The Ultimate 21 Day Fix Slow Cooker Freezer Meal Plan

FROM NEW LEAF WELLNESS

FREE PRINTABLE MEAL PLAN, SHOPPING LIST, RECIPES, AND FREEZER MEAL LABELS BELOW!
# 21 Day Fix Slow Cooker Freezer Meal Plan

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Shopping List for all 21 Meals
(The number next to each ingredient corresponds to its recipe number.)

Produce

- 42 cloves garlic (4 bulbs) (1, 3, 4, 5, 7, 8, 9, 11, 12, 13, 15, 19, 20, 21)
- 3 1/2 pounds carrots (3, 5, 6, 21)
- 1 lemon for juice and zest (3)
- 2 limes for juice (13, 16)
- 1 pound green beans (3)
- 1 onion, sliced 3
- 13 yellow onions (3, 4, 8, 9, 10, 11, 12, 13, 14, 15, 16, 18)
- 1 red onion (21)
- 13 green bell peppers (4, 12, 14, 15, 16, 18)
- 5 red bell peppers (14, 15, 16, 21)
- 1 pound mild banana peppers (about 10 peppers) (11)
- 2 inches fresh ginger root (5, 15)
- 8oz fresh snow peas (1/2 pound) (sugar snap peas are also delicious) (5)
- 2-3 sweet potatoes (about 6 cups) (8)
- 6 large red potatoes (17)
- 5 sprigs of fresh mint (13)
- 1 medium head cauliflower (15)
- 10oz bag raw baby spinach (15)
- 1 pound fresh or frozen stir fry vegetables (If you use fresh, I like a combination of sugar snap peas, sliced red peppers, and shredded carrots.) (19)
- 2 ribs of celery (21)

Meat

- 2 pounds ground turkey (1, 7)
- 8 pounds boneless skinless chicken breasts (2, 16, 17, 19)
- 4 pounds boneless skinless chicken thighs (3, 10)
- 3 pounds boneless skinless chicken breasts OR thighs (5, 21)
- 2 pounds 95% lean ground beef (4, 14)
- 2-pound boneless beef chuck shoulder roast (6)
- 2 pounds beef top sirloin steak (12)

For more information, visit www.NewLeafWellness.biz
• 2 two-pound boneless pork roasts (9, 20)
• 1 pound ground sweet Italian sausage (11)
• 1 package sweet Italian turkey sausage with 6 links (18)
• 2-pound boneless pork loin (13)

Cold/Frozen
• 1 2/3 cup frozen corn (half of a 1 pound bag) (7)
• 1 large egg (optional) (11)

Canned
• 3 cans (28oz each) crushed tomatoes (1, 11)
• 14.5oz can crushed tomatoes (21)
• 14.5oz can petite diced tomatoes (7)
• 28oz can petite diced tomatoes (21)
• 14.5-oz can diced tomatoes (15)
• 28oz can diced tomatoes (20)
• 28oz can tomato sauce (7)
• 15oz can tomato sauce (14)
• 14.5oz can diced tomatoes with roasted garlic and onions (14)
• 14.5oz can tomato puree (21)
• 6oz can of tomato paste (21)
• 8oz (1 cup) chicken stock (3)
• 24oz (3 cups) beef broth (14)
• 16oz (2 cups) vegetable broth (15)
• 24oz jar pasta sauce (4)
• 8oz can sliced water chestnuts (optional) (5)
• 4-6 pepperoncini peppers plus juice (6)
• 2 cans (15oz each) black beans (7)
• 2 cans (15oz each) chickpeas (15)
• 4.25oz can diced green chilies (8)
• 15oz can sliced peaches (10)
• 16oz jar salsa verde (9)
• 2 cans (13.5oz each) unsweetened coconut milk (8)
• 1 cup lite coconut milk (I would add the whole can) (15)

Spices/Seasonings
• 2 teaspoons Italian seasoning (1)

