

31 of the Best Crockpot Freezer Recipes for Weight Loss

[New Leaf Wellness](#)

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Free printable recipes and grocery list below!

For more information, visit www.NewLeafWellness.biz

1. Turkey Black Bean Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound of ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 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 (three months from when you prepped the meal).
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 in refrigerator overnight or in morning in water.
2. Add to crockpot and cook for on low setting for 6-8 hours.
3. Break apart turkey and stir.

Serve with shredded cheese and tortilla chips.

For more information, visit www.NewLeafWellness.biz

2. Greens and Beans

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 8oz dried cannellini beans, rinsed
- 1 tablespoon extra-virgin olive oil
- 3-5 cloves of garlic, sliced or minced
- 1/2 teaspoon sea salt
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, chopped
- 1 hearty handful of kale, chopped
- 32oz chicken or vegetable broth (4 cups) (not needed until day of cooking)
- 64oz water (8 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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except water and broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot with water and broth.
3. Cook for on low setting for 8 hours or until beans are tender.

Top with Parmesan cheese and serve with a loaf of crusty bread.

3. Chicken Fajitas

Recipe from [The Humbled Homemaker](#)

Yields: 6 servings

Ingredients

- 2 pounds of boneless skinless chicken breasts, fat trimmed
- 2 bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- ¼ 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 (three months from when you prepped the meal).
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 in refrigerator overnight or in morning in water.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred or slice chicken and serve with a slotted spoon.

Serve with tortillas or rice and tomatoes, shredded lettuce, cheese, and guacamole.

4. Chicken Noodle Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts, diced
- 1 small onion, diced
- 3 carrots, sliced
- 2 celery ribs, sliced
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon sea salt
- 1 tablespoon cornstarch
- 32oz chicken broth (not needed until day of cooking)
- 2 cups wide egg noodles (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except broth and noodles.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on low setting for 6-8 hours or until chicken is cooked through.
4. Add noodles for the last 15 minutes.

Serve with fresh cracked pepper, hard rolls, and a fresh garden salad.

For more information, visit www.NewLeafWellness.biz

5. Asian Chicken Lettuce Wraps

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- ¼ cup low-sodium soy sauce
- ¼ cup ketchup
- 1 tablespoon honey
- ¼ 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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 4-6 hours or until chicken is tender.

Break apart chicken and serve on pieces of iceberg or Boston bibb lettuce.

6. Mexican Stuffed Peppers with Ground Turkey

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 packs of rainbow bell peppers (red, orange, and yellow peppers)
- 1 pound ground turkey
- 15oz can black beans, drained and rinsed
- 1 small yellow onion, peeled and diced (one cup)
- 1 cup frozen corn
- The juice from one lime
- 1 tablespoon honey
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/2 teaspoon garlic 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 (three months from when you prepped the meal).
2. Slice off very tops of peppers and set aside. (You can dice the tops and freeze for soup/chili or add them to the stuffed pepper filling in Step 3.)
3. In a large bowl, combine remaining ingredients and stuff peppers.
4. Place stuffed peppers in freezer bag, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add peppers to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot.

Serve over rice. Top with your favorite taco toppings, like shredded pepper jack cheese, guacamole, and salsa.

For more information, visit www.NewLeafWellness.biz

7. Pesto Salmon

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound fresh skinless salmon
- 2 tablespoons of store-bought or homemade pesto

Materials

- 1 gallon-sized plastic freezer bag
- Aluminum foil (not needed until day of cooking)

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Make a foil tent by placing salmon on a large piece of heavy-duty foil. Bring foil up on all sides creating a tent so there is air above the salmon but the foil is closed at the top.
3. Place foil tent/packet into crockpot.
4. Cook on low setting for 2 hours in a 6-quart crockpot or 4 hours in a 4-quart crockpot.

Cut into four pieces and serve with green beans and couscous or rice.

8. Italian Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 4 servings (increase roast to 3 pounds to feed more people)

Ingredients

- 2-pound boneless pork roast
- 28oz can diced tomatoes, undrained (You can sub 6 medium-sized tomatoes, cored, seeds and juiced removed, and chopped – about 3 cups)
- ½ cup grated Parmesan cheese
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon basil
- 1 teaspoon oregano
- ½ teaspoon black pepper
- ¼ teaspoon salt, optional (I only add salt if I'm using fresh tomatoes and want to bring out the flavor)

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with over spaghetti with a side of broccoli or green beans.

