

17 Crockpot Freezer Meals That are Sugar- Free

FROM [NEW LEAF WELLNESS](#)

FREE PRINTABLE RECIPES AND
SHOPPING LIST BELOW!

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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
- 1 taco seasoning packet (or this homemade version: 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)
- 1 dry ranch seasoning packet (or this homemade version: 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 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.
4. Shred chicken and mix with sauces and spices left in crockpot.

Serve on soft tortillas or on top of rice like a burrito bowl. Top with lettuce, shredded cheese, and guacamole.

2. Beef and Sweet Potato Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds 85% lean ground beef
- 1 yellow onion, diced
- 2 bell peppers (any color), chopped
- 2 medium-sized sweet potatoes (1 pound), peeled and diced
- 2 cans tomato sauce (15oz each)
- 14.5oz can diced tomatoes, undrained
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon pepper (increase to 1 teaspoon for medium-heat)
- 1/2 teaspoon 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 6-8 hours.
4. Break apart beef and stir.

Serve with shredded cheddar cheese and tortilla chips.

3. Low Fat Chicken Noodle Soup

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts, diced
- 1 small onion, diced
- 4 carrots, diced
- 2 celery ribs, diced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 32oz chicken broth (4 cups) (not needed until day of cooking)
- 2 cups wide egg noodles (uncooked) (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 noodles and 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. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6-8 hours.
4. Add noodles for the last 15 minutes of cooking.

Serve with fresh bread.

4. Steak Italiano Marinara

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless sirloin tip steak, cubed
- 1 small yellow onion, diced (one cup)
- 2oz fresh baby spinach (2 large handfuls)
- 4 cloves garlic, minced
- 28oz can crushed tomatoes
- 1 tablespoon Italian seasoning
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 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 6-8 hours.

Serve over fettuccini or zucchini “noodles.” Top with Parmesan cheese and shredded mozzarella cheese.

5. Chicken Fajitas

Recipe adapted from [Thirty Handmade Days](#)

Yields: 4 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 bell peppers (I used 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 (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.
4. Shred chicken and mix with sauce in crockpot.
5. Serve with a slotted spoon (the peppers release a lot of liquid while cooking).

Serve on tortillas or rice with your favorite taco toppings.

6. Crack Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless chicken breasts
- 1/2 cup real bacon bits (they're bigger than the pieces)
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon parsley
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon dill
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 8oz cream cheese (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bags

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 cream cheese 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 4-6 hours.
4. Shred chicken and return to crockpot with cream cheese.
5. Cook additional 5-10 minutes or until cream cheese warms and starts to melt. Mix everything in crockpot.

Serve on hamburger buns with a side salad.

7. Thai Pineapple Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 15oz can chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves garlic, minced
- 13.5oz can unsweetened coconut milk
- 3 tablespoons curry powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bags

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 or until onions and peppers are tender.

Serve with rice.

8. Salsa Verde Shredded Pork

Recipe adapted from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 3-pound bone-in pork shoulder roast (sometimes labeled “Boston butt” or “pork butt”)
- 16oz jar salsa verde
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1/4 teaspoon 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 (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” for 8 hours.
4. Remove bones and shred meat.

Serve with rice and a salad. Top with shredded cheddar cheese.

9. Beef Barley Stew

Recipe adapted from [Live Simply](#)

Yields: 6 servings

Ingredients

- 2-pound beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 4 carrots, peeled and chopped
- 2 celery ribs, chopped (1 cup)
- 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 black pepper
- 1/2 cup uncooked pearled barley (not quick cooking)
- 7 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 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. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” for 8 hours or until carrots are soft.
4. Remove bay leaf.

Serve with fresh bread.

10. 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 stick unsalted butter
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- Homemade au jus seasoning packet: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper
- Homemade dry ranch seasoning packet: 1T dried parsley, 1T onion powder, 1tsp garlic powder, 1/2tsp dill, 1/2tsp 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 (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.
4. Shred meat and return to crockpot to mix with juice.

Serve with mashed potatoes.

11. Tuscan Chicken Stew

Recipe adapted from [Sweet Peas and Saffron](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds boneless chicken thighs (I substituted chicken breasts)
- 2oz baby spinach
- 2 carrots, peeled and sliced
- 1 small yellow onion, diced (one cup)
- 2 cloves garlic, minced
- 2 medium tomatoes, seeded and diced
- 18 baby potatoes (1/2 pound), left whole or cut in half
- 16oz chicken broth (2 cups)
- 1 tablespoon tomato paste
- 2 tablespoons apple cider vinegar
- 1 tablespoon balsamic vinegar
- 1 teaspoon fennel seeds, crushed with side of knife
- 1 teaspoon rosemary
- 1/2 teaspoon celery seed
- 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 freezer meal overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on “low” setting for 6-8 hours.
3. Shred chicken and stir.

Serve with bread.

