

# 6 CHICKEN FREEZER CROCKPOT MEALS IN 30 MIN

## RECIPE LIST

Two bags of Lemon Pepper Chicken  
Two bags of Red Pepper Chicken  
Two bags of Orange Ginger Chicken

## GROCERY LIST FOR ALL 6 MEALS

### MEAT

- 6 pounds boneless, skinless chicken breasts

### PRODUCE

- 2 medium-sized red peppers
- 2 lemons
- 2 oranges
- 2 small-medium sized onions
- 2-inch fresh ginger root
- 8 large garlic cloves

### SEASONINGS

- 4 teaspoons crushed red pepper flakes
- 1 teaspoon salt
- 2 teaspoons black pepper

### MISC

- 1 cup extra virgin olive oil
- 4 tablespoons honey (1/4 cup)
- 4 tablespoons coconut oil (1/4 cup)
- 6 gallon-sized plastic freezer bags

### ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes like brown rice and veggies (broccoli, salads, etc)

# RECIPES

## Red Pepper Chicken

Yields: One gallon-sized bag of red pepper chicken

### Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

### Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice and steamed broccoli or a salad

# Lemon Pepper Chicken

Yields: One gallon-sized bag of lemon pepper chicken

## Ingredients

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

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

## Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice and steamed broccoli or a salad

# Orange Ginger Chicken

Yields: One gallon-sized bag of orange ginger chicken

## Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- The juice from one orange (about 1/3 cup)
- 1-inch of fresh ginger root, peeled and minced (about 3 tablespoons)
- 2 tablespoons honey
- 2 tablespoons coconut oil
- 1 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

## Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice and steamed broccoli or a salad

More info can be found on <http://www.NewLeafWellness.biz>