For more information, visit www.NewLeafWellness.biz

9. Shredded BBQ Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1 1/2 teaspoons hot sauce
- 1 1/2 teaspoons 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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve on rolls with a salad.

10. Chicken Cacciatore

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 24 ounce jar spaghetti sauce (I like tomato and basil but feel free to use your favorite kind)
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet onion, chopped
- 1 tablespoon Italian Seasoning

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with spaghetti, Parmesan cheese, and a side salad.

11. Garden Veggie Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 medium-sized zucchini, ends cut off and chopped (about one cup)
- 1 medium-sized yellow squash, ends cut off and chopped (about one cup)
- 1 medium-sized yellow onion, diced (about one cup)
- 15oz can of cannellini beans, rinsed and drained
- 24oz jar of your favorite pasta sauce (we like Prego Traditional)
- 1 pound lean ground beef
- 4 cups fat free, reduced sodium chicken broth (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. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on low setting for 6-8 hours or until beef is cooked through and carrots are soft.

Serve with fresh bread.

For more information, visit www.NewLeafWellness.biz

12. Honey Garlic Chicken and Veggies

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken thighs
- 1 pound baby red potatoes, halved
- 1 pound carrots, peeled and chopped
- 1 pound green beans, trimmed (if you prefer your green beans al dente, freeze in a separate bag and add last 30 minutes of cooking)
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 1 teaspoon basil
- 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

No side dish required!

For more information, visit www.NewLeafWellness.biz

13. Black Bean Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 3 cans black beans (15oz each), drained and rinsed
- 4 green onions, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 red pepper, chopped
- 2 cups vegetable broth (chicken broth also works well if you're not vegetarian)
- juice of 1 lemon
- 1 teaspoon cumin

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low for 4-6 hours.
4. Mash or puree to your liking and stir before serving.

Serve with sour cream, avocado, salsa, and tortilla chips or strips.

For more information, visit www.NewLeafWellness.biz

14. Chicken Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small yellow onion (one cup), chopped
- 15oz can black beans, drained and rinsed
- 15oz can cannellini beans, drained and rinsed
- 14.5oz can diced tomatoes with green chilies, undrained (my family likes medium-heat)
- 14.5oz can petite diced tomatoes, undrained
- 1 green bell pepper, diced
- 1 2/3 cup frozen corn (half of a 16oz bag)
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with shredded cheddar cheese and crushed tortilla chips.

For more information, visit www.NewLeafWellness.biz

15. Meatball Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound frozen small meatballs
- 24oz jar marinara pasta sauce (about 2.5 cups) (we like Prego Traditional)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (about 1 cup)
- 4 cups chicken broth (32oz) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Top with grated Parmesan cheese and serve with garlic bread.

16. Beef Barley Stew

Recipe from [Live Simply](#)

Yields: 6 servings

Ingredients

- 2lb beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 3 carrots, peeled and chopped
- 2 celery ribs, chopped
- 1 small yellow onion, diced (one cup)
- 2 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup dry pearled barley (not quick-cooking)
- 8 cups beef broth (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 8 hours or until carrots are soft.
4. Remove bay leaf and break apart beef.
5. Stir.

Serve with fresh bread.

For more information, visit www.NewLeafWellness.biz

17. White Wine Chicken with Artichokes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 14oz can quartered artichokes, drained
- 14.5oz can diced tomatoes, undrained
- Juice of 1 lemon
- 1/2 cup dry white wine (you can substitute chicken broth)
- 3-4 cloves of garlic, sliced or 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except corn starch.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Serve over a bed of sautéed spinach, angel hair pasta, or both!

For more information, visit www.NewLeafWellness.biz

18. Curried Lentils

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 cup dried lentils, rinsed and drained
- 2 cups vegetable broth
- 15oz can unsweetened coconut milk
- 1 small yellow onion, diced (one cup)
- 3 cloves of garlic, minced
- 3 carrots, sliced
- 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 8 hours.

Serve with rice.

19. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1lb ground turkey or beef
- 1 small yellow onion, peeled and diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops diced and added to mix
- 24oz jar marinara pasta sauce (reserve 2 tablespoons)

Materials

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

To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. In large bowl, mix ground beef, onion, garlic, green pepper tops, and 2 tablespoons of pasta sauce and firmly stuff into peppers.
3. Add remaining pasta sauce to quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.
4. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and top with sauce.
3. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Top with Parmesan cheese and serve with rice.

