoons oregano (3, 6)
1 tablespoon plus 1 teaspoon paprika (6, 9)
1 tablespoon plus 1 teaspoon parsley (1, 4)
1 tablespoon plus 2 1/4 teaspoons pepper (1, 2, 4, 5, 6, 8, 9, 11, 12, 16)
1 tablespoon plus 2 1/2 teaspoons crushed red pepper flakes (8, 10, 11, 13, 14, 16)
1 teaspoon rosemary (6)
1 tablespoon plus 2 1/2 teaspoons salt (1, 2, 4, 5, 6, 8, 10, 11, 12, 14, 16)
1/2 teaspoon ground turmeric (12)

Miscellaneous

1 cup hot sauce (9)
1/4 cup plus 1 tablespoon soy sauce (12, 15)
1 tablespoon honey (13)
3 tablespoons jarred green curry paste (15)

Not Needed Until Day of Cooking

4 slices of American cheese (7)

Suggested Side Dishes

1. Chicken Spinach Alfredo –zucchini “noodles,” Parmesan cheese, bacon bits
2. Cilantro-Lime Chicken –cauliflower rice, shredded cheese, guacamole, sour cream
3. Italian Sausage & Peppers – garden salad, full-fat salad dressing
4. Lemon Chicken with Baby Spinach – zucchini “noodles,” Parmesan cheese, shredded mozzarella cheese
5. Lemon Pepper Chicken – broccoli and cauliflower topped with cheese
6. Mediterranean Shredded Pork –tomato slices, cucumbers, olives, hummus
7. Monster Cheesburgers – lettuce, mayonnaise, bacon
8. Red Pepper Chicken – asparagus, bacon
9. Shredded Buffalo Chicken – celery, carrots, bleu cheese dressing
10. Shredded Chicken Fajitas – lettuce, avocado, sour cream, shredded cheddar cheese
11. Spicy Garlic Lime Chicken –zucchini, yellow squash, butter
12. Steak Stir-Fry and Bok Choy – fried eggs
13. Sweet ‘n Spicy Thai Beef – cauliflower rice, Thai basil leaves, peanuts
14. Thai Chicken –cauliflower rice, peanuts
15. Thai Green Curry Chicken – cauliflower rice, cashews
16. Tuscan Steak and Green Peppers – zucchini “noodles,” Parmesan cheese, mozzarella cheese

PRINTABLE LABELS FOR FREEZER MEALS

Use the labels below on your freezer bags. Each label contains the name of the recipe, ingredients, and cooking instructions. There is room to write a “use-by” date, which should be 3 months from the day you prepped the meal.

There is also a page of blank labels in case you want to edit the ingredient list or cooking instructions. You can also use these blank labels for other freezer recipes that are not included in this book.

The freezer labels are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75"](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers.

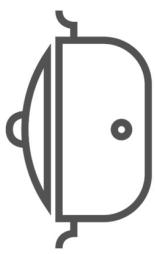
You can also print these labels on regular computer paper and attach to your freezer bags with clear shipping tape.



CROCKPOT CHICKEN SPINACH ALFREDO

- Chicken breasts
Heavy cream
Garlic, minced
Parmesan cheese
Parsley
Salt
Pepper
Baby spinach
1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir to combine.

Use by:



CROCKPOT CILANTRO LIME CHICKEN

- Chicken breasts
Fresh cilantro
Lime juice and zest
Salt
Pepper
Cumin
Unsalted butter
1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and mix with juice.

Use by:



BAKED ITALIAN SAUSAGE & PEPPERS

- Italian sausage
Sweet peppers
Onion
Garlic
Olive oil
Basil
Oregano
1. Pre-heat oven to 400 degrees Fahrenheit.
2. Bake frozen pan 1 1/2 hours covered and then uncover and bake for additional 30min or until sausage reaches 165°F.

Use by:



CROCKPOT LEMON CHICKEN WITH BABY SPINACH

- Chicken breasts
Baby spinach
Garlic
Olive oil
Fresh lemon juice
Seasonings
1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart.
3. Slice or shred chicken and mix with spinach and sauce in crockpot.

