

TWO WEEK FREEZER MEAL PLAN

Free printable recipes and grocery list below!

Recipe List

1. [Turkey and Black Bean Chili](#) (crockpot)
2. [Chicken Noodle Soup](#) (crockpot)
3. [Korean BBQ Chicken](#) (crockpot)
4. [Stuffed Pepper Soup](#) (crockpot)
5. [Tuscan Steak and Green Peppers](#) (crockpot)
6. [White Chicken Chili](#) (crockpot)
7. [Chicken and Sweet Potato Hash](#) (stovetop)
8. [Japanese Beef Teriyaki](#) (stovetop)
9. [Chicken Fajitas](#) (stovetop)
10. [Turkey Burger Macaroni](#) (stovetop)
11. [Zucchini "Lasagna"](#) (oven)
12. Sausage Stuffed Mini Peppers (oven)



1. TURKEY AND BLACK BEAN CHILI

Recipe from [The Family Freezer](https://TheFamilyFreezer.com)

Yields: 6 servings

Ingredients

- 1 pound ground turkey
- 2 cans (14.5oz each) tomato sauce
- 2 cans (15oz each) black beans, drained and rinsed
- 14.5oz per can petite diced tomatoes, undrained
- 1 2/3cup frozen corn (½ of a 16oz bag)
- 1/2 teaspoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 1/2 teaspoon 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 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. Cook for 8 hours on “low” setting or until turkey is cooked through.
3. Break apart turkey and stir.

Serve with shredded cheddar cheese and crushed tortilla chips.



2. CHICKEN NOODLE SOUP

Recipe from [The Family Freezer](https://TheFamilyFreezer.com)

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts, diced
- 1 cup frozen diced onion
- 1/2 pound carrots, diced (about 3-4 carrots)
- 2 ribs celery, diced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 32oz chicken broth (not needed until day of cooking) 4 cups
- 2 cups wide egg noodles (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 and noodles 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 6-8 hours.
4. Add noodles and cook for an additional 15 minutes.

Serve with crescent rolls.



3. KOREAN BBQ CHICKEN

Recipe from [Asian Crockpot Freezer Meals](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 cup frozen diced onion
- 1/4 cup low sodium soy sauce
- 1 lemon (for juice) (1/4 cup)
- 2 tablespoons light brown sugar
- 1 tablespoon sesame oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper flakes
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)
- 16oz fresh coleslaw mix (grated cabbage and carrots)

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. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir.

Serve with rice.



4. STUFFED PEPPER SOUP

Recipe from [Clean Eating Crockpot Freezer Meals](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 1/2 cup dry wild rice, uncooked
- 1 green pepper, diced
- 1 red pepper, diced
- 1 cup frozen diced onion
- 1/2 teaspoon garlic powder
- 28oz can diced tomatoes, undrained
- 14.5oz can tomato sauce
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- 32oz beef broth (not needed until day of cooking) (4 cups)

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 broth.
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 with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart ground beef and stir.

Top with Parmesan cheese and serve with garlic bread.



5. TUSCAN STEAK AND GREEN PEPPERS

Recipe from [Clean Eating Crockpot Freezer Meals](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 2-lb sirloin tip roast, fat trimmed and sliced
- 2 green pepper, chopped
- 1 cup frozen diced onion
- 14.5oz can diced tomatoes, undrained
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon garlic powder
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1/2 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 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 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Top with Parmesan cheese and serve over egg noodles.



6. WHITE CHICKEN CHILI

Recipe from [Crockpot Chicken Freezer Meals](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 cup frozen diced onion
- 1 tablespoon extra virgin olive oil
- 16oz chicken broth (2 cups)
- 16oz jar salsa verde (Buy a “medium” or “hot” salsa if you like spicy food.)
- 1 1/2 teaspoons cumin
- 2 cans (15oz each) cannellini beans, drained and rinsed

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 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 slow cooker.
3. Cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart slow cooker.
4. Shred chicken and stir to combine.

Top with shredded cheddar cheese and serve with crushed tortilla chips.



7. CHICKEN AND SWEET POTATO HASH

Recipe from [Stovetop Freezer Meals Bundle](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed and cubed
- 2 pounds sweet potatoes, peeled and diced (2 sweet potatoes)
- 3oz baby spinach (3 large handfuls)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon rosemary
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic 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 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 large skillet, pot, or sauté pan.
3. Bring to a boil and simmer covered for 15-20 minutes, stirring occasionally, until chicken is cooked through.

No side dish needed!



8. JAPANESE BEEF TERIYAKI

Recipe from [Asian Crockpot Freezer Meals](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 2-lb beef top sirloin steak, thinly sliced
- 1 green pepper, sliced
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar
- 1/4 cup light brown sugar
- 1/2 teaspoon garlic powder
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)
- 1 tablespoon cornstarch
- 1 teaspoon onion powder
- 1/4 cup sesame seeds

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 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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.



