



OVEN FREEZER MEALS

New Leaf Wellness

Oven Freezer Meals.

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ABOUT THE AUTHORS



Dr. Kelly McNelis is a psychologist, blogger, and the author of several other freezer meal eCookbooks. Kelly lives in Pittsburgh, PA with her husband, Andy, and their four young children. Kelly shares her favorite crockpot recipes and freezer meal prep sessions on her blog, [New Leaf Wellness](#).



Jill Petrush Rogers is an artist and former bookbuyer/seller. Jill recently moved back to her hometown of Pittsburgh, PA with her husband, Tom, and their two energy-filled boys. Jill loves to channel her creativity by coming up with recipes as a contributing writer for New Leaf Wellness.

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INTRODUCTION

Welcome to *Oven Freezer Meals*! My name is Kelly McNelis and I created the blog New Leaf Wellness. Here is some information that will help you make the most of this book:

The key to success with these recipes is to make them as-written. Every recipe was tested and retested to make sure it can be frozen without any cooking ahead of time and still have the perfect texture and taste. Changes to the ingredients, layering method, and/or cooking instructions may ruin the meal (and I would hate for that to happen!). If you decide to make substitutions, please email me ahead of time so I can help you make the best choices.

Which containers do you recommend for freezing and baking?

Freeze your meals in 9x13" aluminum or disposable baking pans. I do not recommend glass because it is not meant to go straight from the freezer to the oven. If you want to freeze all seven recipes at once and don't own seven aluminum pans I recommend these [disposable baking pans](#). (I also tried this brand of [disposable pans](#) but they were much more flimsy.)

Cover your pans with aluminum foil or lids. ([These lids](#) work great and stack better than foil-topped pans in the freezer. However, if you must use foil, you can prevent the tops collapsing by placing large pieces of cardboard between the pans.)

How many servings are in each recipe? How can I decrease the number of servings if I'm only cooking for two people?

The number of servings ranges from 6-8. The easiest way to decrease the number of servings is to split each recipe into two 9-inch pie pans. Follow the same cooking instructions and store the leftovers in the refrigerator for up to 3-4 days.

Do I have to freeze the meals before cooking them?

No. You can skip the freezing step and bake the meals for one hour instead. Preheat the oven to 400° Fahrenheit and bake for 30 minutes covered and then uncover and bake for additional 30 minutes or until the food reaches an internal temperature of 165° Fahrenheit. (Bake the mac 'n cheese uncovered the entire time.)

How long do the meals last in the freezer?

Most meals will last at least three months in a standard refrigerator/freezer combo.

Do I need to thaw my frozen oven meals before cooking them?

No. I recommend cooking the meals straight from the freezer for the best texture and taste. If you want to decrease the cooking time, you can partially thaw in the refrigerator.

Can I re-freeze the leftovers?

Yes. Once the meals are cooked they are the same as non-frozen meals.

How do I use the printable labels for my freezer meals?

The labels in this book are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75" \(22827\)](#). You can also print the labels on regular computer paper and attach to your lids with clear shipping tape. The labels do not need to be removed from the lids before placing in the oven.

Additional questions?

If you have additional questions, please email me at kelly@newleafwellness.biz. I would also love to hear what you think of the meals after you freeze and cook them yourself. Please email me or tag me on Instagram [@kellymcnelis](#).

Disclosure: The items recommended above include my Amazon Associate link so I earn a very small percentage of the sales price if you purchase something after clicking on them. Thank you for your support.





BREADED PORK CHOPS



Serve with mashed potatoes and peas.

Yields: 6 servings

Ingredients

- 1/4 cup all-purpose flour
- 1 large egg, lightly beaten
- 2 tablespoons 2% milk
- 1 teaspoon Dijon mustard
- 1/2 cup Italian-seasoned breadcrumbs
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons dried parsley
- 1/4 teaspoon garlic powder
- 2-pound boneless pork roast, fat trimmed and sliced into six 1-inch thick pork chops

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover
- Cooking spray

To Freeze and Cook Later

1. Spray your pan with cooking spray.
2. Add flour to a shallow bowl or plate.
3. In a separate bowl, combine egg, milk, and mustard.
4. In a third bowl, combine remaining ingredients, except pork chops.
5. Dip each pork chop in flour first, then wet mixture, then dry mixture, and place in pan.
6. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake 1 1/2 hours covered and then uncover and bake for additional 30-45 minutes or until pork reaches an internal temperature of 165° Fahrenheit.