20. Coconut Chickpea Curry

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2 cans of chickpeas (15oz each), drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves garlic, minced
- 14.5oz can tomato sauce (about 1 3/4 cup)
- 6oz can tomato paste
- 13.5oz can unsweetened coconut milk
- 2 cups frozen peas
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 8 hours or until onions are soft.

Serve with rice or naan.

For more information, visit www.NewLeafWellness.biz

21. Eggplant Rollatini

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 large eggplant, peeled and thinly sliced with a mandolin or knife
- 1 teaspoon salt (this is wiped off the eggplant before cooking)
- 5oz spinach
- 24oz part-skim ricotta cheese
- 3 cloves garlic, minced
- 1/2 teaspoon black pepper
- 1 teaspoon Italian seasoning (substitute 1/4 teaspoons of basil, oregano, rosemary, and thyme to make gluten-free)
- 28oz can diced tomatoes, drained
- 4oz mozzarella cheese, shredded (one cup) (optional)

Materials

- 1 gallon-sized plastic freezer bag
- 2 quart-sized plastic freezer bags
- Baker's twine (optional)

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Slice eggplant lengthwise, lay on a piece of waxed paper, and sprinkle with salt.
3. Let sit for 10-15 minutes, then wipe off the salt and water. (This will reduce bitterness and excess moisture.)
4. Place spinach on eggplant.
5. In a medium bowl, mix ricotta, garlic, black pepper, and Italian seasoning.
6. Spoon cheese mixture onto eggplant/spinach.
7. Roll and layer in your gallon-sized bag. (You may want to wrap them with baker's twine. I would not recommend using toothpicks, as they can puncture the bag).
8. Add tomatoes and mozzarella cheese in separate quart-sized freezer bags.
9. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Layer rollatini in the crockpot and cover with diced tomatoes.
3. Cook on low setting for 4-6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Sprinkle with shredded mozzarella cheese and cover for five additional minutes.

Serve with garlic bread.

For more information, visit www.NewLeafWellness.biz

22. Turkey White Bean and Kale Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small yellow onion, diced (one cup)
- 1 pound carrots, peeled and cut into bite-sized pieces
- ½ bunch of kale, washed and sliced
- 15oz can cannellini beans (white kidney beans), washed and drained
- 1 Italian salad dressing pouch or 2 tablespoons homemade dry mix (2 tablespoons of Italian seasonings is a great shortcut)
- 1 pound ground turkey
- 8 cups chicken broth (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. Add all ingredients to your freezer bag except 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 water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on “low” for 8 hours or until veggies are soft.
4. Break apart turkey.

Serve with fresh baked garlic bread.

23. Vegetarian Garden Vegetable Soup with Pesto

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 cans of diced tomatoes (14.5oz each), undrained
- 1 small zucchini, diced
- ½ pound fresh green beans, ends cut off and chopped
- 2.5oz fresh baby spinach (about 3 big handfuls)
- 1 small yellow onion, peeled and diced (1 cup)
- 1 small red bell pepper, diced
- 1/4-1/2 cup pearly barley (not quick cooking)
- 4 cloves garlic, minced
- 1 tablespoon brown sugar
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 4 cups vegetable broth (not needed until day of cooking)
- 6 tablespoons pesto (store-bought or homemade) (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 (3 months from when you prepped the meal).
2. Add all ingredients except broth and pesto to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Top with pesto and serve with fresh bread.

For more information, visit www.NewLeafWellness.biz

24. Zuppa Toscana with Sweet Potatoes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound ground spicy sausage (pork, turkey, or chicken)
- 3 sweet potatoes (about 1.5 pounds), washed and sliced (no need to peel)
- 1 bunch of kale, washed and chopped
- 1 ½ teaspoons fennel seeds
- 1 ½ teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 64oz chicken broth (8 cups) (not needed until day of cooking)
- 8oz heavy cream (1 cup) (or half and half) (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except chicken broth and heavy cream. (You can freeze the cream in a separate bag or wait to buy it until you're ready to cook the soup).
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 water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on "low" setting for 8 hours or until sausage is cooked through.
4. Break apart sausage and stir.
5. Add heavy cream and stir to heat through.

Serve with fresh bread.

