

# 7 Whole30 Crockpot Freezer Meals in 1 Hour

FROM [NEW LEAF WELLNESS](http://www.NewLeafWellness.biz)

FREE PRINTABLE SHOPPING LIST,  
RECIPES, AND LABELS BELOW!

## Shopping List for All 7 Meals

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

### Produce

- 11 cloves garlic (1 bulb) (2, 3, 4, 6)
- 2 pounds carrots (2, 5)
- 4 small yellow onions (2, 4, 6, 7) (you can substitute a bag of frozen diced onions to save time)
- 2 small sweet potatoes (about 1/2 pound) (4)
- 2 cups finely chopped or riced cauliflower (4)
- 1 lime for juice (about 2 tablespoons) (6)
- 1 zucchini (7)
- 1 green bell pepper (7)

### Meat

- 4 pounds boneless skinless chicken breasts (1, 7)
- 1 pound ground turkey (2)
- 2 boneless pork roasts (2 pounds each) (3, 6)
- 1 lb ground lean pork, beef, chicken, or turkey (I used 85% lean ground beef) (4)
- 2-lb boneless beef chuck shoulder roast or beef round sirloin tip roast (5)

### Italian

- 28oz can tomato puree, undrained (I bought organic diced tomatoes from ALDI) (2)
- 6oz can tomato paste (2)
- 24oz jar spaghetti sauce (read the label to make sure it's Whole30-compliant – I used Priano Tomato Basil Sauce from ALDI) (7)
- 14oz can diced tomatoes (4)

### Canned

- 4 oz can diced green chilies (read the label) (6)
- 2 chipotles in adobo sauce plus spoonful of sauce (4) (read the label – I found a compliant can in the Mexican food aisle)

### Oil and Vinegar

- 11 tablespoons olive oil (1, 2, 3, 4, 5, 6)
- 4 tablespoons red wine vinegar (1, 5)

## Spices and Seasonings

- 2 teaspoons basil (3)
- 1 tablespoon chili powder (5)
- 1 tablespoon plus 4 teaspoon cumin (4, 5, 6)
- ½ teaspoon garlic powder (5)
- 1 tablespoon plus 2 teaspoons Italian seasoning (2, 7)
- 1 tablespoon plus ½ teaspoon onion powder (3, 5)
- 3 ½ teaspoons oregano (3, 5, 6)
- 1 tablespoon plus 1 teaspoon paprika (3, 4, 5)
- 2 ¼ teaspoons pepper (2, 3, 4, 5)
- ¾ teaspoon red pepper flakes (2, 5)
- 1 teaspoon rosemary (3)
- 4 teaspoons salt (2, 3, 4, 5, 6)
- Homemade taco seasoning packet: 1 tablespoon chili powder, 1 teaspoon pepper, and ½ teaspoon of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder (1)
- Homemade dry ranch seasoning mix: 1 tablespoon dried parsley, 1 teaspoon garlic powder, 1 tsp onion powder, 1 tsp dried onion flakes, ¾ tsp dill, ½ tsp pepper, and ½ tsp salt (1)

## Materials

- 7 gallon-sized plastic freezer bags (1-7)

## Miscellaneous

- 20 oz chicken broth (2, 4) (read the label to make sure it's Whole30-compliant)

## Not Needed Until Day of Cooking

- Suggested Side Dishes
  1. [Cool Ranch Shredded Chicken Tacos](#) – salad (lettuce, carrots, tomatoes, guacamole)
  2. Turkey Bolognese Sauce from [Cook Eat Paleo](#) - zucchini "noodles"
  3. Mediterranean Shredded Pork Pockets – Boston Bibb lettuce with mixed greens, tomato slices, and cucumbers or pickles.
  4. Sweet Potato Chipotle Chili from [Cotter Crunch](#) – fresh cilantro and sliced avocado
  5. [Mexican Pot Roast with Carrots](#) – cauliflower “rice”

6. Southwestern Shredded Pork from [Plaid and Paleo](#) – salad (lettuce, carrots, tomatoes, guacamole)
7. [Chicken Cacciatore](#) – salad (lettuce, cucumbers, carrots)