For more information, visit www.NewLeafWellness.biz
• 2 tablespoons crushed red pepper flakes (1, 2, 7, 9, 14, 16, 19)
• 2 tablespoons plus 2 teaspoons salt (1, 2, 3, 6, 8, 10, 13, 14, 15, 16, 17, 19, 21)
• 2 tablespoons plus 1 1/2 teaspoons black pepper (1, 2, 3, 6, 8, 9, 10, 12, 13, 15, 17, 19, 20, 21)
• 4 tablespoons dried parsley (2, 6, 20, 21)
• 1 tablespoon plus 2 3/4 teaspoons garlic powder (2, 6, 16, 18, 21)
• 1 tablespoon plus 1/2 teaspoon onion powder (2, 6, 16, 21)
• 1 tablespoon dried onion flakes (2, 6, 21)
• 2 1/4 teaspoon dill (2, 6, 21)
• 5 tablespoons chili powder (2, 7, 14, 16, 21)
• 2 tablespoons plus 1/2 teaspoon ground cumin (2, 7, 8, 9, 14, 16, 21)
• 2 tablespoons plus 2 1/2 teaspoons paprika (2, 7, 16)2 tablespoons plus 1/2 teaspoon ground oregano (2, 3, 7, 11, 14, 18, 20)
• 4 teaspoon beef bouillon granules (6)
• 2 tablespoons curry powder (8, 15)
• 1 teaspoon dried rosemary (10)
• 2 1/2 teaspoons dried basil (11, 14, 18, 20)
• 1 teaspoon ground ginger (12, 19)
• 1 dash ground cayenne pepper (optional) (15)

Oil/Vinegar
• 3/4 cup plus 4 tablespoons olive oil (1, 2, 6, 13, 16, 18, 20)
• 4 tablespoons red wine vinegar (2, 5)
• 1 tablespoon sesame oil (5)
• 3/4 cup balsamic vinegar (10)
• 1/4 cup apple cider vinegar (13)

Miscellaneous
• 3/4 cup plus 2 tablespoons plus 1 teaspoon soy sauce (5, 6, 12, 19)
• 1/2 cup panko Japanese-style breadcrumbs (optional) (11)
• 1 cup dry uncooked brown rice (14)
• 1/4 cup plus 1 tablespoon maple syrup (15, 17)
• 1/2 cup spicy brown mustard (17)
• 1/2 cup plus 1 tablespoon plus 1 teaspoon honey (10, 12, 18, 19)
• 1/2 cup Frank’s Red Hot Sauce (more or less depending on how spicy you like it!) (21)

For more information, visit www.NewLeafWellness.biz
Materials
• 22 gallon-sized plastic freezer bag (1-21)
• 1 quart-sized plastic freezer bag (4)

Not Needed Until Day of Cooking
• 1 small spaghetti squash (1)
• 6 slices of provolone cheese (can buy ahead of time and freeze) (11)
• Suggested Side Dishes:
  1. Spaghetti Squash with Meat Sauce (2 green, 2/3 red, 1/2 blue) – sautéed zucchini “noodles” (1 green)
  2. Cool Ranch Shredded Chicken (1 red, 1 tsp) – corn tortillas, shredded cheddar cheese (1 yellow, 1 blue)
  3. Lemon Garlic Chicken Thighs (1 red, 1 green) – quinoa (1 yellow)
  4. Stuffed Peppers (1 red, 2 green) – side salad (1 green, tsp)
  5. Ginger Chicken with Snow Peas (1 red, 1/2 green, 1 yellow, 1/2 tsp) – brown rice (yellow)
  6. Homemade Mississippi Roast with Carrots (1 red, 1 green, 1 tsp) – baked potato (yellow)
  7. Turkey Black Bean Chili (1 red, 2 green, 2 yellow) – shredded cheddar cheese (1 blue)
  8. Curried Sweet Potato Soup (1 yellow, 1 1/2 blue) – steamed cauliflower (1 green)
  9. Salsa Verde Shredded Pork (1 red, 1/3 green) – shredded lettuce and brown rice (1 green, 1 yellow)
  10. Balsamic Peach Chicken (1 red, 1/2 purple) – steamed broccoli (1 green)
  11. Sausage-Stuffed Banana Peppers (1 red, 2 green, 1 blue) – side salad (1 green, tsp)
  12. Chinese Pepper Steak with Green Peppers and Onions (1 red, 1 green, 1/2 tsp honey)- brown rice (1 yellow)
  13. Garlic-Mint Pork Loin (1 red) – watermelon cucumber salad (1 purple, 1/2 green)
  14. Stuffed Pepper Soup (1 red, 1 green, 1/2 yellow) – shredded mozzarella cheese (1/2 blue)
  15. Chickpea and Spinach Stew (2 green, 1 1/2 yellow, 1/2 blue, 1/2 tsp) – shredded mozzarella (1/2 blue)
  16. Chicken Fajitas (1 green, 1 red, 1 tsp) – brown rice, 1/4 sliced avocado (1 yellow, 1 blue)