For more information, visit www.NewLeafWellness.biz

25. Spaghetti Squash “Lo Mein”

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small spaghetti squash (not needed until day of cooking)
- 4 cloves garlic, minced
- ¼ cup soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons light brown sugar
- 1 inch fresh ginger root, grated
- 1 pound bag of frozen vegetables (I used a stir-fry mix that had carrots, broccoli, snow peas and water chestnuts)

Meatballs

- 1 pound ground pork
- 2 large eggs
- 1 teaspoon onion powder
- ¾ cup panko or unseasoned breadcrumbs

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 (three months from when you prepped the meal).
2. Combine meatball ingredients in a large bowl and roll into balls.
3. Add raw meatballs and remaining ingredients, except squash to your bag.
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 water in the morning.
2. Add contents of freezer bag to crockpot with squash.
3. Cook on “low” setting for 6 hours.
4. Remove squash from crockpot and cool to touch (10-15 minutes).
5. Cut squash, remove seeds, and scoop “guts” into crockpot.
6. Stir.

Sprinkle with sesame seeds before serving.

For more information, visit www.NewLeafWellness.biz

26. Crockpot Chicken Soup with Mexican Seasonings

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced (one cup)
- 2 large cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1 teaspoon salt
- Juice from 1 lime (about ¼ cup)
- 1 pound boneless skinless chicken breasts
- 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. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken with a fork.

Top with shredded cheddar cheese and crushed tortilla chips.

For more information, visit www.NewLeafWellness.biz

27. Pesto Chicken Quinoa Bowl

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2lbs boneless, skinless chicken breasts
- 1/2 cup uncooked quinoa
- 2 cups low-sodium chicken broth
- 3 carrots, shredded
- 14.5oz can fire roasted diced tomatoes
- juice & zest of one lemon
- 3 green onions, chopped
- 1/4 cup pesto (store-bought or homemade)
- 3 cups kale, chopped (If you would like your kale al dente, you can wait until the last half an hour of cooking to put it in the crockpot to steam it)

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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Top with crumbled feta cheese and chopped basil and parsley.

For more information, visit www.NewLeafWellness.biz

28. Cabbage Casserole

Recipe from [New Leaf Wellness](#)

Yields: 6-8 servings

Ingredients

- 1 pound of 85% lean ground beef
- 2 small yellow onions, diced (2 cups)
- 1 medium head of cabbage, chopped
- 2 medium carrots, peeled and thinly sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups beef broth
- 3/4 cup uncooked brown rice (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag (NOTE: This meal makes a lot of food so you may want to split it into two freezer bags if your slow cooker isn't at least 6 quarts)
- Cooking spray

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Add all ingredients except rice to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Spray crockpot with cooking spray and place rice in the bottom of the slow cooker.
3. Add ingredients from freezer bag.
4. Cook on "low" setting for 4-6 hours.
5. Stir before serving.

Serve with soy sauce.

For more information, visit www.NewLeafWellness.biz

29. Lemon Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds 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

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Serve with steamed broccoli and rice.

30. Mediterranean Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 15oz can diced tomatoes, undrained
- 12oz jar roasted red peppers, drained and diced
- 10.2oz jar pitted kalamata olives, drained and chopped
- 4oz feta cheese crumbles
- 3 cloves garlic, minced
- 1/4 cup fresh basil leaves, chopped
- 2 tablespoons balsamic vinegar
- 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Serve with couscous and a fresh garden salad.

For more information, visit www.NewLeafWellness.biz

31. Red Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 2 medium-sized red bell peppers, sliced
- ¼ cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small yellow onion, diced or sliced (about one cup)
- 1 teaspoon crushed red pepper flakes
- ½ teaspoon black pepper
- ¼ 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 (three months from when you prepped the meal).
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 in refrigerator overnight or in morning in water.
2. Add to crockpot and cook for 4 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Slice or shred chicken and return to mix with juice in crockpot.

Serve with a slotted spoon onto tortillas or rice.

Grocery List for All 31 Meals

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 medium head of cabbage (28)
- 7 1/2 oz fresh baby spinach (21, 23)
- 1 head of escarole (2)
- 3 bunches of kale (2, 22, 24, 27)
- 1/4 cup fresh basil leaves (30)
- 53-56 cloves of garlic (10 bulbs or buy pre-peeled to save time!) (1, 2, 3, 5, 8, 12, 13, 14, 17, 18, 19, 20, 21, 23, 25, 26, 30,31)
- 2 bell peppers (any color) (3)
- 2 packs of rainbow bell peppers (red, orange, and yellow peppers) (6)
- 6 green bell peppers (10, 14, 19)
- 5 red peppers (5, 13, 23, 31)
- 17 yellow onions (3, 4, 6, 10, 11, 14, 15, 16, 18, 19, 20, 22, 23, 26, 28, 31) (you can substitute 5 bags of frozen diced onions to save time and your eyes)
- 7 pounds carrots (4, 5, 11, 12, 15, 16, 18, 22, 26, 27, 28)
- 4 celery ribs (4, 16)
- 4 small-medium zucchini (10, 11, 15, 23)
- 2 medium-sized tomatoes (11)
- 2 Roma tomatoes (26)
- 1 medium-sized yellow squash (11)
- 1 pound baby red potatoes (12)
- 2 1/2 pounds green beans (12, 15, 23)
- 7 green onions (13, 27)
- 2 ribs celery (13)
- 4 lemons for juice and zest (13, 17, 27, 29)
- 2 limes for juice (6, 26)
- 1 large eggplant (21)
- 3 sweet potatoes (about 1 1/2 pounds) (24)
- 1 inch fresh ginger root (25)