9. CHICKEN FAJITAS

Recipe from [The Family Freezer](https://TheFamilyFreezer.com)

Yields: 4 servings

Ingredients

- 1 yellow pepper, sliced
- 1 orange pepper, sliced
- 1 cup frozen diced onion
- 1 pound boneless skinless chicken breasts
- 1 tablespoon honey
- 1 lime for juice
- 1/2 teaspoon garlic powder
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 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 for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Cook in large pan on stovetop for 10-15 minutes or until chicken is cooked through and peppers are tender.

Serve with soft tortillas or rice with toppings like shredded cheddar cheese and guacamole.



10. TURKEY BURGER MACARONI

Recipe from [Stovetop Freezer Meals Bundle](#) by The Family Freezer

Yields: 8 servings

Ingredients

- 1 pound ground turkey, broken apart
- 1 cup frozen diced onion
- 4 cups tomato juice (32oz)
- 1/2 teaspoon garlic powder
- 1 tablespoon Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 teaspoon pepper
- 1 teaspoon ground mustard
- 1 cup dry uncooked elbow macaroni noodles (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 noodles. (Break apart ground turkey so it will be easier to cook.)
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 large skillet, pot, or sauté pan with uncooked elbow macaroni noodles.
3. Bring to boil and simmer uncovered for 10 minutes, stirring occasionally, until turkey is cooked through and pasta is al dente.
4. Break apart any big pieces of turkey and stir.

Top with shredded cheese and serve with a salad.



11. ZUCCHINI “LASAGNA”

Recipe from [Oven Freezer Meals](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 4 zucchini (1 3/4 pounds, about 4 small zucchini or 2 large)
- 1/2 cup pasta sauce
- 8oz mozzarella cheese, shredded and divided
- 15oz part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 2 large eggs
- 1 tablespoon parsley
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover

To Freeze and Cook Later

1. Cut ends off zucchini and thinly slice length-wise with a mandolin, side of box grater, or knife (no need to peel). Split the zucchini into three equal-sized piles with the best pieces in one pile to use on the top layer of lasagna.
2. In a large bowl, create cheese filling by combining ricotta cheese, 1 cup of mozzarella cheese, Parmesan cheese, eggs, parsley, salt, and pepper.
3. Add a layer of zucchini to bottom of the pan. (It's OK if pieces overlap.)
4. Top with half of cheese filling (1 1/2 cups) and half of sauce (1/4 cup).
5. Add a second layer of zucchini and top with remaining cheese filling.
6. Add final layer of zucchini, remaining sauce, and shredded mozzarella.
7. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 1 1/2 hours covered and then uncover and bake for an additional 30 minutes or until the middle is 165° Fahrenheit.

Serve with garlic bread.

For more information, visit <https://TheFamilyFreezer.com>



12. SAUSAGE STUFFED MINI PEPPERS

Recipe from [Oven Freezer Meals](#) by The Family Freezer

Yields: 6 servings

Ingredients

- 16oz mini sweet peppers
- 1 pound ground sweet Italian sausage
- 24oz jar pasta sauce
- 8oz mozzarella cheese, shredded

Materials

- 9x13" disposable or aluminum baking pan
- Plastic wrap
- Lid or foil to cover

To Freeze and Cook Later

1. Cut tops off peppers and remove seeds. (It's OK if you don't get every single seed out.)
2. Stuff the peppers with sausage and place in a 9x13" baking pan.
3. Cover stuffed peppers with spaghetti sauce.
4. Top with shredded mozzarella cheese.
5. Cover dish with layers of plastic wrap and foil and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator and then bake uncovered for 40 minutes at 350°F. (You can also skip thawing and bake frozen for 60-90 minutes.)

Serve with spaghetti.

GROCERY LIST FOR ALL 12 MEALS

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

Produce

- 3 oz baby spinach (7)
- 1/2 pound carrots (2)
- 2 ribs celery (2)
- 16 oz fresh coleslaw mix (3)
- 2-inch fresh ginger root (3, 8)
- 5 lemons for juice (3)
- 1 lime for juice (9)
- 16 oz mini sweet peppers (12)
- 1 yellow pepper (9)
- 1 orange pepper (9)
- 1 red peppers (4)
- 4 green peppers (4, 5, 8)
- 2 pounds sweet potatoes (7)
- 4 zucchini (1 3/4 pounds) (11)

Meat

- 2-lb sirloin tip roast (5)
- 1 pound 85% lean ground beef (4)
- 2 pounds beef top sirloin steak (8)
- 7 pounds boneless skinless chicken breasts (2, 3, 6, 7, 9)
- 1 pound ground sweet Italian sausage (12)
- 2 pounds ground turkey (1, 10)