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17. Maple Mustard Chicken and Potatoes (1 red, 1 yellow, 2 tsp) – baked or raw red pepper slices (1 green)
18. Turkey Sausage and Peppers (1 red, 1 green, 1 tsp) – wild rice (1 yellow)
19. Chicken Teriyaki (1 red, 1 green, 1 tsp) – brown rice (1 yellow)
20. Italian Pork Roast (1 red, 1 green, 1/3 blue, tsp) – side salad (1 green, tsp)
21. Buffalo Chicken Chili (1 red, 2 green) – crumbled feta cheese (1/2 blue)

For more information, visit www.NewLeafWellness.biz
Recipe List

1. Spaghetti Squash with Meat Sauce from *Confessions of a Fit Foodie* (2 green, 2/3 red, 1/2 blue)
2. **Cool Ranch Shredded Chicken** (1 red, 1 tsp)
3. Lemon Garlic Chicken Thighs from *Sweet Peas and Saffron* (1 red, 1 green)
4. **Stuffed Peppers** (use 95% lean ground beef and omit olive oil) (1 red, 2 green)
5. **Ginger Chicken with Snow Peas** (1 red, 1/2 green, 1 yellow, 1/2 tsp)
6. **Homemade Mississippi Roast with Carrots** (substitute 1/4 cup olive oil - you won't eat all of it) (1 red, 1 green, 1 tsp)
7. **Turkey Black Bean Chili** (1 red, 2 green, 2 yellow)
8. **Curried Sweet Potato Soup** (vegan) (1 yellow, 1 1/2 blue)
9. **Salsa Verde Shredded Pork** (1 red, 1/3 green)
10. Balsamic Peach Chicken from *Sublime Reflection* (1 red, 1/2 purple)
11. **Sausage-**Stuffed Banana Peppers (egg and breadcrumbs optional) (1 red, 2 green, 1 blue)
12. **Chinese Pepper Steak with Green Peppers and Onions** (1 red, 1 green, 1/2 tsp honey)
13. **Garlic-Mint Pork Loin** (1 red)
14. Stuffed Pepper Soup from *My Crazy Good Life* (1 red, 1 green, 1/2 yellow)
15. Chickpea and Spinach Stew from *BeachBody On Demand* (vegan) (2 green, 1 1/2 yellow, 1/2 blue, 1/2 tsp)
16. Chicken Fajitas from *Thirty Handmade Days* (1 green, 1 red, 1 tsp)
17. Maple Mustard Chicken and Potatoes from *The Foodie and The Fix* (1 red, 1 yellow, 2 tsp) (sub sweet potatoes?)
18. Turkey Sausage and Peppers from the time I made 10 healthy slow cooker freezer meals from Walmart (1 red, 1 green, 1 tsp)
19. Chicken Teriyaki from *Thirty Handmade Days* (1 red, 1 green, 1 tsp)
20. **Italian Pork Roast** (1 red, 1 green, 1/3 blue, tsp)
21. Buffalo Chicken Chili from *Maria Makes* (1 red, 2 green)

For more information, visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)
1. Spaghetti Squash with Meat Sauce

Recipe modified from Confessions of a Fit Foodie

Yields: 6 servings

Ingredients
• 2 teaspoons olive oil
• 5 cloves of garlic, crushed
• 1 pound organic ground turkey (or ground beef if you would rather!)
• 2 cans (28oz each) crushed tomatoes
• 2 teaspoons Italian seasoning
• ½ teaspoon crushed red pepper (to taste)
• 1 teaspoon salt
• ½ teaspoon pepper
• 1 small spaghetti squash, washed (not needed until day of cooking)

Materials
• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag.
2. Add all ingredients except spaghetti squash to your freezer bag.
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. Poke squash 10-15 times with a fork and place in crockpot.
3. Cover with contents of freezer bag.
4. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
5. Remove squash from crock and cool to touch (10-15 minutes).
6. Cut in half, remove seeds, and shred flesh with fork.