CHEESY CHICKEN & VEGGIE CASSEROLE



This complete, hearty meal needs no side dish!

Yields: 8 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cubed
- 16oz bag frozen mixed vegetables (carrots, corn, peas, green beans, and lima beans)
- 1/2 cup diced green onions
- 8oz 2% milk
- 8oz sour cream
- 8oz sharp cheddar cheese, shredded
- 3/4 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 3 cups crushed Ritz crackers (2 sleeves or half of a 13.7oz box)
- 6 tablespoons unsalted butter, melted

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover

To Freeze and Cook Later

1. In a large bowl, combine all ingredients except Ritz crackers and unsalted butter. Pour into pan.
2. In a medium-sized bowl or plastic baggie, combine crushed crackers and unsalted butter. Pour on top of pan and spread evenly.
3. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 2 hours covered and then uncover and bake for additional 30 minutes or until chicken reaches an internal temperature of 165° Fahrenheit.
3. Remove from oven and let sit for 15 minutes to set.

CHICKEN CORDON BLEU CASSEROLE



Serve with peas.

Yields: 8 servings

Ingredients

- 8oz extra wide egg noodles
- 2 pounds boneless skinless chicken breasts, cubed
- 1 pound bone-in ham steak, diced
- 16oz fat-free reduced sodium chicken broth
- 8oz Swiss cheese, shredded
- 8oz sour cream
- 2 tablespoons Dijon mustard
- 1/2 teaspoon pepper
- 1 cup Italian-seasoned breadcrumbs
- 2 tablespoons unsalted butter, melted

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover
- Cooking spray

To Freeze and Cook Later

1. Spray bottom of pan with cooking spray and add egg noodles.
2. In a large bowl, combine remaining ingredients, except breadcrumbs and butter, and pour over egg noodles.
3. In a small bowl, combine breadcrumbs and butter and spoon evenly into pan.
4. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 2 hours covered and then uncover and bake for additional 30 minutes or until chicken reaches an internal temperature of 165° Fahrenheit.

JALAPENO BACON MAC 'N CHEESE



Serve with a fresh garden salad.

Yields: 8 servings

Ingredients

- 1 pound box of dry uncooked elbow macaroni noodles
- 8oz Monterey Jack cheese, shredded
- 8oz sharp cheddar cheese, shredded
- 4 tablespoons unsalted butter (1/2 stick), shredded
- 32oz 2% milk
- 16oz fat-free reduced sodium chicken broth
- 1 medium-sized jalapeno pepper, diced (I recommend keeping all of the seeds for a medium-hot spicy dish and removing them for a mild dish)
- 1/2 cup diced green onions
- 6 slices bacon, diced

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover
- Gloves to wear while cutting jalapeno pepper

To Freeze and Cook Later

1. In a large bowl, combine all ingredients except bacon.
2. Pour into pan and add bacon to top.
3. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 2 hours uncovered. (Baking uncovered prevents noodles from becoming mushy, but if the top gets too brown, add the cover toward the end of the cooking time.)

ROASTED CHICKEN WITH HONEY LEMON CARROTS & RED POTATOES



This complete, hearty meal needs no side dish!

Yields: 6 servings

Ingredients

- 1 pound bag baby carrots
- 1 pound red potatoes (about 6 small potatoes), cubed
- 4 cloves garlic, minced
- The juice from one lemon (1/4 cup)
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary
- 1/2 teaspoon pepper
- 3 pounds bone-in chicken thighs (6 pieces)

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover

To Freeze and Cook Later

1. Add all ingredients to pan, except chicken, and stir to combine.
2. Place chicken on top.
3. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 2 hours covered and then uncover and bake for additional 30 minutes or until vegetables are soft and chicken reaches an internal temperature of 165° Fahrenheit.
3. Remove skin from chicken before eating.