Meat

- 3 pounds ground turkey (1, 6, 22)
- 1 pound ground turkey **or** beef (19)
- 2 pounds lean ground beef (11, 28)
- 2 pounds of ground chicken (5)
- 1 pound ground spicy sausage (pork, turkey, or chicken) (24)
- 1 pound ground pork (25)
- 17 pounds boneless skinless chicken breasts (3, 4, 9, 10, 14, 17, 26, 27, 29, 30, 31)
- 2 pounds boneless skinless chicken thighs (12)
- 1 pound fresh skinless salmon (7)
- 2-pound boneless pork roast (8)

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- 2-pound beef chuck roast (16)

Frozen

- 3 1/3 cups frozen corn (1, 6, 14)
- 1 pound frozen small meatballs (15)
- 2 cups frozen peas (20)
- 1 pound bag of frozen vegetables (I used a stir-fry mix that had carrots, broccoli, snow peas and water chestnuts) (25)

Canned

- 4 jars (24oz each) pasta/spaghetti sauce (10, 11, 15, 19)
- 28oz can of tomato sauce (1)
- 14.5oz can tomato sauce (20)
- 2 cans (14.5oz each) petite diced tomatoes (1, 14)
- 2 cans (28oz each) diced tomatoes (8, 21)
- 3 cans (14.5-15oz each) diced tomatoes (23, 30)
- 14.5oz can diced tomatoes with green chilies (14)
- 6oz can tomato paste (20)
- 14.5oz can fire roasted diced tomatoes (27)
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis) (26)
- 7 cans (15oz each) black beans (1, 6, 13, 14)
- 3 cans (15oz each) cannellini beans (11, 14, 22)
- 2 cans (15oz each) chickpeas (20)
- 32oz (4 cups) vegetable broth (13, 18)
- 16oz (2 cups) low-sodium chicken broth (27)
- 24oz(3 cups) beef broth (28)
- 2 cans (13.5-15oz each) unsweetened coconut milk (18, 20)
- 12oz jar roasted red peppers (30)
- 10.2oz jar pitted kalamata olives (30)

Cold/Dairy

- 1/2 cup grated Parmesan cheese (8)
- 1/4 cup butter (17)
- 4oz (one cup) shredded mozzarella cheese (optional) (21)
- 24oz part-skim ricotta cheese (21)
- 2 large eggs (25)
- 4oz feta cheese crumbles (30)

Spices and Seasonings

- 2 tablespoons plus 1 1/2 teaspoons paprika (1, 3, 14, 24)
- 5 tablespoons plus 1 teaspoons chili powder (1, 3, 6, 9, 14, 26)
- 3 tablespoons plus 1 teaspoon ground cumin (1, 3, 6, 13, 14, 26)
- 4 1/2 teaspoons oregano (1, 8, 12, 14)

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- 3 ¾ teaspoon crushed red pepper flakes (1, 3, 5, 6, 12, 14, 20, 30, 31)
- 6 ¼ teaspoons salt (2, 4, 8, 16, 26, 28, 29, 31)
- 2 ½ teaspoons thyme (4, 16)
- ½ teaspoon celery seed (4)
- ½ teaspoon turmeric (4)
- 1 ½ teaspoons garlic powder (6, 24)
- 1 tablespoon parsley (8)
- 2 teaspoons basil (8, 12)
- 1 teaspoon dried rosemary (16)
- 3 tablespoons plus 1 ½ teaspoons curry powder (9, 18, 20)
- 3 tablespoons plus 1 teaspoon Italian seasonings (10, 21, 23)
- 1 Italian salad dressing pouch **or** 2 tablespoons homemade dry mix (22)
- 2 bay leaf (16, 23)
- 2 ½ teaspoons fennel seeds (24, 26)
- 2 teaspoons onion powder (24, 25)
- 3 ¾ teaspoon ground black pepper (8, 12, 16, 21, 24, 28, 29, 31)

