

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)
- You can also shred the chicken and serve on tortillas or salads

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.

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.

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.

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