Serve with sautéed zucchini “noodles”.

For more information, visit www.NewLeafWellness.biz
2. 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: 1T chili powder, 1tsp pepper, and 1/2tsp of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- Homemade dry ranch seasoning: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp 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 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 4-6 hours.
3. Shred chicken and mix with sauce in slow cooker.

Serve with corn tortillas and shredded cheddar cheese.

For more information, visit www.NewLeafWellness.biz
3. Lemon Garlic Chicken Thighs

Recipe adapted from Sweet Peas and Saffron

Yields: 6 servings

Ingredients
- 2 pounds boneless skinless chicken thighs
- 4 carrots, sliced
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon oregano
- 1 onion, sliced
- 1 cup chicken stock
- the juice and zest of one lemon
- 1 pound green beans, trimmed*

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 4-5 hours.

*If you prefer your vegetables al dente, freeze green beans separately and add in the last 30 minutes of cooking.

Serve with quinoa.

For more information, visit www.NewLeafWellness.biz
4. Stuffed Peppers

Recipe from New Leaf Wellness

Yields: 4 servings

Ingredients
• 1 pound 95% lean ground beef
• 1 small yellow onion, peeled and diced
• 1 garlic clove, minced
• 4 small green bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
• 24oz jar 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, and 2 tablespoons sauce and firmly stuff into peppers (You can dice the tops of the peppers and add to sauce).
3. Add remaining sauce to quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

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 on “low” setting for 6-8 hours.

Serve with a fresh garden salad.

For more information, visit www.NewLeafWellness.biz
5. Ginger Chicken with Snow Peas

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients
• 2 pounds boneless skinless chicken breasts or thighs
• 2 tablespoons soy sauce
• 2 tablespoons rice wine vinegar
• 1 tablespoon sesame oil
• 1 inch fresh ginger root, peeled and grated (one tablespoon)
• 4 garlic cloves, minced
• 4 carrots, sliced (1/2 pound)
• 8oz can sliced water chestnuts (optional, but adds an extra crunch)
• 8oz fresh snow peas (1/2 pound) (sugar snap peas are also delicious)

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

Serve with brown rice.

For more information, visit www.NewLeafWellness.biz
6. Homemade Mississippi Roast with Carrots

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients
- 2-pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and roughly chopped
- 1/4 cup olive oil
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- 1 packet dry au jus seasoning or this homemade version: 4 tsp beef bouillon granules, 1 tsp soy sauce, 1/4 tsp garlic powder, and 1/4 tsp pepper
- 1 packet dry ranch seasoning or this homemade version: 1 T dried parsley, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp dried onion flakes, 3/4 tsp dill, 1/2 tsp pepper, 1/2 tsp 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 overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 8 hours on “low” setting.
3. Shred meat and stir in crockpot to mix with juice.

Serve with baked potatoes.

For more information, visit www.NewLeafWellness.biz
7. Turkey Black Bean Chili

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients
- 1 pound ground turkey
- 28oz can of tomato sauce
- 2 cans black beans (15oz each), drained and rinsed
- 1 can petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn (half of a 1 pound bag)
- 2 large cloves 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.
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.

Top with shredded cheddar cheese.

For more information, visit www.NewLeafWellness.biz
8. Curried Sweet Potato Soup

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients
- 2-3 sweet potatoes, peeled and cubed (about 6 cups)
- 2 cans unsweetened coconut milk (13.5oz each)
- 4.25oz can diced green chilies
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon pepper
- 1/4 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. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
3. Puree with immersion blender or regular countertop blender.

Serve with steamed cauliflower.

For more information, visit www.NewLeafWellness.biz
9. Salsa Verde Shredded Pork

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients
- 2 pound boneless pork roast, fat trimmed
- 16oz jar salsa verde
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1/4 teaspoon red pepper flakes
- 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 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 pork and mix with sauce.

Serve with shredded lettuce and brown rice.

