

# Monthly Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
oven	italian	skillet	1 sandwiches	2 leftovers	3 mexican	4 grill
5	6 CROCKPOT "LASAGNA" with garlic bread	7	8 BANANA PEPPER SHREDDED BEEF with salad	9	10 CROCKPOT CHICKEN CHILI with cheese & chips	11
12	13 STUFFED BANANA PEPPERS on spaghetti	14	15 CROCKPOT SLOPPY JOE'S with salad	16	17 SALSA VERDE CHICKEN with rice	18
19	20 MEATBALL VEGGIE SOUP with bread	21	22 SHREDDED BBQ CHICKEN with coleslaw & corn on the cob	23	24 JALAPENO LIME PORK TACOS with toppings	25
26	27 WHITE WINE ARTICHOKE CHICKEN on spaghetti	28	29 CHICKEN PHILLY CHEESESTEAK sweet potato fries	30		

## 12 Crockpot Freezer Meals to Eat in June

*Free printable recipes and grocery list below*

### Recipe List

1. [Crockpot Zucchini “Lasagna”](#)
2. [Crockpot Shredded BBQ Chicken](#)
3. [Crockpot Stuffed Banana Peppers](#)
4. Crockpot Jalapeño Lime Shredded Pork Tacos from my best-selling [freezer eCookbooks](#) and shared for free below
5. [Crockpot Meatball Veggie Soup](#)
6. [Crockpot Chicken Philly Cheesesteak](#)
7. [Crockpot Banana Pepper Shredded Beef](#)
8. Crockpot Sloppy Joe’s from my [freezer eCookbooks](#) and shared for free below
9. [Crockpot White Wine Chicken with Artichokes](#)
10. [Crockpot Salsa Verde Chicken](#)
11. [Cool Ranch Shredded Chicken Tacos](#)
12. [Crockpot Chicken Chili made with fresh tomatoes](#)

## **1. Crockpot Zucchini “Lasagna”**

*Recipe from New Leaf Wellness*

Yields: 6 servings

### **Ingredients**

- 4 small zucchinis, ends cut off (you can sub two large zucchinis)
- 1/2 cup of your favorite pasta sauce
- 8 oz mozzarella cheese, freshly shredded (about 2 cups), divided
- 15oz container of part-skim ricotta cheese
- 1/2 cup Parmesan cheese, freshly grated
- 2 large eggs
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon pepper

### **Materials**

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

### **To Freeze and Cook Later**

1. Add half of mozzarella cheese to quart-sized bag, seal, and set aside.
2. Label your gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
3. In a large bowl, combine remaining half of mozzarella cheese and all of ricotta, parmesan, eggs, parsley flakes, salt, and pepper.
4. Add ingredients to gallon-sized freezer bag in this order:
  - a. sliced zucchini
  - b. cheese mixture
  - c. pasta sauce
5. Remove as much air as possible and seal.
6. Place both bags in the freezer for up to three months.

### **To Cook**

1. Thaw both bags overnight in the refrigerator.
2. Dump gallon-sized bag into crockpot and add lid. Leave baggie with cheese in refrigerator.
3. Cook 6-8 hours in crockpot on “low” setting.
4. Add shredded cheese and cook additional 15 minutes or until melted.

Serve with garlic bread.

For more information visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)

## **2. Crockpot Shredded BBQ Chicken**

*Recipe from [New Leaf Wellness](#)*

Yields: 6 servings

### **Ingredients**

- 2 pounds boneless, skinless chicken breasts
- 2 cups ketchup (I like Simply Heinz)
- 1/4 cup Worcestershire Sauce
- 3 tablespoons brown sugar
- 2 tablespoons chili powder
- 1 tablespoon hot sauce
- 1 tablespoon curry powder

### **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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook for 8 hours on "low" setting.
3. Shred chicken and return to slow cooker to mix with remaining BBQ sauce.

Serve on buns with a sides of corn on the cob and coleslaw.

### **3. Crockpot Stuffed Banana Peppers**

Recipe from [New Leaf Wellness](#)

Yields 4-6 servings

#### **Ingredients**

- 28oz can crushed tomatoes
- 1 pound mild banana peppers (about 10 peppers), tops taken off and seeded (it's OK if you can't get all the seeds out)
- 1 pound ground sweet Italian sausage (if you can only find links, squeeze the meat out of the casing)
- 3 cloves of garlic, minced
- 1 small yellow onion, diced (one cup)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 cup panko Japanese-style breadcrumbs
- 1 large egg
- 6 slices of provolone cheese (not needed until day of cooking)

#### **Materials**

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag
- Gloves to wear while slicing banana peppers so you don't burn your fingers (the final dish isn't spicy, but the raw peppers are)

#### **To Freeze and Cook Later**

1. Add tomatoes to quart-sized bag and seal.
2. Label your gallon-sized bag with the name of the recipe, cooking instructions, and "use-by" date.
3. In a large bowl, combine all ingredients except peppers.
4. Place mixture in a pastry bag or large storage bag with one corner snipped off.
5. Pipe sausage mixture into banana peppers and use your fingers to push the filling to the bottom of the peppers so they're completely filled with sausage.
6. To your freezer bag, add stuffed peppers and bag of crushed tomatoes.
7. Remove as much air as possible, seal, and freeze for up to three months.

#### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bags to crockpot and cook on "low" setting for 6-8 hours.
3. Top peppers with Provolone cheese and cook additional 10 minutes or until melted.

Serve over spaghetti.

For more information visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)

## 4. Crockpot Jalapeño Lime Shredded Pork Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pound bone-in pork shoulder roast (sometimes labeled “pork butt roast”)
- 1 small yellow onion, diced
- 1 jalapeno pepper, seeds removed and sliced (please wear gloves)
- the juice from two limes
- 2 gloves garlic, minced
- 1 teaspoon chili powder
- 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook for 8 hours on “low” setting or until pork is cooked through and tender.
3. Remove bone and shred pork.
4. Strain juice left in crockpot and mix with meat.

Serve on soft tortillas with shredded cheese, diced tomatoes, and avocado.

\*For extra spice, served the cooked onions and jalapenos on tacos.

## 5. Crockpot Meatball Veggie Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 1 pound green beans (about 3 cups), ends cut off and cut into bite-sized pieces
- 1 small zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 32oz chicken broth (4 cups) (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.
2. To your freezer bag, add all ingredients except chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add chicken broth and contents of freezer bag to crockpot.
3. Cook for 8 hours on "low" setting or until veggies are cooked through and soft.

Serve with a piece of crusty bread on the side.

## 6. Crockpot Chicken Philly Cheesesteak

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 small yellow onion, sliced
- 1 green bell pepper, cut into strips
- 1 red bell peppers, cut into strips
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced
- 3 tablespoons corn starch

### 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

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

Serve on rolls topped with provolone cheese. Serve with a side of sweet potato fries.

Tip: Serve the sauce from the crockpot on the side as a dip for the sandwiches.



## **7. Crockpot Banana Pepper Shredded Beef**

*Recipe from [New Leaf Wellness](#)*

Yields: 6 servings

### **Ingredients**

- 3 lb boneless beef chuck shoulder roast
- 4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 small yellow onion, peeled and sliced
- 2 cups beef broth

### **Materials**

- 1 gallon-sized plastic freezer bag
- Gloves to wear while slicing banana peppers so you don't burn your fingers (the final dish isn't spicy, but the raw peppers are)

### **To Freeze and Cook Later**

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting.
3. Shred beef with fork.

Serve on rolls with a side salad.

## 8. Crockpot Sloppy Joe's

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (1 cup)
- 1 medium-sized green bell pepper, diced
- 15oz can of tomato sauce (about 1.75 cups)
- 2 tablespoons light brown sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes

### 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” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw overnight in refrigerator or in water.
2. Add to crockpot.
3. Cook on “low” setting for 8 hours.
4. Break apart beef.

Serve on rolls with a salad.

## **9. Crockpot White Wine Chicken with Artichokes**

*Recipe from [New Leaf Wellness](#)*

Yields: 6 servings

### **Ingredients**

- 2 pounds boneless skinless chicken breasts
- 1 can of artichokes (14oz), quartered and drained
- 1 can of diced tomatoes (14.5oz), undrained
- Juice of 1 lemon
- 1/2 cup dry white wine
- 4 cloves of garlic, minced
- 1/4 cup butter
- 1 tablespoon capers (optional)
- 1 tablespoon corn starch

### **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.
2. Tenderize chicken (optional).
3. To your freezer bag, add all ingredients except corn starch.
4. Remove as much air as possible, seal, and freeze for up to three months.

### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4-6 hours.
3. Stir corn starch into mixture and cook an additional 1/2 hour on “low” setting.

Serve over spaghetti.

## 10. Crockpot Salsa Verde Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2lbs boneless chicken breasts
- 15oz can black beans, drained and rinsed
- 1 2/3 cups frozen corn (half of a 1lb bag)
- 16oz jar salsa verde\*
- 8oz package cream 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.
2. To your freezer bag, add all ingredients except cream cheese.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting or until chicken is cooked through. Shred chicken.
3. Add cream cheese (just throw it on top) and cook for additional 10 minutes or until melted
4. Stir.

Serve with rice.

\*If you're in a pinch, regular tomato salsa will do...BUT green salsa REALLY gives it a kick!

## 11. Crockpot Cool Ranch Chicken Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 taco seasoning packet OR 1T chili powder, 1 tsp pepper, and 1/2tsp of each-salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 ranch seasoning packet OR 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, 1/2 tsp salt (Traditional ranch seasoning packets also include dried buttermilk. Add 1T if you have some on-hand.)

### 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

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

Serve on soft tortillas with your favorite taco toppings like shredded cheese, salsa, and guacamole.

## **12. Crockpot Chicken Chili with Fresh Tomatoes**

*Recipe from [New Leaf Wellness](#)*

Yields: 6 servings

### **Ingredients**

- 1 pound boneless skinless chicken breasts
- 3 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 small yellow onion, chopped (one cup)
- 4 cloves garlic, minced
- 2 cans cannellini beans (15oz each), drained and rinsed
- 4oz can of diced green chilies
- 1 2/3 cups frozen corn (half of a 1lb bag)
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

### **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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting or until chicken is cooked through.
3. Shred chicken and stir.

Top with shredded cheddar cheese and crushed tortilla chips.

## **Grocery List for all 12 Recipes**

### **Produce**

- 5 small zucchinis (1, 5)
- 2 green bell peppers (6, 8)
- 1 red bell pepper (6)
- 7 small-medium yellow onions (or two bags of frozen diced onions) (3, 4, 5, 6, 7, 8, 12)
- 1 ½ pounds mild banana peppers (about 14 peppers) (3, 7)
- 1 jalapeno pepper (4)
- 18 cloves of garlic (2 bulbs) (3, 4, 6, 9, 12)
- 1 lemon for juice (9)
- 2 limes for juice (4)
- 1 pound carrots (5)
- 3 medium-sized tomatoes (12)
- 1 pound green beans (about 3 cups) (5)

### **Meat**

- 11 pounds boneless chicken breasts (2, 6, 9, 10, 11, 12)
- 3-pound boneless beef chuck shoulder roast (7)
- 1 pound ground sweet Italian sausage (3)
- 2-pound bone-in pork shoulder roast (sometimes labeled “pork butt roast”) (4)
- 1 pound 85% lean ground beef (8)

### **Cold**

- 8oz shredded mozzarella cheese (about 2 cups) (1)
- 15oz container part-skim ricotta cheese (1)
- 1/2 cup Parmesan cheese (1)
- 3 large eggs (1, 3)
- 1/4 cup butter (9)

### **Frozen**

- 1 pound bag frozen corn (10, 12)
- 1 pound small meatballs (5)

### **Miscellaneous**

- 3 tablespoons olive oil (11)
- 2 tablespoons red wine vinegar (11)
- 2 ¼ cup ketchup (I like Simply Heinz) (2)
- 1/4 cup + 1 tablespoon Worcestershire Sauce (2, 8)
- 1/2 cup panko Japanese-style breadcrumbs (3)
- 1/2 cup dry white wine (9)
- 1 tablespoon hot sauce (2)
- 1 tablespoon capers (optional) (9)

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## **Baking**

- 5 tablespoons light brown sugar (2, 8)
- 4 tablespoons corn starch (6, 9)

## **Canned**

- 24oz jar + 1/2 cup pasta sauce (1, 5)
- 28oz can crushed tomatoes (3)
- 15oz can of tomato sauce (about 1.75 cups) (8)
- 1 can of diced tomatoes (14.5oz) (9)
- 1 cup chicken broth (6)
- 2 cups beef broth (7)
- 1 can of quartered artichokes (14oz) (9)
- 15oz can black beans (10)
- 16oz jar salsa verde (10)
- 2 cans cannellini beans (15oz each) (12)
- 4oz can of diced green chilies (12)

## **Spices**

- 1 1/4 teaspoon salt (1, 4, 8, 12)
- 1 1/4 teaspoon black pepper (1, 6, 8)
- 1 teaspoon dried parsley (1)
- 3 tablespoons chili powder (2, 4, 8)
- 1 tablespoon curry powder (2)
- 1/2 teaspoon dried basil (3)
- 1/2 teaspoon dried oregano (3)
- 1/2 teaspoon garlic powder (8)
- 3/4 teaspoon crushed red pepper flakes (8, 12)
- 1 tablespoon paprika (12)
- 2 teaspoons ground cumin (12)
- 1 taco seasoning packet OR 1T chili powder, 1 tsp pepper, and 1/2tsp of each-salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder (11)
- 1 ranch seasoning packet OR 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, 1/2 tsp salt (Traditional ranch seasoning packets also include dried buttermilk. Add 1T if you have some on-hand.) (11)

## **Materials**

- 12 gallon-sized plastic freezer bags (1-12)
- 2 quart-sized plastic freezer bags (1, 3)
- Gloves to wear while slicing banana peppers (3, 7)



### **Not Needed until Day of Cooking**

- 6 slices of provolone cheese (3)
- 32oz chicken broth (4 cups) (5)
- 8oz package cream cheese (8)
- Suggested Side Dishes
  1. Crockpot Zucchini “Lasagna” – garlic bread
  2. Crockpot Shredded BBQ Chicken – corn on the cob and coleslaw
  3. Crockpot Stuffed Banana Peppers – spaghetti
  4. Crockpot Jalapeño Lime Shredded Pork Tacos – tortillas, shredded cheese, tomatoes, avocado
  5. Crockpot Meatball Veggie Soup - bread
  6. Crockpot Chicken Philly Cheesesteak – rolls, provolone cheese, sweet potato fries
  7. Crockpot Banana Pepper Shredded Beef – rolls and salad
  8. Crockpot Sloppy Joe’s – rolls and salad
  9. Crockpot White Wine Chicken with Artichokes - spaghetti
  10. Crockpot Salsa Verde Chicken -rice
  11. Crockpot Cool Ranch Chicken Tacos- tortillas, shredded cheese, salsa, and guacamole
  12. Crockpot Chicken Chili made with fresh tomatoes – cheddar cheese, crushed tortilla chips