SAUSAGE & PEPPERS



Serve on rolls with fresh garden salad.

Yields: 6 servings

Ingredients

- 6 sweet Italian sausage links (you can use more or less and keep remaining ingredients the same)
- 3 rainbow sweet peppers (red, orange, and yellow), sliced
- 1 small yellow onion, sliced
- 4 cloves garlic, sliced
- 2 tablespoons olive oil
- 1/2 teaspoon basil
- 1/2 teaspoon oregano

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover

To Freeze and Cook Later

1. Add all ingredients to pan, except sausage, and stir to combine.
2. Place sausage on top.
3. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 1 1/2 hours covered and then uncover and bake for additional 30 minutes or until sausage reaches an internal temperature of 165° Fahrenheit.

ZUCCHINI

“LASAGNA”



Serve with garlic bread.

Yields: 8 servings

Ingredients

- 1 3/4 pounds zucchini (about 4 small zucchini or 2 large)
- 1/2 cup marinara pasta sauce (we like Prego Traditional)
- 8oz low moisture part-skim mozzarella cheese, shredded and divided
- 15oz part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 2 large eggs
- 1 tablespoon dried parsley flakes
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

Materials

- 9x13” disposable or aluminum baking pan
- Lid or foil to cover

To Freeze and Cook Later

1. Cut ends off zucchini and thinly slice length-wise with a mandolin, side of box grater, or knife (no need to peel). Split zucchini into three equal-sized piles with the best pieces in one pile to use on the top layer of lasagna.
2. In a large bowl, create cheese filling by combining ricotta cheese, 1 cup of mozzarella cheese, Parmesan cheese, eggs, parsley, salt, and pepper.
3. Add a layer of zucchini to bottom of the pan. (It’s OK if pieces overlap.)
4. Top with half of cheese filling (1 1/2 cups) and half of sauce (1/4 cup).
5. Add a second layer of zucchini and top with remaining cheese filling.
6. Add final layer of zucchini, remaining sauce, and shredded mozzarella.
7. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 1 1/2 hours covered and then uncover and bake for additional 30 minutes or until middle is 165° Fahrenheit.

NUTRITIONAL INFORMATION

Nutritional information was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested toppings and side dishes were not included.

Breaded Pork Chops

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 pork chop	Total Fat	13g 20%	Total Carb	23g 8%
	Saturated Fat	6g 30%	Dietary Fiber	1g 4%
Servings 6	Trans Fat	0g	Sugars	1g
	Calories 380	Cholesterol 130mg 43%	Protein	37g 74%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	630mg 26%	Vitamin C	0%
	Vitamin A	2%	Iron	20%
	Calcium	6%		

Cheesy Chicken & Veggie Casserole

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4.5"x3.25" piece	Total Fat	25g 38%	Total Carb	26g 9%
	Saturated Fat	13g 65%	Dietary Fiber	2g 8%
Servings 8	Trans Fat	0g	Sugars	5g
	Calories 490	Cholesterol 120mg 40%	Protein	33g 66%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	430mg 18%	Vitamin C	15%
	Vitamin A	70%	Iron	15%
	Calcium	20%		

Chicken Cordon Bleu Casserole

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4.5"x3.25" piece	Total Fat	19g 29%	Total Carb	33g 11%
	Saturated Fat	10g 50%	Dietary Fiber	2g 8%
Servings 8	Trans Fat	0g	Sugars	4g
	Calories 500	Cholesterol 155mg 52%	Protein	42g 84%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	1360mg 57%	Vitamin C	4%
	Vitamin A	8%	Iron	20%
	Calcium	20%		

Jalapeno Bacon Mac 'n Cheese

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 4.5"x3.25" piece	Total Fat	20g	31%	Total Carb	47g	16%
	Saturated Fat	11g	55%	Dietary Fiber	2g	8%
Servings 8	Trans Fat	0g		Sugars	8g	
Calories 450	Cholesterol	60mg	20%	Protein	21g	42%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	500mg	21%			
	Vitamin A	15%		Vitamin C	4%	
	Calcium	50%		Iron	8%	