For more information, visit www.NewLeafWellness.biz
10. Balsamic Peach Chicken

Recipe adapted from Sublime Reflection

Yields: 6 servings

Ingredients
• 2 pounds boneless skinless chicken thighs
• 3/4 cup balsamic vinegar
• 1/4 cup honey
• 1 small sweet onion, thinly sliced
• 1 15oz can sliced peaches, drained
• 1 teaspoon dried rosemary
• 1/2 teaspoon salt
• 1/2 teaspoon 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 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 3-4 hours.
3. Optional: Drain the liquid off the chicken into a saucepan. Bring to a boil and reduce until it thickens.

Serve with steamed broccoli.

For more information, visit www.NewLeafWellness.biz
11. Sausage Stuffed Banana Peppers

Recipe from New Leaf Wellness

Yields: 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 (optional)
- 1 large egg (optional)
- 6 slices of provolone cheese (not needed until day of cooking)

Materials
- 2 gallon-sized plastic freezer bags

To Freeze and Cook Later
1. Label one of your freezer bags.
2. To a large bowl, add all ingredients, except crushed tomatoes, banana peppers, and provolone cheese. Mix well.
3. Spoon mixture into extra freezer bag with one corner snipped off.
4. Pipe 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.
5. Add stuffed peppers to labeled freezer bag with crushed tomatoes. (Cheese can be frozen separately if desired.)
6. 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.

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2. Add contents of freezer bag to crockpot and cook for 6-8 hours on “low” setting.
3. Place provolone cheese on top of peppers and cook additional 10 minutes or until melted.

Serve with a side salad.
12. Chinese Pepper Steak with Green Peppers and Onions

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients
- 2 pounds beef top sirloin steak, fat trimmed and sliced
- 3 green bell peppers, chopped*
- 2 small yellow onions, chopped
- 4 cloves of garlic, minced
- ½ cup soy sauce
- 1 tablespoon honey
- ½ teaspoon ground ginger
- ½ 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 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.

*If you prefer your veggies al dente, you can wait and add the green peppers the last 30 minutes of cooking.

Serve with brown rice.

For more information, visit www.NewLeafWellness.biz
13. Garlic Mint Pork Loin

Recipe from [New Leaf Wellness](http://www.NewLeafWellness.biz)

Yields: 6 servings

Ingredients
- 1 tablespoon olive oil
- 5 sprigs fresh mint
- 2lb boneless pork loin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- the juice from one lime (about ¼ cup)
- ¼ cup apple cider vinegar
- 3 cloves garlic, peeled and sliced
- 1 yellow onion, peeled and thinly sliced

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. Slice or shred meat and serve.

Serve with watermelon and cucumber salad (6 cups cubed watermelon, 2 cups cubed cucumber, 2 tablespoons chopped fresh mint leaves, 2 tablespoons chopped scallions, 2 tablespoons lime juice).

For more information, visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)
14. Stuffed Pepper Soup

Recipe adapted from My Crazy Good Life

Yields: 6 servings

Ingredients
• 1 pound 95% lean ground beef
• 1 small yellow onion, chopped (one cup)
• 14.5oz can diced tomatoes with roasted garlic and onions, undrained
• 15oz can tomato sauce
• 1 green pepper, diced
• 1 red pepper, diced
• 3 cups beef broth
• ½ teaspoon basil
• Homemade chili seasoning packet: 1 tablespoon paprika, 1 tablespoon chili powder, 2 teaspoons ground cumin, 1.5 teaspoons ground oregano, 1/2 teaspoon salt, 1/4 teaspoon crushed red pepper flakes
• 1 cup dry uncooked brown rice

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. Break apart beef and stir.

Top with shredded mozzarella cheese.

For more information, visit www.NewLeafWellness.biz
15. Chickpea and Spinach Stew

Recipe adapted from Beachbody on Demand

Yields: 6 servings

Ingredients
• 1 medium onion, chopped
• 1 medium green bell pepper, chopped
• 1 medium red bell pepper, chopped
• 2 cloves garlic, coarsely chopped
• 2 cups vegetable broth
• 14.5-oz can diced tomatoes, undrained
• 2 cans (15oz each) chickpeas, drained and rinsed
• 1 tablespoon curry powder
• 1 tablespoon pure maple syrup
• 1 inch fresh ginger root, peeled and grated
• ½ teaspoon sea salt
• ½ teaspoon pepper
• 1 dash ground cayenne pepper (optional)
• 1 medium head cauliflower, cut into florets
• 10oz bag raw baby spinach
• 1 cup lite coconut milk (I would add the whole can)

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 4-6 hours.
Top with shredded mozzarella cheese.