12. 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
- 1 small yellow onion, sliced or diced
- 4 garlic cloves, minced
- 1/4 cup extra-virgin olive oil
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black 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. Add to crockpot and cook on “low” setting for 4-6 hours.
3. Shred chicken.

Serve on soft tortillas or rice and top with cheddar cheese.

13. Meatball Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 3 cups green beans (about 1/2 pound), ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 32oz chicken broth (4 cups) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag except chicken broth.
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 to crockpot with broth.
3. Cook on “low” setting for 8 hours or until carrots are soft.

Top with Parmesan cheese and serve with garlic bread.

14. Skinny Shredded Buffalo Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 cup hot sauce (we like Frank's Red Hot or Sriracha)
- 4 tablespoon unsalted butter
- 2 tablespoons distilled white vinegar
- 1 teaspoon paprika
- 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 to crockpot and cook on "low" setting for 6-8 hours.
3. Shred chicken and mix with sauce in crockpot.

Serve on hamburger buns with a side salad.

15. Italian Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2-pound boneless pork roast
- 28oz can diced tomatoes, undrained
- 1/2 cup grated Parmesan cheese
- 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.
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 to crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with pasta and roasted green beans.

16. Mozzarella-Stuffed Turkey Pesto Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 18 meatballs

Ingredients

- 1 pound ground turkey (or ground beef)
- 1 large egg
- 1/2 cup basil pesto (store-bought or [homemade](#))
- 1/2 cup Italian breadcrumbs
- 1/4 cup grated Parmesan cheese
- 4-5 mozzarella string cheese sticks, cut into 4 pieces each
- 14.5oz can diced tomatoes, undrained (not needed until day of cooking)
- 4oz mozzarella cheese, shredded (about one cup) (not needed until day of cooking)

Materials

- 2 gallon-sized plastic freezer bags

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. In a large bowl, combine ground turkey, egg, pesto, breadcrumbs, and parmesan cheese. Form into 18 meatballs.
3. Press one piece of mozzarella cheese inside each meatball and place in a single layer inside freezer bags.
4. Remove as much air as possible, seal, and freeze.

To Cook

1. Add contents of freezer bags to crockpot and cover with diced tomatoes.
2. Cook on “low” setting for 6-8 hours.
3. Top with shredded cheese and cook for additional 5 minutes or until melted.

Serve with spaghetti and steamed broccoli.

17. Broccoli Cheddar Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 16oz bag frozen petite broccoli florets
- 8oz mild cheddar cheese, shredded
- 1 small yellow onion, diced (1 cup)
- 1 large carrot, finely shredded (1 cup)
- 1/4 cup unsalted butter (4 tablespoons), diced
- 16oz heavy cream (2 cups)
- 16oz chicken broth (2 cups) (substitute vegetable broth to make vegetarian)
- 1/4 cup all-purpose flour
- 1 teaspoon Dijon mustard
- 1 teaspoon hot sauce

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. Place broccoli, cheese, onions, carrots, and butter to your freezer bag.
3. In a medium bowl, whisk cream, broth, flour, mustard and hot sauce.
4. Pour mixture into freezer bag.
5. 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” for 6-8 hours.
4. Puree to desired consistency with immersion blender or regular countertop blender.

Serve with a baguette.

Shopping List for all 17 Recipes

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

Produce

- 11 yellow onions (You can substitute 3 bags of frozen diced onions to save time) (2, 3, 4, 5, 7, 8, 9, 11, 12, 13, 17)
- 5 bell peppers (any color) (2, 5)
- 1 green bell pepper (7)
- 2 red bell peppers (12)
- 3 pounds sweet potatoes (2, 7)
- 1/2 pound baby potatoes (11)
- 4 1/2 pounds carrots (3, 9, 10, 11, 13, 17)
- 4 celery ribs (3, 9)
- 4oz fresh baby spinach (4, 11)
- 19 cloves garlic (2 bulbs – buy pre-peeled to save A LOT of time) (4, 7, 8, 11, 12, 15)
- 1 lime for juice (5)
- 1 fresh pineapple (7)
- 2 medium tomatoes (11)
- 3 cups green beans (about 1/2 pound) (13)
- 1 medium-sized zucchini (13)

Meat

- 11 pounds boneless skinless chicken breasts (1, 3, 5, 6, 12, 14)
- 1 1/2 pounds boneless chicken thighs (11)
- 1 1/2 pounds 85% lean ground beef (2)
- 2 pounds boneless sirloin tip steak (4)
- 2 two-pound beef chuck roasts (9, 10)
- 1/2 cup real bacon bits (6)
- 3-pound bone-in pork shoulder roast (sometimes labeled “Boston butt” or “pork butt”) (8)
- 2-pound boneless pork roast (15)
- 1 pound ground turkey (16)
- 1 pound small meatballs (store bought or [homemade](#)) (13)

Frozen

- 16oz bag frozen petite broccoli florets (17)

Cold/Dairy

- 2 sticks unsalted butter (10, 14, 17)
- 1 large egg (16)
- 3/4 cup grated Parmesan cheese (15, 16)
- 8oz mild cheddar cheese, shredded (17)
- 16oz (2 cups) heavy cream (17)

Canned/Dried

- 1 tablespoon tomato paste (11)
- 2 cans (15oz each) tomato sauce (2)
- 14.5oz can diced tomatoes (2)
- 28oz can diced tomatoes (15)
- 28oz can crushed tomatoes (4)
- 15oz can chickpeas (7)
- 13.5oz can unsweetened coconut milk (7)
- 16oz jar salsa verde (8)
- 4-6 pepperoncini peppers juice from the jar (10)
- 24oz jar pasta sauce (13)
- 1/2 cup basil pesto (store-bought or [homemade](#)) (16)
- 32oz chicken broth (4 cups) (11, 17)

Spices and Seasonings

- 1 taco seasoning packet (or this homemade version: 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) (1)
- 2 dry ranch seasoning packets (or this homemade version: 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, 10)
- Homemade au jus seasoning packet: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper (10)
- 2 tablespoons chili powder (2, 5)
- 2 tablespoons plus 1/4 teaspoon salt (2, 3, 4, 5, 6, 7, 9, 11, 12)
- 1 tablespoon plus 2 teaspoons cumin (2, 5, 8)
- 1 tablespoon plus 1 teaspoon paprika (2, 5, 14)
- 2 teaspoons oregano (2, 15)
- 1 tablespoon garlic powder (2, 5, 6)
- 1 tablespoon plus 2 teaspoons onion powder (2, 5, 6)
- 1 tablespoon plus 1/2 teaspoon black pepper (2, 4, 6, 8, 9, 12, 14, 15)

- 1 tablespoon plus 3/4 teaspoon red pepper flakes (2, 4, 5, 7, 8, 12)
- 2 1/2 teaspoons thyme (3, 9)
- 1 teaspoon celery seed (3, 11)
- 1/2 teaspoon turmeric (3)
- 1 tablespoon Italian seasoning (4)
- 2 teaspoons basil (4, 15)
- 2 tablespoons parsley (6, 15)
- 1/2 teaspoon dill (6)
- 3 tablespoons curry powder (7)
- 2 teaspoons rosemary (9, 11)
- 1 bay leaf (9)
- 1 teaspoon fennel seeds (11)

Baking

- 1/4 cup all-purpose flour (17)

Materials

- 18 gallon-sized plastic freezer bags (1-17)

Oil and Vinegar

- 3/4 cup plus 1 tablespoon extra-virgin olive oil (1, 5, 6, 12, 15)
- 4 tablespoons red wine vinegar (1, 6)
- 2 tablespoons apple cider vinegar (11)
- 1 tablespoon balsamic vinegar (11)
- 2 tablespoons distilled white vinegar (14)

Miscellaneous

- 1 cup plus 1 teaspoon hot sauce (we like Frank's Red Hot or Sriracha) (14, 17)
- 1/2 cup Italian breadcrumbs (16)
- 1 teaspoon Dijon mustard (17)
- 1/2 cup uncooked pearled barley (not quick cooking) (9)

Not Needed Until Day of Cooking

- 64oz (8 cups) chicken broth (3, 13)
- 56oz (7 cups) beef broth (9)
- 2 cups wide egg noodles (3)
- 8oz cream cheese (6)

- 14.5oz can diced tomatoes (16)
- 4oz mozzarella cheese, shredded (16)
- Suggested Side Dishes
 1. Cool Ranch Shredded Chicken Tacos – tortillas or rice, lettuce, shredded cheese, and guacamole
 2. Beef and Sweet Potato Chili -shredded cheddar cheese and tortillas chips
 3. Low-Fat Chicken Noodle Soup – fresh bread
 4. Steak Italiano Marinara – fettucine or zucchini “noodles”, Parmesan and mozzarella cheeses
 5. Chicken Fajitas – tortillas or rice, taco toppings
 6. Crack Chicken – hamburger buns and side salad
 7. Thai Pineapple Curry – rice
 8. Salsa Verde Shredded Pork Tacos – rice, salad, shredded cheddar cheese
 9. Beef Barley Stew – fresh bread
 10. Homemade Mississippi Roast with Carrots – mashed potatoes
 11. Tuscan Chicken Stew – bread
 12. Red Pepper Chicken – tortillas or rice, cheddar cheese
 13. Meatball Vegetable Soup – Parmesan cheese and garlic bread
 14. Skinny Shredded Buffalo Chicken – hamburger buns and a side salad
 15. Italian Pork Roast – pasta and roasted green beans
 16. Mozzarella-Stuffed Turkey Pesto Meatballs – spaghetti and steamed broccoli
 17. Healthy Broccoli Cheddar Soup – baguette