Roasted Chicken with Honey Lemon Carrots & Red Potatoes

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 skinless chicken & 1 cup vegetables	Total Fat	11g	17%	Total Carb	41g	14%
	Saturated Fat	3g	15%	Dietary Fiber	5g	20%
Servings 6	Trans Fat	0g		Sugars	11g	
Calories 330	Cholesterol	45mg	15%	Protein	17g	34%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	65mg	3%			
	Vitamin A	260%		Vitamin C	40%	
	Calcium	6%		Iron	15%	

Italian Sausage & Peppers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 sausage and 1/2 cup peppers and onions	Total Fat	12g	18%	Total Carb	9g	3%
	Saturated Fat	4g	20%	Dietary Fiber	1g	4%
Servings 6	Trans Fat	0g		Sugars	2g	
Calories 200	Cholesterol	25mg	8%	Protein	15g	30%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	485mg	20%			
	Vitamin A	20%		Vitamin C	240%	
	Calcium	4%		Iron	10%	

Zucchini "Lasagna"

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 4.5"x3.25" piece	Total Fat	13g	20%	Total Carb	7g	2%
	Saturated Fat	10g	50%	Dietary Fiber	1g	4%
Servings 8	Trans Fat	0g		Sugars	3g	
Calories 230	Cholesterol	90mg	30%	Protein	18g	36%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	630mg	26%			
	Vitamin A	15%		Vitamin C	4%	
	Calcium	60%		Iron	10%	

GROCERY

LIST

Note: the number(s) listed next to each ingredient corresponds to its recipe number.

Produce

- 1 medium-sized jalapeno pepper (4)
- 1 cup diced green onions (2, 4)
- 1 pound bag baby carrots (5)
- 1 pound red potatoes (about 6 small potatoes) (5)
- 8 cloves garlic (5, 6)
- 1 lemon for juice (5)
- 3 rainbow sweet bell peppers (red, orange, and yellow) (6)
- 1 small yellow onion (6)
- 1 3/4 pounds zucchini (about 4 small zucchini or 2 large) (7)

Meat

- 2-pound boneless pork roast (1)
- 4 pounds boneless skinless chicken breasts (2, 3)
- 1 pound bone-in ham steak (3)
- 3 pounds bone-in chicken thighs (6 pieces) (5)
- 6 slices bacon (4)
- 6 sweet Italian sausage links (6)

Dairy/Cold

- 3 large eggs (1, 7)
- 40oz plus 2 tablespoons 2% milk (1, 2, 4)
- 12 tablespoons unsalted butter (1 1/2 sticks) (2, 3, 4)
- 16oz sour cream (2, 3)
- 1/2 cup plus 2 tablespoons grated Parmesan cheese (1, 7)
- 16oz sharp cheddar cheese (2, 4)
- 8oz Swiss cheese (3)
- 8oz Monterey Jack cheese (4)
- 8oz low moisture part-skim mozzarella cheese (7)
- 15oz part-skim ricotta cheese (7)

Frozen

- 16oz bag frozen mixed vegetables (carrots, corn, peas, green beans, and lima beans) (2)

Canned

- 32oz fat-free reduced sodium chicken broth (3, 4)
- 1/2 cup marinara pasta sauce (we like Prego Traditional) (7)

Oil/Vinegar

- 4 tablespoons olive oil (5, 6)

Seasonings

- 3 teaspoons dried parsley (1, 7)
- 1 teaspoon garlic powder (1, 2)
- 2 teaspoons black pepper (2, 3, 5, 7)
- 1 teaspoon dried rosemary (5)
- 1/2 teaspoon basil (6)
- 1/2 teaspoon oregano (6)
- 3/4 teaspoon salt (7)

Baking

- 1/4 cup all-purpose flour (1)
- 2 tablespoons honey (5)