For more information, visit www.NewLeafWellness.biz
16. Chicken Fajitas

Recipe from Thirty Handmade Days

Yields: 6 servings

Ingredients
- 2 pounds boneless skinless chicken breasts
- 3 bell peppers (I use two red and one green)
- 1 sweet yellow onion, sliced
- 3 tablespoons olive oil
- the juice from one lime (about 3 tablespoons)
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon crushed red pepper flakes
- 1 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 overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 4-6 hours on “low” setting.
3. Shred chicken and mix with sauce in slow cooker.
4. Serve with a slotted spoon (the peppers release a lot of liquid while cooking).

Serve with brown rice and sliced avocado.

For more information, visit www.NewLeafWellness.biz
17. Maple Mustard Chicken and Potatoes

Recipe from The Foodie and the Fix

Yields: 6 servings

Ingredients
• 6 large red potatoes, cut into 1/2" - 3/4" cubes (I think sweet potatoes would also be good)
• 2 pounds boneless skinless chicken breasts, fat trimmed
• 1/2 teaspoon salt
• 1/4 teaspoon pepper
• 1/2 cup spicy brown mustard
• 1/4 cup maple syrup

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 4-6 hours.

Serve with baked or raw red pepper slices.

For more information, visit www.NewLeafWellness.biz
18. Turkey Sausage and Peppers

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients
• 1 package sweet Italian turkey sausage with 6 links
• 1 yellow onion, peeled and sliced
• 3 green bell peppers, sliced
• 2 tablespoons olive oil
• 1 teaspoon honey
• 1 teaspoon garlic powder
• 1/2 teaspoon basil
• 1/2 teaspoon oregano

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 4-6 hours.

Serve with wild rice.

Note: You can also cook this meal in the oven. Preheat oven to 400 degrees F. Pour into a 9x13” baking pan and bake for 60 minutes (30 minutes covered and 30 minutes uncovered).

For more information, visit www.NewLeafWellness.biz
19. Chicken Teriyaki

Recipe from Thirty Handmade Days

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 2 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 pound fresh or frozen stir fry vegetables* (If you use fresh, I like a combination of sugar snap peas, sliced red peppers, and shredded carrots.)

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 to crockpot and cook for 6 hours on “low” setting.
3. Shred chicken and stir with sauce in crockpot.

Serve with brown rice.

*If you prefer crunchy vegetables, wait to add until last 30 minutes of cooking and turn the crockpot to the “high” setting.
20. 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
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon black 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 6-8 hours.

Serve with a side salad.

For more information, visit www.NewLeafWellness.biz
21. Buffalo Chicken Chili

Recipe modified from Maria Makes

Yields: 6 servings

Ingredients
- 14.5oz can tomato puree
- 14.5oz can crushed tomatoes
- 1 can (28oz each) petite diced tomatoes, undrained
- 6oz can of tomato paste
- 2 ribs of celery, diced
- 2 carrots, diced
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1/2 teaspoon cumin
- 1 ranch seasoning packet or this homemade mix: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, and 1/2 tsp salt.
- 1/2 cup Frank's Red Hot Sauce (can increase/decrease)
- 1 pound boneless skinless chicken breast or thighs

Materials
- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag.
2. Add all ingredients except ranch dressing 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. Cook on “low” setting for 6-8 hours.
3. Shred chicken and stir.

Serve topped with feta cheese.

For more information, visit www.NewLeafWellness.biz
Printable Labels for Freezer Meals

To Use:
1. Fill out “use-by” date (three months from when you prep the meals).
2. Edit the ingredients and cooking directions (if necessary).
3. Save to your computer so you can use again in the future.
4. Print on Avery water-resistant stickers or regular computer paper.
5. Stick to your freezer bags. (If using paper labels, secure with clear shipping tape.)

For more information, visit www.NewLeafWellness.biz