Baking

- ½ cup plus 6 tablespoons honey (3, 5, 6, 12, 20)
- 2 tablespoons cornstarch (4, 17)
- 4 tablespoons plus 1 teaspoon brown sugar (9, 23, 25)
- Pinch of sugar (2)
-

Oil and Vinegar

- ½ cups plus 3 tablespoons extra-virgin olive oil (2, 8, 29, 31)
- 1 tablespoon apple cider vinegar (3)
- 2 tablespoons sesame oil (25)
- 2 tablespoons balsamic vinegar (30)

Materials

- 32 gallon-sized plastic freezer bags (1-31)
- 3 quart-sized plastic freezer bags (19, 21)
- Baker's twine (optional) (21)
- Cooking spray (28)
- Aluminum foil (7)

Miscellaneous

- 8oz dried cannellini beans (2)
- 1 cup dried lentils (18)
- 1 cup low-sodium soy sauce (5, 12, 25)
- 1 ½ cup ketchup (I like Simply Heinz) (5, 9, 12)
- 2 tablespoons Worcestershire Sauce (9)
- ½ cup dry white wine (you can substitute chicken broth) (17)

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- 1 tablespoon capers (optional) (17)
- 1 cup pearly barley (not quick cooking) (16, 23)
- 3/4 cup panko or unseasoned breadcrumbs (25)
- 1/2 cup uncooked quinoa (27)
- 1/4 cup plus 2 tablespoons pesto (store-bought or homemade) (7, 27)
- 1 1/2 teaspoons hot sauce (9)

Not Needed Until Day of Cooking

- 32oz (4 cups) chicken **or** vegetable broth (2)
- 32oz (4 cups) vegetable broth (23)
- 256oz (32 cups) chicken broth (4, 11, 15, 22, 24, 26)
- 64oz (8 cups) beef broth (16)
- 8oz (1 cup) heavy cream or half and half (24) 24
- 2 cups wide egg noodles (4)
- 6 tablespoons pesto (store-bought or homemade) (23)
- 3/4 cup uncooked brown rice (28)
- 1 small spaghetti squash (25)
- Suggested side dishes
 1. Turkey Black Bean Chili – shredded cheese and tortillas chips
 2. Beans & Greens – Parmesan cheese and crusty bread
 3. Chicken Fajitas – tortillas or rice, shredded lettuce, cheese, tomatoes, guacamole
 4. Chicken Noodle Soup – hard rolls and garden salad
 5. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce
 6. Mexican Stuffed Peppers with Ground Turkey – rice, shredded pepper jack cheese, guacamole, and salsa
 7. Pesto Salmon – rice or couscous and green beans
 8. Italian Pot Roast – spaghetti, green beans or broccoli
 9. Shredded BBQ Chicken – rolls and salad
 10. Chicken Cacciatore – spaghetti, Parmesan cheese, and salad
 11. Garden Veggie Soup – fresh bread
 12. Honey Garlic Chicken – no side dish needed
 13. Black Bean Soup – salsa, avocado, sour cream, tortilla chips or strips
 14. Chicken Chili – shredded cheddar cheese and crushed tortilla chips
 15. Meatball Vegetable Soup – Parmesan cheese and garlic bread
 16. Beef Barley Stew – fresh bread
 17. White Wine Chicken with Artichokes – sautéed spinach and angel hair pasta
 18. Curried Lentils – rice
 19. Stuffed Peppers – Parmesan cheese and rice
 20. Coconut Chickpea Curry – rice or naan
 21. Eggplant Rollatini – garlic bread
 22. Turkey White Bean & Kale Soup – garlic bread
 23. Vegetarian Garden Vegetable Soup with Pesto – fresh bread
 24. Zuppa Toscana with Sweet Potatoes – fresh bread

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25. Spaghetti Squash “Lo Mein” – sesame seeds
26. Crockpot Chicken Soup with Mexican Seasonings – cheddar cheese and crushed tortilla chips
27. Pesto Chicken Quinoa Bowl – feta cheese, basil, and parsley
28. Cabbage Casserole – soy sauce
29. Lemon Pepper Chicken – broccoli and rice
30. Mediterranean Chicken – couscous and salad
31. Red Pepper Chicken – tortillas or rice