

TABLE OF CONTENTS

[Introduction](#)

11 - 13

FREEZER MEAL PREP SESSIONS WITH SUPER HEALTHY RECIPES

[8 Healthy Crockpot Freezer Meals in 75 Minutes](#) (lots of fresh vegetables). This is one of my most popular freezer prep sessions.

14 - 20

[8 Crockpot Freezer Meals from Whole Foods in 35 Minutes](#) (organic frozen vegetables). I only spent \$92 total on ingredients, which is awesome because these meals are packed with healthy and organic ingredients.

21 - 29

[10 Organic Crockpot Freezer Meals from Costco in 60 Minutes](#) (all organic ingredients). It was a challenge to make all organic meals from Costco, but I did it and only spent \$130 on ingredients.

30 - 35

[5 Healthy Crockpot Freezer Meals with Tomatoes in 75 Minutes](#) (made with fresh diced tomatoes). The recipes in this session substitute fresh diced tomatoes for canned tomatoes. They're perfect to make in the summer when tomatoes are in season.

36 - 44

[6 Healthy Crockpot Freezer Meals in 45 Minutes](#) (every recipe includes a veggie). I made these freezer meals when I was 9 months pregnant with my 4th baby and sick of eating take-out. I focused on simple recipes with six ingredients or less and made sure each one included a vegetable.

45 - 53

[6 Healthy Crockpot Freezer Meals in 50 Minutes](#) (no condensed soup or added sugar). This is one of my most popular freezer prep sessions because it was featured on BuzzFeed.

54 - 58

MEALS TO MAKE WHEN YOU'RE SHORT ON TIME (TIME ESTIMATES INCLUDE CLEAN-UP)

- 7 Crockpot Freezer Meals in 30 Minutes** (4 minutes per meal). This was my fastest freezer prep session ever. I saved time by focusing on recipes with only 3-6 ingredients, but made sure every one included a vegetable. Yay! 59 - 69
- 8 Crockpot Freezer Meals in 35 Minutes** (4 minutes per meal). I like to double recipes to save time and money, but this session focused on recipes that work with different types of meat so we could have variety, too (for example, one bag of chili made with chicken and a second one made with ground beef). 70 - 76
- 7 Crockpot Freezer Meals in One Hour** (8 ½ minutes per meal). This is one of the first prep sessions that I ever shared on my blog. The slow cooker chicken pot pie with tater tots requires pre-cooking. 77 - 83
- 6 Crockpot Freezer Meals in 30 Minutes** (5 minutes per meal). I like these recipes because they use a mix of proteins (chicken breasts, ground beef, and pork chops). 84 - 88
- 8 Healthy Crockpot Freezer Meals in 45 Minutes** (5 ½ minutes per meal). This was a cool prep session because I picked four recipes and made two bags of each (one with chicken breasts and one with beef) so we ended up with eight different meals. 89 - 95
- 10 Healthy Crockpot Freezer Meals in One Hour** (6 minutes per meal). To help save time with these meals, I used spice packets and frozen vegetables or fresh vegetables that can be added to the freezer bags as-is (like baby carrots and spinach). 96 - 109
- 6 Make-Ahead Freezer Meals in 50 Minutes** (8 minutes per meal). In addition to crockpot freezer meals, this freezer session includes a recipe for "no-cook" meatloaf, too. Simply combine the ingredients raw in a loaf pan and freeze. 110 - 116

FREEZER MEALS WITH THE SAME PROTEIN (MAKE THESE WHEN MEAT IS ON SALE!)

- 6 Chicken Crockpot Freezer Meals in 30 Minutes** (chicken breasts). 117 - 121
These recipes are super healthy and don't include any processed foods.
- The 10 Best Chicken Crockpot Freezer Meals in 60 Minutes** (chicken breasts). These recipes really are "the best"! 122 - 137
- Pre-Baby Freezer Meals Part One** (beef and pork). This is a group of 15 crockpot freezer meals that I made while pregnant with my 4th baby. 138 - 157
- 7 Healthy Chicken Crockpot Freezer Meals in Under an Hour** (chicken breasts). This is a great group of recipes to make when chicken breasts are Buy One, Get One at the grocery store. 158 - 167
- The 6 Best Pork Crockpot Freezer Meals in 35 Minutes** (boneless pork roasts). Make these meals when boneless pork roast are Buy One, Get One Free at the grocery store! 168 - 178
- 6 Healthy Comfort Food Freezer Meals in 40 Minutes** (beef chuck roast). Beef chuck roast is my all-time favorite meat to cook in the crockpot. It's tender, flavorful, and affordable, too. We make these recipes over and over again. 179 - 183
- 3 Ground Beef Crockpot Freezer Meals For Only \$22.94** (ground beef). I made these meals for my grandparents. They were delicious and affordable. 184 - 188
- 6 Ground Beef Crockpot Freezer Meals in 50 Minutes** (ground beef). I add ground beef to my crockpot raw and it always turns out great. These are the perfect meals to make when you get a good deal on a 3+ pound package of ground beef. 189 - 194
- 9 Crockpot Freezer Meals from Costco** (meatballs). I LOVE Costco's 6-pound bags of frozen meatballs so I used them in these freezer meals. They were super easy to make and delicious. 195 - 199

BUDGET-FRIENDLY

- 6 Cheap Crockpot Freezer Meals in 50 Minutes** (only \$5 each!). These are simple and affordable recipes that taste great. 200 - 205
- Crockpot Freezer Meals for Only \$4.40 per Meal** (94 cents per serving). I made these meals in January 2015 after spending a bajillion dollars on Christmas the previous month. 206 - 210
- 5 Crockpot Freezer Meals from Items in Your Fridge** (\$6.80 per meal). These recipes were inspired by my favorite condiments that we always have on-hand: BBQ sauce, Italian dressing, salsa, grape jelly, and pickles. 211 - 217

SPECIAL DIETS

- 5 Vegetarian Freezer Crockpot Meals in 50 Minutes.** I picked five of our favorite recipes and used vegetarian-friendly substitutes for the meat. 218 - 225
- 10 Gluten-Free Dairy-Free Crockpot Freezer Meals in One Hour.** These recipes are naturally gluten-free and dairy-free so everyone in your family will love them! 226 - 241
- Gluten-Free Crockpot Freezer Meals from ALDI (9 meals in 90 min!).** These recipes take advantage of the gluten-free products available at ALDI. 242 - 254
- 7 Whole30 Crockpot Freezer Meals in 1 Hour.** Delicious recipes with no sugar, grains, beans, etc. 255 - 267
- 10 Whole30 Crockpot Freezer Meals in 90 Minutes.** Whole30 made easy. 268 - 283

RECIPES WITH ALTERNATE COOKING METHODS (BESIDES CROCKPOT)

- [17 Easy and Healthy Instant Pot Freezer Meals](#)** (Instant Pot). All of these recipes can be frozen raw and then cooked later in the Instant Pot. Game-Changer. 284 - 309
- [10 Freezer Stir Fry Packs for the Instant Pot or Crockpot](#)** (Instant Pot or crockpot). This prep session was fun because it challenged me to come up with recipes with vegetables that could be cooked several ways. 310 - 319
- [10 Freezer-to-Grill Chicken Packs in 20 Minutes](#)** (grill). I love these chicken packs because they're so easy to make. Each freezer bag includes chicken breasts, olive oil, and 3 tablespoons of seasoning. 320-321
- [10 Marinated Chicken Freezer Packs for the Grill in 25 Minutes](#)** (grill). If you make these at the beginning of the summer, you'll be stocked for months. 322 - 324
- [6 Freezer Meals in One Hour](#)** (oven and crockpot). This prep session includes making lasagna "roll-ups", which take more time to prep, but are great to have on-hand. 325 - 331
- [12 Healthy Freezer Meals for New Moms \(made by a mom of five!\)](#)** (mix of crockpot, stovetop, and oven recipes). I purposely picked recipes with a variety of tastes, textures, and cooking methods so they could be eaten during a two-week timespan. 332 - 349
- [12 Delicious Freezer Meals in 2.5 Hours](#)** (2 crockpot recipes, 1 stovetop, 3 oven) I made these for one of my best friends when she was pregnant. 350 - 360

STORE-SPECIFIC FREEZER MEALS

- Healthy Crockpot Freezer Meals from Costco 30 Meals in 3 Hours.** 361 - 374
These meals take advantage of Costco's bulk ingredients, so you can save time and money.
- 12 Crockpot Freezer Meals from Costco in 75 Minutes.** 375 - 381
These recipes were inspired by Costco's healthy foods that are sold in bulk for a good price.
- 6 Crockpot Freezer Meals From Aldi in 40 Minutes.** 382 - 386
These recipes were inspired by the great deals and organic produce available at Aldi.
- 8 Healthy Crockpot Freezer Meals from Trader Joes in 65 Minutes.** 387 - 394
To save time and money, I picked four recipes and made two bags of each for a total of eight meals.
- 10 Healthy Freezer Crockpot Meals from Walmart in 90 Minutes.** 395 - 408
I used organic meat and vegetables from Walmart to make these meals so I was able to save money and still eat healthy.

MISCELLANEOUS

- 20 Crockpot Freezer Meals for Two People.** 409 - 423
I picked 10 of my favorite crockpot freezer meals to split into 20 freezer meals with 2-3 servings each.
- 50 Freezer Friendly Breakfasts in 75 Minutes.** 424 - 432
I made these breakfasts when my oldest daughter was going into first grade and it was great to have them on-hand.
- 8 No-Cook Freezer Meals in 90 Minutes.** 433 - 444
These are my parents' favorite freezer recipes, so I made these meals for them.
- 6 Crockpot Soup Freezer Meals in One Hour.** 445 - 449
I love making soup in my crockpot and these recipes are awesome.
- 7 Italian Crockpot Freezer Meals in 75 Minutes.** 450 - 460
If your family loves Italian food, these are very family-friendly.

7 Kid-Friendly Freezer Meals in 85 Minutes. I purposely used as many veggies as possible in these recipes and refused to include condensed soup and other unhealthy ingredients that you'll find in many other crockpot recipes on Pinterest. 461 - 470

10 Crockpot Freezer Meals in 2.5 Hours. This prep session includes great recipes that don't fit in any of the other categories above. 471 - 483

5 Crockpot Freezer Meals in One Hour. This prep session focuses on simple recipes that taste great. 484 - 488