Use by:



CROCKPOT LEMON PEPPER CHICKEN

Boneless chicken breasts
Lemon juice
Olive oil
Salt
Pepper

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart.

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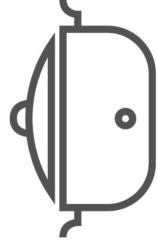


CROCKPOT MEDITERRANEAN SHREDDED PORK

Boneless pork roast
Olive oil
Garlic
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
3. Shred pork.

Use by:

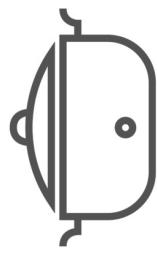


CROCKPOT MONSTER CHEESEBURGERS

Lean ground beef
Minced onion
Montreal steak seasoning

1. Thaw.
2. Add to crockpot and cook on "low" for 6-8 hrs.
3. Top with 4 slices American cheese and add lid for 10 minutes.
4. Cut into six burgers and discard grease.

Use by:



CROCKPOT RED PEPPER CHICKEN

Boneless chicken breasts
Red peppers
Onions
Garlic
Olive oil
Salt
Pepper
Red pepper flakes

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart.

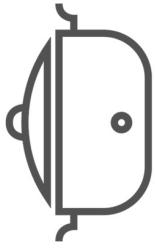
Use by:



CROCKPOT SHREDDED BUFFALO CHICKEN

- Boneless chicken breasts
Hot sauce
Unsalted butter
Distilled white vinegar
Paprika
Black pepper
1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
3. Shred chicken and mix with sauce in crockpot.

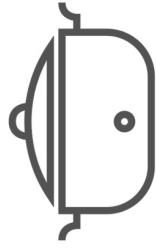
Use by:



CROCKPOT SHREDDED CHICKEN FAJITAS

- Chicken breasts
Bell peppers
Onions
Olive oil
Fresh lime juice
Seasonings
1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
3. Shred chicken and mix with pepper in crockpot.

Use by:



CROCKPOT SPICY GARLIC LIME CHICKEN

- Chicken breasts
Lime juice and zest
Olive oil
Onions
Garlic
Crushed red pepper flakes
Salt
Pepper
1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

Use by:



STOVETOP STEAK STIR-FRY AND BOK CHOY

- Sirloin tip steak
Red peppers
Red onion
Bok choy
Ginger root
Garlic
Soy sauce
Olive oil
Turmeric and basil
Salt and pepper
1. Thaw.
2. Add to large skillet, pot, or saute pan and bring to boil.
3. Simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked through.

Use by:



CROCKPOT SWEET 'N SPICY THAI BEEF

- Sirloin tip roast
Onions
Coconut milk
Green peppers
Roma tomatoes
Fresh lime juice and zest
Honey
Seasonings
1. Thaw.
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
3. Shred beef and mix with sauce in crockpot.

Use by:



CROCKPOT THAI CHICKEN

- Boneless chicken breasts
Green peppers
Onions
Coconut milk
Lime juice
Seasonings
1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart.
3. Shred chicken and stir.

Use by:



CROCKPOT THAI GREEN CURRY CHICKEN

- Boneless chicken breasts
Unsweetened coconut milk
Green curry paste
Onions
Soy sauce
Bamboo shoots
Red bell pepper
Green beans
1. Thaw.
2. Cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart.
3. Serve with rice.

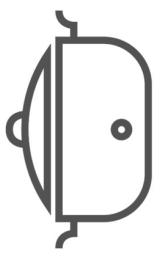
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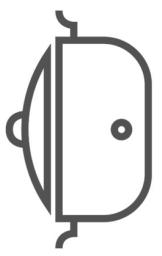
CROCKPOT TUSCAN STEAK AND GREEN PEPPERS

- Sirloin tip roast
Green peppers
Garlic
Onions
Diced tomatoes
Olive oil
Seasonings
1. Thaw.
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.

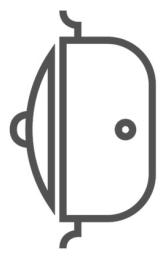
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