Miscellaneous

- 2 tablespoons plus 1 teaspoon Dijon mustard (1, 3)
- 1 1/2 cup Italian-seasoned breadcrumbs (1, 3)
- 3 cups crushed Ritz crackers (2 sleeves or half of a 13.7oz box) (2)
- 8oz extra wide egg noodles (3)
- 1 pound box of dry uncooked elbow macaroni noodles (4)

Materials

- Seven 9x13" disposable or aluminum baking pans (1-7)
- 7 lids or foil to cover pans (1-7)
- Cooking spray (1, 3)
- Gloves to wear while cutting jalapeno pepper (4)

Not Needed Until Day of Cooking

- Suggested Side Dishes
 1. Breaded Pork Chops – mashed potatoes and peas
 2. Cheesy Chicken & Veggie Casserole – no side needed!
 3. Chicken Cordon Blue Casserole – peas
 4. Jalapeno Bacon Mac 'n Cheese – fresh garden salad
 5. Roasted Chicken with Honey Lemon Carrots & Red Potatoes – no side needed!
 6. Italian Sausage & Peppers – rolls and fresh garden salad
 7. Zucchini “Lasagna” – garlic bread

PRINTABLE LABELS FOR FREEZER MEALS

Use the labels below on your freezer meals. Each label contains the name of the recipe, ingredients inside, and cooking instructions. There is room to write a “use-by” date, which should be 3 months from the day you prepped the meal.

There is also a page of blank labels in case you want to edit the ingredient list or cooking instructions. You can also use these blank labels for other freezer recipes that are not included in this book.

The freezer labels are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75”](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers.

You can also print these labels on regular computer paper and attach to your lids with clear shipping tape.



BREADED PORK CHOPS

Boneless pork chops
Flour
Egg
Milk
Dijon mustard
Italian breadcrumbs
Parmesan cheese
Parsley & garlic powder

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Bake frozen pan 1 1/2 hours covered and then uncover and bake for additional 30-45 min or until pork reaches 165°F.

Use by:



CHEESY CHICKEN & VEGGIE CASSEROLE

Chicken breasts
Frozen mixed vegetables
Green onions
Milk
Sour cream
Sharp cheddar cheese
Seasonings
Crackers & butter

1. Pre-heat oven 400°F.
2. Bake frozen pan 2 hours covered and then uncover and bake for additional 30 min or until chicken reaches 165°F.
3. Let sit 15 min to set.

Use by:



CHICKEN CORDON BLEU CASSEROLE

Egg noodles
Chicken breasts & ham
Chicken broth
Swiss cheese
Sour cream
Dijon mustard
Pepper
Bread crumbs & butter

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Bake frozen pan 2 hours covered and then uncover and bake for additional 30 min or until chicken reaches 165°F.

Use by:



JALAPENO BACON MAC 'N CHEESE

Elbow macaroni
Monterey Jack cheese
Sharp cheddar cheese
Milk & butter
Chicken broth
Jalapeno pepper
Green onions
Bacon

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Bake frozen pan 2 hours uncovered, or until middle reaches 165°F.

Use by:



ROASTED CHICKEN WITH HONEY LEMON CARROTS & RED POTATOES

Carrots
Red potatoes
Garlic
Lemon juice
Honey
Olive oil
Rosemary & pepper
Bone-in chicken thighs

1. Pre-heat oven 400°F.
2. Bake frozen pan 2 hours covered and then uncover and bake for additional 30 min or until vegetables are soft.
3. Remove skin from chicken before eating.

Use by:



SAUSAGE & PEPPERS

Italian sausage
Sweet peppers
Onion
Garlic
Olive oil
Basil
Oregano

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Bake frozen pan 1 1/2 hours covered and then uncover and bake for additional 30min or until sausage reaches 165°F.

Use by:



ZUCCHINI "LASAGNA"

Zucchini
Marinara pasta sauce
Mozzarella cheese
Ricotta cheese
Parmesan cheese
Eggs
Parsley flakes
Salt & pepper

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Bake frozen pan 1 1/2 hours covered and then uncover and bake for additional 30 minutes or until middle is 165°F.

Use by:



Use by:



Use by:



Use by:



Use by:



Use by: