

EASY KETO FREEZER MEALS: 8 RECIPES, 90 MINUTES, \$100

Free printable recipes and grocery list below!

Recipe List

1. Garlic Parmesan Meatballs from [Twin Dragonfly Designs](#)
2. Chicken Pesto Parmesan from [Twin Dragonfly Designs](#)
3. Coconut Curry Chicken from [Twin Dragonfly Designs](#)
4. [Crack Chicken](#)
5. [Swedish Meatballs](#)
6. [Tikka Masala Meatballs](#)
7. Chicken Cacciatore from [Wholesome Yum](#)
8. Chicken Fajita Soup from [Eating on a Dime](#)

1. GARLIC PARMESAN MEATBALLS

Recipe modified from [Twin Dragonfly Designs](#)

Yields: 6 servings

Ingredients

- 2 pounds frozen meatballs
- 1 yellow onion, diced
- 1/2 cup Parmesan, grated
- 2 cloves garlic, minced
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 1 teaspoon parsley
- 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 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 4-6 hours.

Serve with zucchini noodles and fresh Parmesan cheese.

2. CHICKEN PESTO PARMESAN

Recipe modified from [Twin Dragonfly Designs](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 6oz pesto
- 1 yellow onion, diced
- 1/2 cup Parmesan cheese, grated
- 2 cloves garlic, minced
- 5 ounces baby spinach

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with 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 4-6 hours.

Serve with zucchini noodles or cauliflower rice and top with pine nuts and fresh Parmesan cheese.

3. COCONUT CURRY CHICKEN

Recipe modified from [Twin Dragonfly Designs](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 13.5oz can coconut milk
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1/2 pound button mushrooms, quartered
- 1 rib celery, diced
- 2 tablespoons red curry paste
- 1 tablespoon fish sauce
- 1 tablespoon sesame oil
- 1 teaspoon basil

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with 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 4-6 hours.

Serve over cauliflower rice.

3. COCONUT CURRY CHICKEN

Recipe modified from [Twin Dragonfly Designs](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 13.5oz can coconut milk
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1/2 pound button mushrooms, quartered
- 1 rib celery, diced
- 2 tablespoons red curry paste
- 1 tablespoon fish sauce
- 1 tablespoon sesame oil
- 1 teaspoon basil

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with 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 4-6 hours.

Serve over cauliflower rice.

4. CRACK CHICKEN

Recipe from [The Family Freezer](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless 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 bag

To Freeze and Cook Later

1. Label your freezer bag with name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag except cream cheese.
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 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 over zucchini noodles with shredded cheddar cheese, extra bacon bits, and sliced green onions.

5. SWEDISH MEATBALLS

Recipe from [The Family Freezer](#)

Yields: 6 servings

Ingredients

- 2 pounds frozen meatballs
- 16oz heavy cream (Please don't substitute half and half because it tends to curdle after freezing)
- 3/4 cup Parmesan cheese, grated
- 1 teaspoon garlic powder
- 1 teaspoon parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with 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 4-6 hours.

Serve with mashed cauliflower and green beans.

6. TIKKA MASALA MEATBALLS

Recipe from [The Family Freezer](#)

Yields: 6 servings

Ingredients

- 2 pounds frozen meatballs
- 2 cans (15oz each) tomato sauce
- 8oz heavy cream
- 2 cloves garlic, minced
- 1 tablespoon honey (I substituted Monk Fruit Sweetener from Amazon)
- 2 tablespoons curry powder
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon onion powder

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with 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.

Serve over cauliflower rice.

7. CHICKEN CACCIATORE

Recipe modified from [Wholesome Yum](#)

Yields: 4 servings

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts
- 2 cloves garlic, minced
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 14.5 oz can diced tomatoes, drained
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 bay leaf

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with 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 4-6 hours.

Serve with zucchini noodles and a side salad.

8. CHICKEN FAJITA SOUP

Recipe modified from [Eating on a Dime](#)

Yields: 8 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 28oz can diced tomatoes
- 2 tablespoons homemade taco seasoning (1 tablespoon chili powder, 1 teaspoon pepper, 1/2 teaspoon of the following: salt, ground cumin, crushed red pepper flakes, paprika, ground oregano, garlic powder, onion powder)
- 2 cloves garlic, minced
- 1 yellow onion
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 16oz (2 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 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 4-6 hours.
4. Shred chicken and stir.

Top with shredded cheese, green onions, and sour cream.

GROCERY LIST FOR ALL 8 MEALS

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

Produce

- 4 yellow onions (1, 2, 3, 7, 8)
- 10 cloves garlic (1, 2, 6, 7, 8)
- 5 ounces baby spinach (2)
- 3 red bell peppers (3, 7, 8)
- 1 zucchini (3)
- 1/2 pound button mushrooms (3)
- 1 rib celery (3)
- 1 green bell pepper (8)

Meat

- 6 pounds frozen meatballs (1, 5, 6)
- 9 1/2 pounds boneless skinless chicken breasts (2, 3, 4, 7, 8)
- 1/2 cup real bacon bits (4)

Cold/Dairy

- 1 3/4 cup Parmesan, grated (1, 2, 5)
- 24oz heavy cream (5, 6)

Canned/Dried

- 6oz pesto (2)
- 13.5oz can coconut milk (3)
- 2 cans (15oz each) tomato sauce (6)
- 14.5 oz can diced tomatoes (7)
- 28oz can diced tomatoes (8)

Spices and Seasonings

- 1 tablespoon garlic powder (1, 4, 5)
- 1 tablespoon plus 2 teaspoons parsley (1, 4, 5)
- 1 1/2 teaspoon crushed red pepper flakes (1, 6)
- 1 teaspoon basil (3)
- 1 tablespoon plus 1/2 teaspoon onion powder (4, 6)
- 1/2 teaspoon dill (4)
- 1 teaspoon pepper (4, 5, 7)
- 1 3/4 teaspoon salt (4, 5, 7)
- 2 tablespoons curry powder (6)
- 1 teaspoon rosemary (7)
- 1 teaspoon thyme (7)

- 1 bay leaf (7)
- 2 tablespoons [homemade taco seasoning](#) (1 tablespoon chili powder, 1 teaspoon pepper, 1/2 teaspoon of the following: salt, ground cumin, crushed red pepper flakes, paprika, ground oregano, garlic powder, onion powder) (8)

Oil and Vinegar

- 5 tablespoons olive oil (1, 4)
- 1 tablespoon sesame oil (3)
- 2 tablespoons red wine vinegar (4)

Miscellaneous

- 2 tablespoons red curry paste (3)
- 1 tablespoon fish sauce (3)
- 1 tablespoon honey (I substituted Monk Fruit Sweetener from Amazon) (6)

Materials

- 8 gallon-sized plastic freezer bags

Not Needed Until Day of Cooking

- 8oz cream cheese (4)
- 16oz (2 cups) chicken broth (8)

Suggested Side Dishes

1. [Garlic Parmesan Meatballs](#) - zucchini noodles, Parmesan cheese
2. [Chicken Pesto Parmesan](#) - zucchini noodles or cauliflower rice, pine nuts, and Parmesan cheese
3. [Coconut Curry Chicken](#) - cauliflower rice
4. [Crack Chicken](#) - zucchini noodles, shredded cheddar cheese, extra bacon bits, and sliced green onions.
5. [Swedish Meatballs](#) - cauliflower rice, green beans
6. [Tikka Masala Meatballs](#) - cauliflower rice
7. [Chicken Cacciatore](#) - zucchini noodles, side salad
8. [Chicken Fajita Soup](#) - shredded cheese, green onion, and sour cream