Dairy/Cold

- 2 large eggs (11)
- 16 oz mozzarella cheese (11, 12)
- 15 oz part-skim ricotta cheese (11)
- 1/2 cup grated Parmesan cheese (11)

Frozen

- 16oz bag frozen corn (1)
- 2 bags (16oz each) frozen diced onion (2, 3, 4, 5, 6, 9, 10)

Canned

- 2 cans (15oz each) black beans (1)
- 2 cans (15oz each) cannellini beans (6)
- 28 oz can diced tomatoes (4)
- 14.5 oz can diced tomatoes (5)
- 14.5 oz can petite diced tomatoes (1)
- 32oz (4 cups) tomato juice (10)
- 3 cans (14.5oz each) tomato sauce (1, 4)
- 16oz chicken broth (6)
- 1/2 cup pasta sauce (11)
- 24 oz jar pasta sauce (12)
- 16 oz jar salsa verde (6)

Dried

- 1/2 cup dry wild rice (4)

Baking

- 1 tablespoon cornstarch (8)
- 3/8 cup light brown sugar (3, 8)
- 1 tablespoon honey (9)

Miscellaneous

- 3/4 cup low sodium soy sauce (3, 8)
- 4 tablespoons sesame seeds (8)
- 1 tablespoon Worcestershire sauce (10)

Oil and Vinegar

- 3 tablespoons apple cider vinegar (7, 10)
- 4 tablespoons rice wine vinegar (8)
- 1 tablespoon sesame oil (3)
- 3/8 cup extra virgin olive oil (5, 6, 7)

Seasonings

- 1/2 teaspoon celery seed (2)
- 2 tablespoons chili powder (1, 9)
- 1 1/2 teaspoons crushed red pepper flakes (1, 3, 5, 9)
- 1 5/6 tablespoons cumin (1, 6, 9)
- 1 teaspoon ground mustard (10)
- 1 tablespoon plus 2 teaspoons Italian seasoning (4, 5)
- 1 teaspoon onion powder (8)
- 1 1/2 teaspoon oregano (1)
- 1 tablespoon plus 1 teaspoon paprika (1, 9)

Seasonings (cont.)

- 1 tablespoon parsley (11)
- 1 tablespoon pepper (5, 7, 10, 11)
- 1 teaspoon rosemary (7)
- 1 tablespoon plus 1 3/4 teaspoon salt (2, 4, 5, 7, 11)
- 1/2 teaspoon thyme (2)
- 1/2 teaspoon turmeric (2)
- 1 tablespoon plus 1 1/2 teaspoon garlic powder (1, 3, 4, 5, 7, 8, 9, 10)

Materials

- 2 9x13" disposable or aluminum baking pans (11, 12)
- Aluminum Foil or lids (11, 12)
- 10 gallon-sized plastic freezer bags (1-10)
- Plastic wrap (11, 12)

Not Needed Until Day of Cooking

- 32oz beef broth (4)
- 32oz chicken broth (2)
- 1 cup dry uncooked elbow macaroni noodles (10)
- 2 cups wide egg noodles (2)

Suggested Side Dishes

1. Turkey and Black Bean Chili - shredded cheddar cheese and tortilla chips
2. Chicken Noodle Soup - crescent rolls
3. Korean BBQ Chicken - rice
4. Stuffed Pepper Soup - Parmesan cheese and garlic bread
5. Tuscan Steak and Green Peppers - Parmesan cheese and egg noodles
6. White Chicken Chili - shredded cheddar cheese and tortilla chips
7. Chicken and Sweet Potato Hash - no side dish needed
8. Japanese Beef Teriyaki - rice
9. Chicken Fajitas - soft tortillas or rice with toppings like shredded cheddar cheese and guacamole
10. Turkey Burger Macaroni - shredded cheese and salad
11. Zucchini "Lasagna" - garlic bread
12. Sausage Stuffed Mini Peppers - spaghetti

MEAL PLANNING CALENDAR

MONDAY <i>crockpot</i>	TUESDAY <i>skillet</i>	WEDNESDAY <i>crockpot</i>	THURSDAY <i>skillet</i>	FRIDAY <i>off</i>	SATURDAY <i>crockpot</i>	SUNDAY <i>oven</i>
<i>Turkey Black Bean Chili</i>	<i>Chicken & Sweet Potato Hash</i>	<i>Chicken Noodle Soup</i>	<i>Japanese Beef Teriyaki</i>	<i>Off</i>	<i>Korean BBQ Chicken</i>	<i>Zucchini Lasagna</i>
<i>Stuffed Pepper Soup</i>	<i>Chicken Fajitas</i>	<i>Tuscan Steak & Green Peppers</i>	<i>Turkey Burger Macaroni</i>	<i>Off</i>	<i>White Chicken Chili</i>	<i>Sausage Stuffed Peppers</i>