

# FREEZER MEAL LIST

Two pans of lasagna roll-ups  
Two pans of meatloaf  
Two bags of ginger peach chicken

# GROCERY LIST

## MEAT

- 2 pounds of boneless, skinless chicken thighs (I subbed chicken breasts)
- 3 pounds of lean ground beef

## REFRIGERATED

- 1 cup of 2% milk (or whatever you have on-hand)
- 8 large eggs
- 30 oz container of part-skim ricotta cheese
- 1 cup parmesan cheese
- 16 oz mozzarella cheese (about 4 cups)

## PRODUCE

- 2 inches fresh ginger root
- 6 cloves garlic

## SEASONINGS

- 4 teaspoons salt
- 1.5 teaspoons black pepper
- 1/2 teaspoon ground ginger
- 2 tablespoons dried parsley flakes

## MISC

- 2 cups of peach jam
- 2 tablespoons low sodium soy sauce
- 4 pieces of bread
- 2 packages of onion soup mix
- 1.5 cups of Italian-seasoned breadcrumbs
- 1/2 cup light brown sugar
- 1 cup ketchup
- 1 teaspoon Worcestershire sauce
- Two 24 oz jars of your favorite pasta sauce
- 1lb box of lasagna noodles (you need 9 noodles for each pan, plus extra in case any break while cooking)

- Cooking spray

#### SUPPLIES

- Two 8x8" baking pans (You can buy disposable if you don't own two)
- Two loaf pans (buy disposable if you don't own two)
- Plastic wrap and foil to cover pans
- Two gallon-sized plastic freezer bags

#### SUGGESTED SIDE DISHES (can wait to buy until day of cooking)

- Salad for lasagna
- Brown rice and broccoli for ginger peach chicken
- Carrots and potatoes for meatloaf

# RECIPES

## Slow Cooker Ginger Peach Chicken Recipe

Yields: One gallon-sized bag of ginger peach chicken

### Ingredients

- 1lb boneless, skinless chicken thighs (I subbed chicken breasts)
- 1 cup peach jam (I use this simple recipe for [slow cooker peach jam](#))
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated
- 3 cloves garlic, peeled and minced

### Directions

1. Add chicken to your slow cooker.
2. In a medium-sized bowl, create sauce by adding peach jam, soy sauce, grated ginger, and minced garlic. Stir to combine.
3. Spoon sauce over chicken.
4. Add lid and cook on "low" setting for 3-6 hours or until the chicken shreds easily. (The cooking time will depend on the size and strength of your slow cooker).
5. Shred chicken and return to slow cooker to mix with juice.
6. Serve!

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag. Remove as much air as possible and freeze for up to three months. When ready to eat, thaw overnight in refrigerator. Cook on "low" setting for 3-6 hours, or until chicken is cooked through and shreds easily with a fork. Shred chicken and serve!

# Brown Sugar Meatloaf Recipe

Yields: One loaf pan of brown sugar meatloaf

## Ingredients

- 2 pieces of bread
- 1.5 pounds lean ground beef
- 1/2 cup 2% milk (or whatever you have on-hand)
- 2 large eggs
- 1 package onion soup mix
- 3/4 cup Italian-seasoned breadcrumbs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground ginger
- 1/4 cup light brown sugar
- 1/2 cup Simply Heinz ketchup
- 1/2 teaspoon Worcheshire sauce
- Cooking spray

## Directions

1. Pre-heat oven to 350 degrees F.
2. Prepare 9×5" loaf pan by coating with cooking spray and placing two slices of bread at the bottom of the pan. (The bread will absorb the grease from the cooked meatloaf.)
3. In a large mixing bowl, combine beef, milk, eggs, onion soup mix, breadcrumbs, salt, pepper, and ground ginger. Spoon into prepared pan.
4. In a small bowl, combine brown sugar, ketchup, and Worcheshire sauce. Spread on top of meat mixture in pan.
5. Bake in preheated oven for 75 minute or until cooked through.

## To Freeze

- Complete Steps 1-4, cover with layers of plastic wrap and foil, and freeze for up to 3 months.
- To cook, bake at 350 degrees for 90min-2hours, or until cooked through. (To shorten the cooking time, defrost the meatloaf overnight in your refrigerator the night before you're going to cook it.)

Cut bread from bottom of meatloaf, and enjoy!!

# Lasagna Roll-Ups

Yields: One 8x8" pan of lasagna roll-ups (9 roll-ups)

## Ingredients

- 2 eggs
- 1, 15oz container of part-skim ricotta cheese
- 1/2 cup freshly shredded parmesan cheese
- 8oz mozzarella cheese, freshly shredded and divided (about 2 cups shredded total)
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1, 24 oz jar of your favorite pasta sauce
- 9 lasagna noodles (I recommend cooking a couple of extra noodles in case any of the noodles break or stick together while cooking. A 1 lb box of lasagna noodles typically contains 19-20 pieces)

## Directions

1. Preheat oven to 350 degrees F.
2. Prepare 8x8" casserole dish by spreading 1/2 cup of sauce on the bottom of it.
3. In a large pan on your stovetop, cook lasagna noodles according to directions on box (until the noodles are uniform in color).
4. While noodles are cooking, create cheese spread in a medium-sized bowl by combining eggs, ricotta cheese, parmesan cheese, half of the mozzarella cheese, parsley flakes, salt, and pepper.
5. After noodles are finished cooking, strain them and arrange them on wax paper in assembly line. You'll need to do this quickly before the noodles stick together.
6. Top each noodle with 1/4 cup cheese spread and 1 rounded tablespoon of sauce.
7. Roll-up each noodle and place in prepared pan. (It's OK if some of the cheese spread and sauce oozes out the sides. Since you're assembling on waxed paper, the clean-up will be super easy.)
8. Top roll-ups with remaining sauce and mozzarella cheese.
9. Cover with foil and bake in preheated oven for 35 minutes. Remove foil and bake for another 15 minutes, or until cheese is melted and sauce is hot and bubbly.
10. Let stand for 5 minutes to set. Then, slice your roll-ups and serve!

#### To Freeze

- Complete Steps 1-8, cool to room temperature, cover with layers of plastic wrap and foil, and freeze. (Lasagna roll-ups can be stored in a standard freezer for up to 3 months.) To reheat, cook in a 350 degree F oven for 2 hours or until hot and bubbly. (You can cut down on the cooking time by thawing overnight in your refrigerator.) For more detailed info about freezer cooking, check out my best [freezer meal tips](#) for beginners.

More info can be found on [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)