

# FREEZER MEALS



prepare 1 extra meal during each week of your pregnancy so when the baby arrives (and your adjusting to your new normal) you can whip up something healthy in a flash!



TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

## CILANTRO LIME CHICKEN TACOS

SERVES 8-10

### Ingredients

- 4 chicken breasts roughly 28 oz
- 341 mL/ 11.5 oz. of can of corn kernels drained
- 1 red onion sliced into strips

### Sauce

- 1 cup chicken stock
- 4 cloves garlic
- ½ teaspoon salt
- ½ teaspoon cumin
- ¼ teaspoon ground coriander
- Zest of 2 limes
- ¼ cup honey
- ½ cup loosely packed cilantro leaves

To serve (you will just need these ingredients the day you serve)

- Tortillas 2 small tortillas per person
- Shredded cabbage
- Radish slices
- Greek yogurt

### Instructions

1. In a gallon sized freezer bag, place the chicken breasts, corn and onion slices.
2. Using a stand or immersion blender, blend the sauce ingredients and pour into the bag.
3. Seal and freeze for up to 3 months.
4. Thaw completely and place dump everything into a 5 quart slow cooker.
5. Cover and cook on low for 4-5 hours, until chicken is cooked through.
6. Serve in tortillas topped with yogurt, shredded cabbage and radish slices

## RED PEPPER CHICKEN

SERVES 6

### Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 2 medium-sized red bell pepper, sliced
- 1 small yellow onion, sliced or diced
- 4 large garlic cloves, minced
- ¼ cup extra virgin olive oil
- 1 teaspoon crushed red pepper flakes
- ½ teaspoon black pepper
- ¼ teaspoon salt

Serve with brown rice and broccoli or a salad

### Instructions

1. Combine all ingredients in a gallon-sized plastic freezer bag.
2. Remove as much air as possible and freeze for up to three months.
3. To cook, thaw and add to crockpot.
4. Cook on "low" setting for 3-4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

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## CHICKPEA TORTILLA SOUP

SERVES 4-6

### Ingredients

- 1 cup salsa
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon salt
- One 19 oz can of chickpeas drained and rinsed
- One 15 oz can of corn drained
- 1 onion chopped
- 3 cloves garlic minced
- 4 cups vegetable or chicken stock

### Before Serving

- 1 tablespoon lime juice

### Toppings

- tortilla chips
- avocado
- greek yogurt
- cilantro leaves

### Instructions

1. In a large freezer bag, combine salsa, cumin, chili powder, salt, chickpeas, corn, onion, and garlic. Squeeze out air and label the bag.
2. Freeze for up to 3 months.
3. To cook, thaw completely for 24 hours in the fridge, then dump the bag into a 5 quart slow cooker with 4 cups of stock.
4. Cook on high for 3-4 hours or for low 6-8 hours.
5. Stir in the lime juice before serving with the toppings listed above.

## LEMON PESTO CHICKEN

SERVES 5

### Ingredients

- 1.5 lbs. boneless skin-less chicken breasts
- 1 cup chicken broth
- ¼ cup FRESHLY SQUEEZED lemon juice
- ½ cup jarred basil pesto (Or make your own – It's EASY. Recipe below.)
- ¼ tsp. salt
- ¼ tsp. pepper

### Instructions

1. Add everything to a gallon Ziplock bag. Squeeze out excess air and seal.
2. Place in freezer for up to a month.
3. When ready to make, thaw for 24 hours in the fridge.
4. Cook on LOW for 6-8 hours.
5. Serve over zucchini noodles or rice or cauliflower rice, topped with parmesan cheese.

### Easy Pesto (Makes ½ cup)

- 1 cup fresh basil leaves, packed (can sub half the basil leaves with baby spinach)
- 1/4 cup freshly grated Romano or Parmesan-Reggiano cheese
- 1/4 cup extra virgin olive oil
- 1/4 cup pine nuts (can sub chopped walnuts)
- 2 garlic cloves, minced
- Salt and freshly ground black pepper to taste
- Add to food processor and blend smooth.

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## THAI PINEAPPLE CURRY

SERVES 6

### Ingredients

- 15oz can of chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 13.5oz can of unsweetened coconut milk
- 3 tablespoons curry powder
- 1.5 teaspoons salt
- ½ teaspoon crushed red pepper flakes
- 2 lbs pork loin cut into 1 inch pieces

### To Serve

- Serve over brown rice or quinoa

### Instructions

1. Add all ingredients to your freezer bag, remove as much air as possible, and seal.
2. Freeze

## CHICKEN CHILE VERDE SOUP

SERVES 4 - 6

### Ingredients

- 3 chicken breasts roughly 1.5 lbs
- 1 can of black beans 540mL/ 19 oz cannellini drained and rinsed
- 1 can green chiles 127 mL/ 4.3 oz
- 1 can of corn kernels 340mL/ 11.5 oz , drained
- 1 onion diced
- 3 cloves garlic minced
- 2 cup salsa verde
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 4 cups chicken stock

### After cooking

- 3 tablespoons cornmeal
- juice of 1 lime

### To serve

- yogurt
- cilantro
- tortilla chips
- shredded cheese

### Instructions

1. Combine all ingredients except for the stock, cornmeal and lime juice in a large gallon-sized freezer-bag.
2. Remove as much air as possible and freeze for up to 3 months.
3. Thaw completely
4. Cook on low 6-8 hours

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## BLACK BEAN, QUINOA AND SWEET POTATO STEW

SERVES 8

### Ingredients

- 4 cups sweet potatoes cubed
- 11 oz/ 341 mL can of corn
- 19 oz/ 540mL can black beans drained and rinsed
- 19 oz/ 540mL can diced tomatoes including juices
- 1 cup red onion diced
- 1 teaspoon salt
- 2 tablespoons cumin
- 1 tablespoon chili powder
- 4-5 cups stock
- 2/3 cup uncooked quinoa

### After Cooking

- 2 tablespoons lime juice
- Additional salt I added 1/4 teaspoon extra

### Instructions

1. Place all ingredients except the stock and quinoa in a gallon-sized heavy duty freezer bag. Squeeze out as much air as possible, then freeze for up to 3 months.
2. Thaw completely before placing in a 5 quart slow cooker with the stock and quinoa, and cook on low for 6 hours.

## SHRIMP STIRFRY

SERVES 4

### Ingredients

- 1 ½ pounds medium shrimp, peeled and deveined
- 1 bell pepper, chopped
- 1 cup sugar snap peas
- 2 carrots, peeled and grated
- 3 cups broccoli florets
- 1 tablespoon olive oil
- 1 teaspoon sesame seeds
- 1 green onion, thinly

### For The Sauce

- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon brown sugar, packed
- 1 tablespoon freshly grated ginger
- 3 cloves garlic, minced
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 teaspoon Sriracha, optional

### Instructions

1. In a large bowl, whisk together soy sauce, oyster sauce, vinegar, sugar, ginger, garlic, sesame oil, cornstarch and Sriracha, if using. Stir in shrimp and gently toss to combine.
2. In a gallon size Ziploc bag or large bowl, combine shrimp mixture, bell pepper, snap peas, carrots and broccoli. Place in freezer for up to 1 month.  
To cook:  
Thaw
3. Heat olive oil in a large skillet over medium high heat. Add shrimp mixture, and cook, stirring occasionally, until shrimp is cooked through and vegetables are tender, about 8-10 minutes.
4. Serve immediately, garnished with sesame seeds and green onion over brown rice.

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# LASAGNA STUFFED PORTOBELLO MUSHROOMS

SERVES 4

## Ingredients

- 4 large portobello mushrooms
- 1-2 tablespoons olive oil
- 1 cup marinara sauce
- 1 ½ cups light ricotta
- ¼ teaspoon salt
- 1 egg
- 1 ½ cup chopped spinach
- ½ cup basil chopped
- 1 cup shredded mozzarella

## Instructions

1. Heat oven to 400°F. Line a baking sheet with parchment or use a 9 x 13 baking dish to catch the mushroom juices.
2. Remove the stem and scoop out the gills of the mushrooms. Wash gently and allow to dry.
3. Brush tops and insides of mushrooms with olive oil.
4. Spoon ¼ cup of marinara sauce into each mushroom.
5. In a medium bowl, mix together the ricotta, salt, egg, spinach and basil. Divide it evenly amongst the four mushrooms.
6. Sprinkle each mushroom with ¼ cup of shredded mozzarella.
7. Bake for 20 minutes, or until mushrooms are baked through.
8. Enjoy immediately, or store in the fridge or freezer to enjoy later.
9. Freezer storage instructions: Allow each mushroom to cool completely. Wrap in foil, then place in a larger storage container.
10. Freeze for up to 3 months.
11. To re-heat: Heat oven to 350°F. Place frozen (un-thawed) mushroom(s) in a baking dish and cover with foil (I just re-use the foil from wrapping them).
12. Bake for 50 minutes, or until heated through and cheese is bubbling.

You can add ground pork or turkey sausage to the marinara, if desired.

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# BACON MUSHROOM QUICHE

SERVES 8

## Ingredients

- 1 pie crust
- 5 slices turkey bacon
- 1 leek chopped
- 8 oz cremini mushrooms sliced
- 6 eggs
- 1 cup unsweetened almond milk
- 1/8 teaspoon salt
- ¼ teaspoon pepper

## Instructions

1. Heat oven to 450°F. Pre-bake 9" pie crust until lightly golden, 10-12 minutes.
2. Cook turkey bacon. Cool and chop into small pieces.
3. Add olive oil to the pan and heat over medium heat. Add the leeks and mushrooms, and cook for 5-8 minutes, until soft and cooked through.
4. In a large measuring glass or bowl, beat together the eggs and milk. Add the salt, pepper, turkey bacon, leeks and mushrooms.
5. When pie crust is done, reduce oven heat to 350°F.
6. Pour egg mixture into the pre-baked pie crust and bake for 40-50 minutes, until middle is cooked through (it won't jiggle and inserting a knife into the middle shouldn't leak any liquid).

## To Freeze:

1. Allow baked quiche to cool completely.
2. Cover with plastic wrap, and then aluminum foil. Label with the name, date, and re-heating instructions using a sharpie.
3. Freeze for up to 3 months.

## To reheat thawed quiche:

1. Thaw completely.
2. Heat in a 350°F oven for 30 minutes, until heated through.
3. To reheat from frozen (note: if you used a glass pie dish, thaw completely before placing in the oven)
4. Place frozen quiche (covered with foil) in a 350°F oven for 30 minutes-1 hour (depending on the size of your quiche), until heated through.
5. Serve with a side of arugula salad topped with shaved parmesan cheese and a dressing made with lemon juice, lemon zest, olive oil, salt and pepper.

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## HERB ROASTED CHICKEN AND VEGGIES

SERVES 4

### Ingredients

- 2 lbs. bone-in chicken pieces (thighs, breasts, and/or drumsticks)
- 1 pound mixed baby potatoes
- ½ pound carrots, peeled and sliced into large chunks (or whole baby carrots)
- 1 onion, chopped into large chunks
- 1 tablespoon olive oil
- ½ teaspoon minced dried onion
- ½ teaspoon minced dried basil
- ½ teaspoon minced dried parsley
- ½ teaspoon minced dried garlic
- ½ teaspoon salt

### Instructions

1. Place chicken and vegetables in a freezer/oven safe 9 x 13-inch baking dish that has been sprayed with cooking spray. Drizzle with oil, sprinkle with herbs and salt, and toss to coat.
2. Cover tightly with plastic wrap and foil; freeze until ready to bake.
3. When ready to bake, thaw dish in refrigerator overnight.
4. Remove the cover and bake in a 375-degree oven for 45 minutes - 1 hour (if using smaller pieces like drumsticks, 45 minutes should be sufficient). Check to see if the chicken is cooked through. Return to the oven, if necessary, until chicken is done and vegetables are tender.
5. If you like a crispier skin on the chicken and veggies, place the dish under the broiler for a few additional minutes until it reaches the desired finish.

## OATMEAL CUPS

SERVES 24 CUPS

### Ingredients

- 3 cups oats
- ¼ cup brown or demerara sugar
- 3 cups water
- 3 cups almond milk
- Pinch of salt
- Assorted chopped fruit, nuts, or other toppings

### Instructions

1. Combine the oats, sugar, water, milk, and salt in a large saucepan and bring to a boil.
2. Reduce heat to medium and cook for 2-3 minutes, or to desired consistency. Set aside to cool slightly.
3. Spray two 12-cup muffin tins with cooking spray and set out toppings in bowls.
4. Divide the cooked oatmeal between the muffin cups, and top each with desired toppings.
5. Cover with plastic wrap and place in the freezer for several hours, or until frozen.
6. 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.
7. Remove desired number of cups (one to three per serving) from the freezer the night before or day you plan to serve them.
8. Warm in the microwave for 1-2 minutes (longer if still frozen), and stir in a little more milk, if desired.



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# TURKEY ZOODLE LASAGNA

SERVES 8

## Ingredients

- 4-5 medium/large zucchini sliced into 1/4 inch thick slices

## Other

- 2 cups shredded mozzarella cheese

## Sauce

- 1 tablespoon olive oil  
 - 1 medium onion chopped  
 - 2 cloves garlic minced  
 - 1 lb lean ground turkey  
 - 1 teaspoon oregano  
 - 1/4 teaspoon fennel crushed  
 - 1/4 teaspoon salt  
 - 650 mL 22 oz jar of pasta sauce

## Ricotta Mixture

- 500 g 17 oz light ricotta, any extra liquid discarded  
 - 1 egg  
 - 1/4 teaspoon salt  
 - 2 cups loosely packed spinach chopped  
 - 1/4 cup fresh basil chopped

## Instructions

1. Heat oven to broil.
2. Place a wire rack over a baking sheet and arrange zucchini slices on the rack
3. Spray both sides of zucchini slices with oil, and broil for 6 minutes per side (turn half-way through), or until lightly browned. Keep an eye on them as all broilers are different and you do not want to burn them!
4. Reduce oven temperature to 375°F.
5. Sauce: Heat oil in a large non-stick pan over medium heat. Sautee onion for 7 or so minutes, until soft and translucent. Add 2 cloves garlic and cook for 1 more minute.
6. Add lean ground turkey and cook for 10 or so minutes, until cooked through and no pink remains. Drain the pan if necessary.
7. Add the oregano, salt, crushed fennel seeds and pasta sauce, and cook for 2-3 more minutes until warmed through.
8. Ricotta Mixture: Stir together the ricotta, egg, salt, spinach and basil in a large bowl.
9. Assemble Lasagna: In a 9 X 13 inch freezer/ oven safe baking pan, spread out 1 cup of the tomato sauce.
10. Top with half of the lasagna 'noodles', followed by half of the ricotta mixture, 3/4 cup of shredded mozzarella, and half of the remaining sauce.
11. Repeat, finishing with the tomato sauce.
12. Allow lasagna to stand for 10-15 minutes before serving (this helps it set up).
13. Cover with foil. Freeze.
14. To bake from frozen, pre-heat oven to 375°F. Bake (covered) for 45 minutes.
15. Remove foil, and bake for 15 more minutes, until cheese is bubbly and lasagna is heated through.

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## CAULIFLOWER RICE BLACK BEAN BURRITOS

SERVES 12

### Ingredients

- 6 cups cauliflower rice
- 1 tablespoon olive oil
- ½ red onion chopped
- 1 bell pepper chopped
- ¼ cup taco seasoning
- 12 large tortillas
- 19 oz can of black beans drained and rinsed
- 4 cups shredded cheese mozza, cheddar, monterey jack all work
- 16 oz jar of salsa
- Avocado slices
- Sour cream or greek yogurt

### Instructions

1. To rice your cauliflower, either use a box grater, or pulse the cauliflower florets in a food processor until uniform and fine.
2. Heat oil in a large pan and cook the onions and bell pepper until soft, roughly 5 minutes.
3. Add the cauliflower rice and taco seasoning and cook for another 2-3 minutes, stirring continuously so everything is coated in the seasoning.
4. When cauliflower rice is slightly soft (not mushy), remove from heat and allow to cool completely.
5. Assemble burritos: roughly ½ cup of the cauliflower rice mixture, topped with 2 spoonfuls of black beans, 2 spoons of salsa and 1/4 cup of shredded cheese.
6. Roll and wrap tightly in plastic wrap.
7. Storage: Store wrapped in plastic and in a storage container or large freezer bag.
8. To Re-heat: Unwrap and heat in the microwave on a paper towel in 30 second increments, flipping each time, until heated through. Crisp up in a frying or grill pan, or on a George Foreman grill.

## CARIBBEAN SWEET POTATO SOUP

SERVES 4 - 6

### Ingredients

- 1 tablespoon olive oil
- 1 onion diced
- 1 tablespoon fresh ginger minced
- 1 clove garlic minced
- 1 jalapeño diced (see note)
- 1 teaspoon allspice
- ½ teaspoon dried thyme
- ½ teaspoon ground coriander
- ½ teaspoon curry powder
- ¼ teaspoon ground ginger
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- 1 celery rib chopped
- 4 cups sweet potato chopped into 3/4 inch cubes
- 2-3 cups stock enough to \*barely\* cover the veggies
- 400 mL 13.5 oz can of coconut milk

### Instructions

1. Heat oil in a medium pot over medium heat. Add the onion and cook for 5 or so minutes, until cooked through and translucent.
2. While onion is cooking, combine all the spices in a small bowl (makes them easier to add!).
3. Add the ginger, garlic and spices to the pot and cook for a minute, until nice and fragrant.
4. Add the celery, sweet potato and stock (just enough to \*barely\* cover the veggies).
5. Bring to a boil, reduce heat and simmer for 15 or so minutes, until sweet potato is cooked through.
6. Stir in the coconut milk, then puree with an immersion blender.
7. Taste for spice and salt and add more as needed (you could kick it up with some cayenne if it's not spicy enough for you).
8. Freeze in individual portions or altogether.

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## PALEO CHILI

SERVES 10 - 12

### Ingredients

- 3 sweet potatoes, cubed
- 1 can of pumpkin purée
- 1 pound cooked ground bison or beef or combination
- 4 cups vegetable broth or 4 cups of water and 1 scoop bone broth protein pure
- 1 tablespoon avocado oil
- one 14-ounce can fire roasted tomatoes
- 1 white onion, chopped
- ½ red onion, chopped
- 1 zucchini, diced
- 1 green or red pepper, diced
- 2 cups cauliflower, chopped
- 2-3 teaspoon garlic, minced
- 1 tablespoon oregano
- ½-1 tablespoon chipotle chili powder
- ½ tablespoon cumin
- ½ tablespoon chili powder
- ½ tablespoon smoked paprika
- 1 teaspoon cayenne
- 1 teaspoon onion powder
- 1 jalapeño, stem removed and chopped

### Serve with

- sliced avocado, chopped green onions

### Instructions

1. Place all chili ingredients in a large slow cooker.
2. Cook on low for 8 hours.
3. Freeze individual portions or all together.

## HIDDEN VEGGIE MEATBALLS

SERVES 5

### Ingredients

- 1 medium carrot, finely shredded or minced in food processor
- ½ small onion, finely chopped or minced in food processor
- 2 cloves garlic, minced (by hand or in a food processor)
- ⅓ cup fresh loosely packed parsley, finely chopped or minced in food processor
- ½ cup fresh, finely grated Parmesan cheese
- 1 egg
- 1 cup whole wheat breadcrumbs
- 3 tablespoons ketchup
- 1 ¼ teaspoons salt
- ½ teaspoon pepper
- 1 pound ground beef

### Instructions

1. Preheat oven to 400 degrees F. Cover a sheet pan that has sides or a 9×13 casserole dish with parchment paper or foil for easy clean-up.
2. In a large bowl, combine the carrot, onion, garlic, parsley, Parmesan, egg, bread crumbs, ketchup, salt and pepper.
3. Mix in the ground beef. Use your hands to combine well.
4. Roll meat mixture into meatballs, using about 2 tablespoons of mixture per meatball. They will be about 1½ inches in diameter. Place on sheet pan, leaving a little room between each one.
5. Freeze.

### To Serve

Thaw in the fridge overnight. Heat in marinara sauce and serve over zucchini noodles.

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## SLOW COOKER BALSAMIC SHREDDED BEEF

SERVES 6 - 8

### Ingredients

- 3 to 4 pound boneless roast beef (chuck or round roast)
- Kosher salt and pepper
- 1 cup beef broth (or sub chicken stock)
- ¼ cup balsamic vinegar
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 4 cloves garlic, minced
- ½ teaspoon red pepper flakes (increase if you want more heat)

### Instructions

1. Put roast beef into slow cooker and season with Kosher salt and pepper on all sides.
2. In a small bowl, mix together all remaining ingredients. Pour over roast beef.
3. Slow cook on LOW for about 8 hours.
4. Using two large forks, shred the meat apart in the slow cooker.
5. Let it cool completely. Store meat and sauce in a freezer container or freezer bag after it's cooled completely.

### To Serve

- Thaw in the fridge overnight. Heat in a pan on the oven and serve with roasted carrots and baby potatoes.

## HERB ROASTED PORK TENDERLOIN

SERVES 4

### Ingredients

- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground thyme
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 1 ¼ pounds pork tenderloin

### Instructions

- To Freeze  
Complete Steps 2-4 and place the seasoned, uncooked pork tenderloin in a gallon-sized freezer bag. Seal and freeze.
- To Prepare  
Thaw overnight in the refrigerator. Set on the counter at room temperature for 30 minutes right before cooking. Then, roast in a preheated 450 degrees F oven according to the directions in Step 5 and 6. If the middle is still cold, it may take longer to reach an internal temperature of 145 degrees.
- Serve with broccoli drizzled with olive oil, freshly squeezed lemon juice and salt and pepper.

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## SZECHUAN STEAK STIR-FRY

SERVES 4

### Ingredients

- 2 garlic cloves, minced
- ¼ teaspoon red pepper flakes
- ¼ cup all-natural soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons all-natural stir-fry sauce
- 1 pound steak, sliced thin, 1-2" long pieces
- ¼ cup water
- 2 teaspoons cornstarch
- 1-2 tablespoon vegetable or peanut oil
- 2-3 cups stir-fry vegetables

### To Serve

- 1/3 cup fresh cilantro, chopped
- 2 tablespoons chopped dry-roasted peanuts

### Instructions

1. Prepare the different uncooked ingredients and freeze them separately in freezer-safe containers/bags as follows:
2. Make the marinade and put the steak in the marinade in a large freezer bag. Squeeze out as much air as possible.
3. Mix the cornstarch and water and put in a small zip-top bag.
4. Chop peanuts and put in another small zip-top bag. (Do not prep and freeze cilantro ahead of time.)
5. Put all three zip-top baggies into one gallon-sized freezer bag. Freeze with the frozen veggie bag on top or nearby, so the meal is all together.
6. When ready to cook, thaw steak/marinade, cornstarch mixture, and peanuts in the refrigerator overnight. Do not thaw the frozen veggies!
7. Heat oil in a wok or large skillet over medium-high heat. Add vegetables and stir-fry for 2-3 minutes, just until crisp-tender (do not overcook). Remove to plate.
8. Add beef and marinade to hot pan. Stir-fry just until meat is cooked through. This only takes 1-2 minutes.
9. Return vegetables to pan and toss with meat and sauce. Bring sauce to a simmer. Then add water/cornstarch mixture to thicken the sauce. After sauce thickens (after about a minute or so), remove from heat.
10. Top with cilantro and peanuts and serve over rice.

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## PULLED PORK WITH A MEXICAN FLARE

SERVES 12

### Ingredients

- 4-7 Pounds Pork Shoulder
- 1 teaspoon Dried Oregano
- 1 teaspoon Ground Cumin
- ½ teaspoon Chili Powder
- 2 Tablespoons Salt
- Pepper To Taste
- 4 Cloves Garlic
- 2 Tablespoons Olive Oil
- 2 Tablespoons White Cooking Wine
- ¼ cup Brown Sugar
- 1 medium Onion

### Instructions

1. Rinse and pat dry the pork shoulder.
2. Throw the dried oregano, cumin, chili powder, salt, black pepper, garlic, olive oil, white wine, brown sugar, and onion (cut into quarters) into a food processor or blender.
3. Blend the mixture until totally combined and then pour it over the pork shoulder.
4. Rub mixture over every surface of the meat you can find.
5. Place marinated pork in a freezer bag and seal. Freeze that baby up!

### To Prepare

1. Let the pork thaw for 48 hours in your fridge.
2. Cook in slow cooker on low for 6-8 hours.
3. When it's done, let it rest for 15 minutes before shredding. Using two forks shred the pork. When it's all shredded be sure to pour the juices all over the meat.
4. Serve with warm tortillas, lime wedges, sour cream, pico de gallo, guacamole, salsa, or whatever other Mexican fixings you like.

## FIRECRACKER ASIAN SALMON

SERVES 8

### Ingredients

- ½ cup peanut oil
- 4 tablespoons soy sauce
- 4 tablespoons balsamic vinegar
- 4 tablespoons green onions, chopped
- 3 teaspoons brown sugar
- 2 cloves garlic, minced
- 1 ½ teaspoons ground ginger
- 2 teaspoons crushed red pepper flakes
- 1 teaspoon sesame oil
- ½ teaspoon salt
- 8 (4 ounce) fillets salmon

### Instructions

1. In a gallon-sized zip top bag, all ingredients except salmon filets. Zip and shake to combine. Add the salmon filets to the marinade, close the bag, freeze.

### To Prepare

To thaw, run under cold water or set in a sink of cold water. You've got two cooking methods to choose from:

#### - Cooking Method #1:

Prepare an outdoor grill with coals about 5 inches from the grate, and lightly oil the grate. Grill the fillets 5 inches from coals for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes with a fork. Turn over halfway through cooking.

#### - Cooking Method #2:

Bake in a preheated 400-degree oven for 20 minutes.

- Serve over a spinach salad topped with sliced red onion, dried craisins, pecans drizzled with balsamic vinegar and olive oil.

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## CRAB CAKES

SERVES 4

### Ingredients

- 2 tablespoons olive oil, divided
- 2 tablespoons onion, finely diced
- 2 tablespoons celery, finely diced
- 2 tablespoons red bell pepper, finely diced
- salt and pepper, to taste
- ½ cup plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 egg, beaten
- ½ teaspoon Old Bay seasoning
- ½ teaspoon garlic powder
- 1 teaspoon dried parsley (crush in hand)
- ½ cup panko breadcrumbs, plus more for coating cakes before cooking
- 2 6-ounce cans of crab meat, drained well
- 1 tablespoon unsalted butter

### For serving

- Lemon wedges

### Instructions

1. In a medium pan, sauté onion, celery, and pepper in 1 tablespoon olive oil over medium-high heat until soft (2-3 minutes.) Season lightly with salt and pepper. Remove from pan and set aside to cool.
2. In medium bowl, mix yogurt, mustard, Worcestershire sauce, egg, Old Bay seasoning, garlic powder, and parsley. Stir in slightly cooled sautéed vegetables. Gently fold in breadcrumbs and crab meat. Cover and cool in the fridge for 30 minutes.
3. Form meat mixture into 8 mini or 4 regular-sized crab cake patties. Lightly coat both sides of crab cakes in more panko bread crumbs.
4. Freeze patties in airtight container.
5. To prepare: Thaw overnight in the fridge.
6. Melt butter with 1 tablespoon olive oil in medium pan over medium heat. Cook patties for about 3-4 minutes per side, turning once when first side is nicely browned. Remove from pan.
7. Serve with lemon wedges and arugula topped with shaved parmesan and fresh lemon juice, drizzled with olive oil and pepper.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

## BACON TURKEY BURGERS

SERVES 8 - 10

### Ingredients

- 2½ lbs. ground turkey
- ½ lb. bacon
- 2 medium zucchinis
- ½ medium onion
- 3 cloves garlic
- 1 tsp salt
- ½ tsp pepper

### Instructions

1. Preheat oven to 350 degrees.
2. Cut bacon into strips.
3. Cook over medium heat until bacon is crispy.
4. Drain on paper towels and allow to cool. Once bacon is cool, finely chop.
5. Reserve 1 tbsp of the bacon fat.
6. Shred zucchini with a grater or a food processor.
7. Finely chop onion and garlic.
8. Heat reserved bacon fat in a small skillet over medium heat.
9. Add onion and garlic to skillet and saute until onion is tender.
10. In a large bowl, combine all ingredients and mix with your hands until everything is well combined.
11. Form mixture into 8-10 patties.
12. Freeze.

### To Prepare

1. Thaw completely.
2. Sauté patties on a large griddle or in a large skillet over medium heat for about 3 minutes per side, until browned.
3. Transfer patties to a baking sheet lined with parchment paper or foil and, if you have one, a baking rack.
4. Bake in preheated oven for 15 minutes, until cooked through.
5. Serve on buns or over a bed of spinach or mixed baby greens.

## HONEY GARLIC SHRIMP

SERVES 4

### Ingredients

- ¼ cup extra-virgin olive oil
- 1/3 cup soy sauce
- 1/3 cup honey
- ¼ teaspoon black pepper
- 3 cloves garlic
- 1 pound of uncooked, peeled, deveined shrimp

### Instructions

1. Mix all ingredients together and freeze.
2. To Prepare: Thaw both marinade and shrimp and mix together. Let sit for an hour in the fridge.
3. Remove shrimp and cook over medium-low heat for 2-3 minutes on each side or until shrimp is entirely pale-pink. Serve over brown rice with broccoli.



TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

# SALMON AND SWEET POTATO CAKES

SERVES 4

## Ingredients

- 1 large sweet potato, peeled and cut into small chunks
- Salt, to taste
- 3 (6-ounce) pieces salmon fillet
- 1 cup chicken broth
- 1 bay leaf
- Freshly ground black pepper
- 1 tablespoon seafood seasoning (recommended: Old Bay)
- 1 ½ cups whole wheat crackers, crushed into crumbs
- 1 egg, lightly beaten
- 1 tablespoon finely chopped thyme leaves
- 1 teaspoon hot sauce
- 2 scallions, finely chopped
- 3 to 4 tablespoons finely chopped fresh parsley
- 3 tablespoons extra-virgin olive oil

## Instructions

1. Put the potatoes in a small pot, cover with water, and bring to a boil over high heat. Salt the water and cook until tender, 10 to 12 minutes. Drain, then return the potatoes to the pot and mash.
2. Meanwhile, put the salmon fillets in a skillet with the broth, bay leaf, and enough water to come up to the top of the fillets, but do not cover. Bring to a boil over medium heat, then reduce heat to a simmer and poach until opaque about 8 to 10 minutes.
3. Remove the skin and transfer the salmon to a bowl. Flake the fish with a fork and season with salt and pepper, to taste. Add the mashed sweet potatoes to the bowl along with the seafood seasoning, half of the cracker crumbs, the egg, thyme, hot sauce, scallions, and parsley. Mix to combine. The fish cake mixture needs to be just firm enough to mold into cakes. If it's too wet, add a few more crumbs.
4. Form the salmon mixture into 4 (4-inch) patties or 8 (2-inch) patties, coat in the remaining crumbs, and then add them to the pan.
5. ), freeze in a freezer bag or container in a single layer. If stacking patties, divide single layers with parchment paper.
6. To Prepare: thaw completely in the refrigerator for at least 24 hours.
7. Heat a skillet over medium heat with 1-2 tablespoons extra-virgin olive oil.
8. Cook the fish cakes until light golden, about 2 to 3 minutes on each side.
9. Serve with side of veggies or on a whole wheat bun with a side salad.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

## VEGETABLE LENTIL SOUP

SERVES 4

### Ingredients

- 1-2 tbsp olive oil
- 1 onion, diced
- 2-3 celery stalks, sliced
- 2 cups carrots, diced
- 3 garlic cloves
- Salt and pepper to taste
- ¼ - ½ teaspoon red pepper flakes
- 1 tsp Italian seasoning (or other dried herbs)
- 12 cups (or three 32-ounce cartons) of chicken or vegetable broth
- One 28-ounce can of crushed tomatoes (look for BPA-free cans)
- 2 tbsp tomato paste
- 2 bay leaves
- 1 can black beans, drained and rinsed
- ½ cup lentils (any kind will work; rinse first)
- 1 zucchini, diced
- 1 cup mushrooms, diced
- 1 cup cauliflower, chopped finely
- 1 cup broccoli, chopped finely
- 2-3 cups spinach, chopped
- 1-2 cups frozen green peas

### Instructions

1. Heat 1-2 tablespoons olive oil in a large pot over medium-high heat.
2. Sauté onion, carrots, celery, and garlic for about 3-4 minutes, until tender. Season lightly with salt, pepper, red pepper flakes (to your preferred heat level), and Italian seasoning.
3. Add chicken or vegetable broth, crushed tomatoes, tomato paste, black beans, and lentils. Bring to a boil and reduce to a simmer (slight bubbling), stirring occasionally. Season again lightly with salt and pepper. Let simmer for about 10-15 minutes.
4. Add all other vegetables except frozen peas (zucchini, mushrooms, cauliflower, broccoli, spinach) and simmer another 5-10 minutes.
5. Stir in frozen peas and turn off heat (or turn to low), so they don't overcook. Remove bay leaf. Taste and adjust seasonings.
6. Divide soup into freezer bags or containers and freeze.

### To Prepare

Thaw in the refrigerator for 24-48 hours. Then reheat gently over low heat on the stove or in a crockpot. Another option is to put the frozen soup block over low to medium-low heat on the stove top or in a crockpot. Add about 1-2 cups of water or broth over the top. Gently warm over low to medium-low heat, stirring occasionally. Serve with freshly shredded Parmesan cheese and/or whole grain crackers or crusty bread.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

## MINI MEATBALL SOUP

SERVES 4 - 6

### Ingredients

#### Meatballs:

- 1 lb. lean ground beef
- 1 egg, lightly beaten
- ¼ cup whole wheat bread crumbs
- ¼ cup grated Parmesan cheese
- 1 ½ tsp balsamic vinegar
- 1-2 tbsp dried Italian Seasoning
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper

#### Soup:

- 2 tbsp olive oil
- ½ onion, diced
- 2 cloves garlic, minced
- 3 large carrots, peeled and diced
- 3 celery stalks, diced
- 1 (32 oz) box of beef stock
- 1 tsp dried parsley
- 1 cup egg noodles
- 1-2 cups frozen mixed vegetables
- Sprinkle of grated Parmesan, for garnish

### Instructions

1. Preheat oven to 400°F, and lightly grease a cookie sheet or cover it with parchment paper.
2. Combine all ingredients for meatballs in a large bowl using clean hands. Roll into small 1-inch balls, and place in a single layer on cookie sheet, leaving room between them. Your cookie sheet will look very full of little meatballs.
3. Bake for 15-20 minutes, or until cooked through.
4. Meanwhile, heat olive oil over medium-high heat in large soup pot. Add onion, garlic, carrots, and celery and season lightly with salt and pepper. Sauté until soft, about 5 minutes.
5. In a gallon-sized freezer bag, add those veggies, beef stock, parsley, and cooked meatballs.
6. Freeze.

### To Prepare

Let the meal thaw completely in the refrigerator for about 24 hours. Pour soup into a pot. Let the soup simmer for 30-60 minutes. During the last 10 minutes of cook time, add the pasta and mixed frozen veggies. Taste and adjust the seasoning as needed. Top with a generous sprinkle of Parmesan and serve with slices of crusty bread.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

# GLUTEN-FREE BUCKWHEAT WAFFLES

SERVES 5

## Ingredients

- 1 cup buckwheat flour
- 1 tbsp coconut sugar
- 1 ¼ tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- ¼ tsp cinnamon
- 1 ¼ cups buttermilk, shaken

\*Make your own nondairy version: measure 1 tbsp + ¾ tsp vinegar into a 2-cup capacity liquid measuring cup. Pour in milk substitute until you reach the 1 and ¼ cups line (any variety of milk substitute should do—almond, soy, rice, low-fat coconut). Let the “buttermilk” rest for 5 minutes before using.

- ¼ cup (4 tbsp) melted butter or coconut oil
- 1 large egg

Topping suggestions: 100% pure maple syrup, almond butter, peanut butter and/or fresh banana slices or berries.

## Instructions

1. Preheat your waffle iron.
2. In a medium-sized mixing bowl, whisk together the buckwheat flour, sugar, baking powder, baking soda, salt, and cinnamon.
3. In a liquid measuring cup or another bowl, whisk together the buttermilk, melted butter, and egg. Pour the wet mixture into the dry mixture and stir them together until there are only a few small lumps remaining. Give it a few more stirs if you see any liquid that hasn't fully incorporated.
4. Pour batter onto the hot waffle iron plates, close the waffle iron and cook until the waffles are barely letting off steam and they are lightly crisp to the touch (this might take longer than your waffle iron suggests). Carefully lift waffle out of the waffle iron and cool.
5. Freeze in ziplock bags.

## To Prepare

Pop in the toaster and drizzle with toppings of choice.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

# BREAKFAST CASSEROLE

SERVES 12

## Ingredients

- ¾ pound uncooked sausage, casings removed
- 1 tsp dried rosemary to give the sausage more flavor
- 2 bell peppers, diced - any color
- 1 cup sliced mushrooms
- 1 cup fresh spinach
- ½ medium yellow onion, diced
- 1-2 tsp minced garlic
- Salt and freshly ground black pepper
- 4 slices day-old gluten free bread (or whole wheat, white, sourdough, etc)
- 10 large eggs
- ½ cup milk (I use almond milk, any milk works)
- ½ cup shredded cheese

## Instructions

1. Set a large skillet over medium heat and coat it with nonstick spray or a drizzle of olive oil. Place sausage in the skillet and begin to break it up with a spatula or fork. Stir in the rosemary and brown the sausage, about 6-7 minutes.
2. Meanwhile, set the 2nd skillet over medium heat and coat it with nonstick spray or a drizzle of olive oil. (If you have a skillet large enough to fit both the sausage and veggies, you can just add the veggies to the sausage that is browning in step 1.) Add the peppers, mushrooms, spinach, onion, garlic, and a sprinkle each of salt and pepper. Begin stirring and cooking the veggies down until tender, about 6-8 minutes.
3. Set sausage and veggies aside.
4. Generously grease a 9x13 baking pan. Break the bread into pieces and place in the pan in an even layer.
5. In a large bowl, whisk the eggs, milk, and 1/4 cup shredded cheese together. Pour half of this egg mixture over the bread. Top with the sausage and vegetables, then the remaining egg mixture and remaining 1/4 cup cheese. Add a sprinkle of salt and pepper on top.
6. Cover casserole with a layer of plastic wrap and then a layer of aluminum foil and freeze.

## To Prepare

Thaw overnight in the fridge. Preheat the oven to 375°F (191°C). Bake the casserole, uncovered until the top is golden, edges are crisp, and a toothpick inserted in the center comes out clean-- about 40-45 minutes. I like mine on the super crisp side, so I bake it for around 45-50 minutes. Allow to cool for 10 minutes, then slice and serve.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

# BUTTERNUT SQUASH AND APPLE SOUP

SERVES 8

## Ingredients

### For The Soup:

- 2 tbsp olive oil
- 2 medium yellow onions, chopped (about 3 cups total)
- 2 large butternut squash (about 5 pounds total), peeled and diced into chunks
- 4 medium apples (I like using a mix of sweet and tart apples), peeled, cored and roughly diced
- 3-4 cups low sodium chicken stock, divided
- 1 ¼ teaspoon kosher salt
- ½ teaspoon freshly grated nutmeg (Ground store bought is OK too.)
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper

### Sage Parmesan Croutons:

- 6 thick slices of sourdough or whole grain bread cut into 1-inch cubes
- 3 tbsp olive oil
- 2 tbsp minced fresh sage
- ½ teaspoon kosher salt
- 3 tbsp freshly grated parmesan

## Instructions

1. Preheat your oven to 375 degrees. In a large, deep stockpot or Dutch oven, heat the olive oil over low. Add the onions and cook until very tender, about 15 to 20 minutes, stirring occasionally.
2. While the onions cook, cut and peel the squash and apples. Add them to the pot, then add 2 cups of the stock. Bring the pot to a boil, reduce the heat to low, then cover, and cook until the squash and apples are very soft, about 20 to 30 minutes depending upon how larger you cut your squash and apple pieces (smaller pieces will cook more quickly).
3. Meanwhile, prepare the croutons. Place the bread cubes on a large baking sheet. Drizzle with olive oil, sprinkle with sage and salt, then toss to coat. Spread the cubes in a single layer, then bake until lightly crisp and brown, 10 to 12 minutes, tossing once halfway through. Sprinkle with Parmesan cheese, toss to coat, then set aside until ready to serve.
4. Once the apples and squash in the soup pot are tender, puree the soup with an immersion blender or carefully transfer it to a food processor fitted with a steel blade to puree in batches. Return soup to the pot once complete. Add 1 cup of the remaining chicken stock, then stir, adding a bit more stock as needed to reach your desired consistency (the soup will thicken somewhat when stored). Leave the texture fairly thick and rich. Stir in the salt, nutmeg, black pepper, and cayenne. Taste and add a bit more salt and pepper as desired. Serve hot, topped with sage croutons.
5. Store soup in airtight container(s) and freeze. Croutons aren't great frozen, so you can use bakery bought croutons instead.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

## BLACK BEAN BURGERS

SERVES 6

### Ingredients

- Two 14 oz cans black beans, drained
- ½ red onion, sliced
- 2 carrots, chopped
- 1 red bell pepper, chopped
- 2 jalapeno peppers, sliced lengthwise
- 1 cup cilantro, chopped
- 1 tsp sea salt
- 1 tsp pepper
- ½ tsp chili powder
- ½ tsp cumin
- ⅛ tsp smoked paprika
- ¼ cup ground flaxseed meal
- ½ cup quinoa flour
- ¼ cup coconut flour
- ¼ cup almond flour
- ½ tsp coconut oil

### Instructions

1. Preheat oven to 350 F.
2. In a food processor, blend the onion, carrots, bell pepper, jalapenos and cilantro on high for 2-3 minutes.
3. Add the black beans, salt, pepper, spices, flaxseed meal and flours and mix on high for another 2-3 minutes.
4. Transfer the mixture to a large mixing bowl.
5. With your hands, form round patties 1/8-inch-thick and about 3-4 inches wide.
6. Add more almond flour to thicken if necessary.
7. In a medium-sized skillet over medium heat, melt the coconut oil.
8. Cook the burgers for 8 minutes on each side, until they are browned.
9. Transfer burgers to a baking sheet lined with parchment paper and bake for an additional 20 minutes, flipping the burgers at 10 minutes.
10. Top with your favorite burger toppings and enjoy on a gluten-free bun, lettuce wrap, or serve on a bed of baby spinach.

## BREAKFAST MUFFINS

SERVES 12

### Ingredients

#### Base:

- 8 Large Eggs
- Salt and Pepper to taste (you can also include any herbs – fresh or dried that tickle your fancy)

#### Filling:

- Use 1 to 1.5 cups of any veggie or lean meat combo that you want.
- Some options:
  - Carrots with lean Roast beef and onions
  - Tomatoes, asparagus and Spinach with a little minced garlic sprinkled in
  - Salsa with onions (Topped with sliced avocado when serving)
  - Mushrooms with spinach, ham and a sprinkle of powdered garlic
  - Lean Cubed Ham with onions and red peppers
  - Sun-dried tomatoes and feta with spinach, fresh tomatoes, lean cubed ham and a sprinkle of Italian herb seasoning.
  - Sausage and bell peppers

### Instructions

1. Preheat Oven to 350 F.
2. Lightly grease a muffin tin with cooking spray or your choice of oil.
3. Divide filling of your choice between each muffin space.
4. Beat together eggs, salt and pepper and any herbs. Pour the Egg Base into the muffin spots until they are 3/4 of the way full.
5. Bake at 350 for around 17-20 minutes or until the centers are baked through.
6. Wrap each egg muffin in plastic wrap and store in the freezer until ready to use. Heat up in the microwave on high covered with a paper towel for about 45 seconds (microwave ovens vary so yours may need more or less time).

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## NO BAKE PEANUT BUTTER CHOCOLATE OAT BARS

SERVES 16

### Ingredients

- 1 cup creamy peanut butter
- ¼ cup coconut oil
- 3 Tbsp raw honey, or maple syrup
- 10 Medjool dates, pitted
- 1 tsp pure vanilla extract
- 3 cups old-fashioned oats
- 1 cup semisweet chocolate chips  
(Can use vegan chocolate chips instead)

### Instructions

1. Line a 9x9-inch baking pan with wax paper, leaving an inch or so hanging over the edges.
2. In a food processor, add ¾ of the peanut butter, coconut oil, honey, dates, and vanilla, pulsing until smooth. Add in the oats and pulse until well-combined. The mixture will be crumbly, but it should hold its shape when pressed into a ball.
3. Press ¾ of the oat mixture into the bottom of the prepared pan.
4. In a small saucepan over low heat, melt the chocolate chips and remaining peanut butter, stirring until smooth. Pour the chocolate onto the crust layer and spread evenly with a rubber spatula or spoon.
5. Crumble the remaining oat mixture over the chocolate, gently pressing it in.
6. Cover and refrigerate for at least 4 hours. Once firm, remove from the pan by lifting the wax paper by the edges. Cut into bars. Store in an airtight container and freeze.
7. Thaw for 15 minutes to eat.

## JAMBALAYA

SERVES 6

### Ingredients

- 1 (14-1/2 oz) can diced tomatoes, undrained
- 1 (14-1/2 oz) can beef or chicken broth
- 1 (6 oz) can tomato paste
- 3 celery ribs, chopped
- 2 medium bell peppers, (any color) chopped
- 1 medium onion, chopped
- 5 garlic cloves, minced
- 3 tsp dried parsley flakes
- 2 tsp dried basil
- 1½ tsp dried oregano
- ¼ tsp salt
- ½ tsp cayenne pepper
- ½ tsp hot pepper sauce
- 1 lb. boneless skinless chicken breasts, cut into 1-inch cubes
- 1 lb. cooked smoked sausage rope, halved and cut into 1/4-inch slices
- ½ lb. uncooked medium shrimp, peeled and deveined

### Instructions

1. In a 5-qt. slow cooker, combine the tomatoes, broth and tomato paste. Stir in the celery, green peppers, onion, garlic and seasonings. Stir in chicken and sausage.
2. Cover and cook on low for 4-6 hours or until chicken is no longer pink. Stir in shrimp. Cover and cook 15-30 minutes longer or until shrimp turn pink.
3. Place individual portions of cooled stew in freezer containers and freeze.
4. To serve, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary. Serve over hot rice (I like yellow saffron rice).



TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

# CAULIFLOWER & CHICKEN SAUSAGE CASSEROLE

SERVES 4 - 6

## Ingredients

- 1 medium head cauliflower, about 2 pounds
- 1 tsp fine table salt
- 1 tbsp olive oil
- ½ pound uncooked herbed chicken sausage OR spicy Italian sausage, removed from casings
- 1 medium onion, about 1/2 pound, diced
- 4 cloves of garlic, minced
- 2 stems fresh thyme, leaves only
- 1 (28 oz) can whole peeled tomatoes, drained and liquid reserved
- 2/3 cup breadcrumbs
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste

## Instructions

1. Lightly grease a 9x13-inch baking dish with olive oil.
2. Cut the cauliflower head in quarters. Slice away the leaves and stem, and with an angled cut away the core from each quarter of the cauliflower head. Chop cauliflower roughly into bite-sized florets, each about 1-inch across.
3. Bring 3 quarts of water to a boil over high heat. Stir in the salt. Add the cauliflower florets and boil for 2 minutes. Drain into a colander set in the sink. Run cold water over the florets to stop the cooking process and shake the colander to drain any excess water. Return the cauliflower to the cooking pot and set aside.
4. Place a 10-inch sauté pan over medium-high heat. Add the olive oil and then, when the pan is quite hot, add the sausage. Use a spoon to break up the meat. Cook for 8 to 12 minutes, or until the sausage is cooked through and beginning to get crispy. If using chicken sausage there should not be a great deal of fat in the pan, but if using Italian sausage, drain all but 1 to 2 tablespoons of fat.
5. Turn the heat to medium-low and add the onion, garlic, and thyme to the pan with the sausage. Sauté for 5 to 6 minutes, stirring frequently. Scrape up any brown bits as you sauté. Crush the tomatoes and add them to the sausage. Stir thoroughly, then add the reserved tomato sauce and cook for about 5 more minutes. Turn off the heat and taste the sauce. Add salt and pepper to taste.
6. Toss the sauce with the cauliflower in the cooking pot. Spread the cauliflower and sausage mix in the prepared baking dish and distribute evenly. Mix the bread crumbs and Parmesan and sprinkle them evenly over the cauliflower. Drizzle lightly with olive oil.
7. Cover with airtight lid and freeze.
8. To prepare, let thaw in fridge overnight. Heat oven to 350 degrees.
9. Place in the middle of the oven and bake for 25 minutes or until breadcrumbs have browned and the sauce is bubbling. Let stand for 5 minutes before serving.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

# CHICKEN FLORENTINE MEATBALLS RECIPE

SERVES 6

## Ingredients

- 2 large eggs, lightly beaten
- 10 oz frozen chopped spinach, thawed and squeezed dry
- ½ cup dry whole wheat bread crumbs
- ¼ cup grated Parmesan cheese
- 1 tbsp dried minced onion
- 1 garlic clove, minced
- ¼ tsp salt
- 1/8 tsp pepper
- 1 lb. ground chicken
- 1 medium spaghetti squash

## Sauce:

- ½ lb. sliced fresh mushrooms
- 2 tsp olive oil
- 1 can (14-1/2 oz) diced tomatoes, undrained
- 1 can (8 oz) tomato sauce (no sugar added)
- 2 tbsp minced fresh parsley
- 1 garlic clove, minced
- 1 tsp dried oregano
- 1 tsp dried basil

## Instructions

1. In a large bowl, combine the first eight ingredients. Crumble chicken over mixture and mix well. Shape into 1-1/2-in. balls.
2. Place meatballs on a rack in a shallow baking pan. Bake, uncovered, at 400° for 20-25 minutes or until no longer pink. Meanwhile, cut squash in half lengthwise; discard seeds. Place squash cut side down on a microwave-safe plate. Microwave, uncovered, on high for 15-18 minutes or until tender.
3. For sauce, in a large nonstick skillet, sauté mushrooms in oil until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until slightly thickened. Add meatballs and heat through.
4. When squash is cool enough to handle, use a fork to separate strands.
5. Place individual portions of cooled meatballs and squash in freezer containers. To use, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, gently stirring and adding a little water if necessary.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

## BAJA PORK TACOS

SERVES 12

### Ingredients

- 1 boneless pork sirloin roast (3 pounds)
- 5 cans (4 ounces each) chopped green chilies
- 1 tbsp chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp crushed red pepper flakes
- ¼ tsp dried oregano
- ½ tsp paprika
- 1½ tsp ground cumin

### To Serve:

- 24 corn tortillas (6 inches), warmed
- 3 cups shredded lettuce
- 1½ cups shredded part-skim mozzarella cheese

### Instructions

1. Cut roast in half; place in a 3- or 4-qt. slow cooker. Mix chilies, taco seasoning, and cumin; spoon over pork. Cook, covered, on low until meat is tender, 8-10 hours.
2. Remove pork; cool slightly. Skim fat from cooking juices. Shred meat with two forks.
3. Place cooled pork mixture in freezer containers;
4. To serve, partially thaw in refrigerator overnight. Heat through in a covered saucepan, stirring gently and adding a little broth if necessary.
5. Serve in tortillas with lettuce and cheese with a side salad or rice.

## SOUTHWEST TURKEY LETTUCE WRAPS

SERVES 6

### Ingredients

- 2 lbs. extra-lean ground turkey
- 1 small onion, finely chopped
- 2 tbsp chili powder
- ¾ tsp ground cumin
- ½ tsp salt
- ½ tsp pepper
- 1 (15 oz) can tomato sauce

### To Serve:

- 18 Bibb or iceberg lettuce leaves
- ½ cup shredded cheddar cheese
- Optional toppings: sliced green onions, sour cream, salsa and guacamole

### Instructions

1. In a large skillet, cook and crumble turkey with onion over medium-high heat until no longer pink, 8-10 minutes.
2. Stir in seasonings and tomato sauce; bring to a boil. Reduce heat; simmer, covered, until flavors are blended, about 10 minutes.
3. Freeze cooled meat mixture in freezer containers.
4. To serve, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary.
5. Serve in lettuce leaves with desired toppings with a side of rice and sliced bell peppers.

TIP: LABEL ZIPLOC BAG BEFORE PUTTING IN INGREDIENTS AND FREEZE. WHEN READY TO EAT- THAW & COOK ACCORDING TO INSTRUCTIONS.

# PARMESAN CHICKEN NUGGETS AND SWEET POTATO FRIES

SERVES 8

## Ingredients

- 1 egg, whisked
- 1 cup panko (Japanese) bread crumbs
- ½ cup grated Parmesan cheese
- 1½ lbs. boneless skinless chicken breasts, cut into 1-inch cubes
- 4 Large sweet potatoes, sliced into French fry shape
- Salt and pepper
- Garlic powder

## Nugget Instructions

1. Place egg in a small bowl. Combine the bread crumbs and cheese in another shallow bowl. Dip chicken in butter, then roll in crumbs.
2. Place in a single layer on a baking sheet. Bake at 375° for 15-18 minutes or until no longer pink, turning once.
3. Cool chicken nuggets. Freeze in freezer containers.
4. To serve, partially thaw in refrigerator overnight. Place on a baking sheet and reheat in a preheated 375° oven 7-12 minutes or until heated through.

## Fries Instructions

1. Set a large pot of water to boil. Set another large pot of ice water aside.
2. Drop the fries in and boil for 2 min. Remove and put in the ice water immediately. Let sit in ice water for up to 20 minutes.
3. Blot fries dry with a paper towel and place on a baking sheet lined with parchment paper.
4. Sprinkle with salt, pepper and garlic powder.
5. Freeze on baking sheets for 12-24 hours.
6. Freeze in zip lock bags.
7. To serve, pre-heat oven to 425 degrees, remove fries from freezer and arrange on baking sheet. Bake for 40-45 mins. Serve with condiments of choice.