## Recipe List

1. [Cool Ranch Shredded Chicken Tacos](#)
2. Turkey Bolognese Sauce from [Cook Eat Paleo](#)
3. Mediterranean Shredded Pork Pockets from my [cookbook eBooks](#) and shared for free below
4. Sweet Potato Chipotle Chili from [Cotter Crunch](#)
5. [Mexican Pot Roast with Carrots](#)
6. Southwestern Shredded Pork from [Plaid and Paleo](#)
7. [Chicken Cacciatore](#)

## 1. Cool Ranch Shredded 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
- Homemade taco seasoning packet: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- Homemade dry ranch seasoning mix: 1 tablespoon dried parsley, 1 teaspoon garlic powder, 1 tsp onion powder, 1 tsp dried onion flakes, 3/4 tsp dill, 1/2 tsp pepper, and 1/2 tsp salt

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add all ingredients to slow cooker and cook on “low” setting for 6-8 hours.
3. Shred chicken and mix with sauces and spices left in crockpot.

Serve over a salad (lettuce, carrots, tomatoes, and guacamole).

## 2. Turkey Bolognese Sauce

Recipe adapted from [Cook Eat Paleo](#)

Yields: 6 servings

### Ingredients

- 28oz can tomato puree, undrained (I bought organic diced tomatoes from ALDI)
- 6oz can tomato paste
- 1/2 cup chicken broth
- 1 tablespoon olive oil
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes
- 3 cloves garlic, minced
- 2 small carrots, shredded or diced
- 1 small onion, diced (one cup)
- 1 pound ground turkey

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add all ingredients to slow cooker and cook on “low” setting for 6-8 hours.
3. Break apart turkey.

Serve over zucchini noodles.

### 3. Mediterranean Shredded Pork Pockets

Recipe from my [Complete Freezer Cooking Bundle](#)

Yields: 4 servings

#### Ingredients

- 2-pound boneless pork roast
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 2 teaspoons oregano
- 2 teaspoons basil
- 1 teaspoon rosemary
- 1/2 teaspoon pepper
- 1/2 teaspoon salt

#### Materials

- 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

#### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add all ingredients to crockpot and cook on “low” setting for 6-8 hours.

Serve on Boston Bibb lettuce with mixed greens, tomato slices, and cucumbers or pickles.



## 4. Sweet Potato Chipotle Chili

Recipe adapted from [Cotter Crunch](#)

Yields: 6 servings

### Ingredients

- 2 small sweet potatoes (about 1/2 pound), peeled and chopped
- 2 cups broth
- 1 lb ground lean pork, beef, chicken, or turkey (I used 85% lean ground beef)
- 1 tablespoon olive oil
- 14oz diced canned tomatoes, drained
- 1 small yellow onion, diced (1 cup)
- 2 cups finely chopped or riced cauliflower
- 2 cloves garlic, minced
- 2 chipotles in adobo sauce (chopped) plus spoonful of sauce
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add all ingredients to slow cooker and cook on “low” setting for 6-8 hours.
3. Break apart meat and serve.

Serve with fresh cilantro and avocado.

## 5. Mexican Beef Roast with Carrots

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless beef chuck shoulder roast
- 2 pounds carrots (minus the two carrots needed for recipe #2), peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon chili powder
- 1 teaspoon pepper
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon red pepper flakes
- ½ teaspoon paprika
- ½ teaspoon oregano
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.
3. Shred meat.

Serve with cauliflower rice.

## 6. Southwestern Shredded Pork

Recipe adapted from [Plaid and Paleo](#)

Yields: 6 servings

### Ingredients

- 2 pound boneless pork roast
- 4 oz can diced green chilies
- 1 small yellow onion, diced (one cup)
- 4 garlic cloves, minced
- 1 tablespoon olive oil
- the juice from one lime (about 2 tablespoons)
- 1 teaspoon ground oregano
- 2 teaspoons cumin
- 1 teaspoon salt

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 8 hours.
3. Shred and mix with sauce left in crockpot.

Serve with salad (lettuce, carrots, tomatoes, guacamole).

## 7. Chicken Cacciatore

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 24 oz jar spaghetti sauce
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet yellow onion, chopped
- 1 tablespoon Italian Seasoning

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later


1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook


1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.
3. Shred chicken.

Serve with a salad (lettuce, cucumbers, and carrots).

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