

EASY AND HEALTHY MEAL PLAN

Free printable recipes and grocery list below!

Recipe List

1. Sausage and Peppers (crockpot or oven)
2. Chicken Noodle Soup
3. Chicken Philly Cheesesteak
4. Sloppy Joe's (stovetop, can be made with any type of ground meat)
5. Honey Garlic Chicken (can also be made with beef or pork)
6. Spinach Enchiladas (can also be made with chicken)
7. Tuscan Tortellini Soup
8. 'No Bake' Lasagna with Spinach

* Live Link for Freezer Meal Pro Members: <https://members.newleafwellness.biz/menu/2020-03-21-march-2020-menu/>



1. SAUSAGE & PEPPERS

Yields: 6 servings

Ingredients

- 6 links sweet Italian sausage (you can use more or less and keep remaining ingredients the same)
- 1 yellow pepper, sliced
- 1 red pepper, sliced
- 1 orange pepper, sliced
- 1 yellow onion, sliced
- 4 cloves garlic, sliced
- 2 tablespoons extra virgin olive oil
- ½ teaspoon basil
- ½ teaspoon oregano

Materials

- 1 gallon-sized plastic freezer bag OR
- 9x13" disposable or aluminum baking pan and lid or foil to cover

To Freeze and Cook Later

1. Label your freezer bag or baking pan with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot and cook for 6-8 hours on low setting.

To Cook in Oven

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 additional 30 minutes or until sausage reaches an internal temperature of 165° Fahrenheit.

Serve with rice or rolls.



2. LOW-FAT ALL-NATURAL CHICKEN NOODLE SOUP

Yields: 4 servings

Ingredients

- 1lb boneless skinless chicken breasts
- 1 yellow onion, diced
- ½ lb carrots, sliced (about 3-4 carrots)
- 2 ribs celery, sliced (one cup)
- ½ teaspoon thyme
- ½ teaspoon celery seed
- ½ teaspoon turmeric
- 1 teaspoon salt
- 32oz chicken broth (not needed until day of cooking) (4 cups)
- 2 cups uncooked 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 the 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 for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot with broth.
2. Cook on "low" setting for 6-8 hours. Shred chicken.
3. Add noodles and cook for an additional 15 minutes.

To Cook in Instant Pot

1. Add contents of freezer bag to Instant Pot.
2. Sauté 5 minutes. Flip over.
3. Add broth.
4. Pressure cook 45 minutes. Natural Release.
5. Shred chicken.
6. Add dry noodles and sauté for an additional 8 minutes or until noodles are tender.
7. Serve immediately.

Serve with bread or crescent rolls



3. CHICKEN PHILLY CHEESESTEAK SLOPPY JOES

Yields: 6 servings

Ingredients

- 1lb ground chicken (You can substitute ground beef or ground turkey)
- 1 green pepper, diced (one cup)
- 1 yellow onion, diced (one cup)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ¼ 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.
2. Add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook on Stovetop

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour ingredients into a large non-stick pot, sauté pan, or skillet.
3. Cook on medium-high heat for 10-15 minutes or until chicken is cooked through.

Serve on buns with provolone cheese.



4. HONEY GARLIC CHICKEN

Yields: 6 servings

Ingredients

- 2lb boneless skinless chicken breasts (You can substitute a 2-pound boneless beef sirloin tip roast (sliced) or 2 pounds of pork chops)
- 6 cloves garlic, minced
- ½ cup soy sauce
- ½ cup honey
- ¼ cup ketchup
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- 1 teaspoon crushed red pepper flakes
- 3 tablespoons cornstarch

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.
2. Add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot and cook for 4-6 hours on low setting.

Serve with rice and broccoli.



5. SPINACH ENCHILADAS

Yields: 5 servings

Ingredients

- 10oz baby spinach (or 1 pound boneless chicken breasts)
- 1 can (15oz per can) tomato sauce
- 1 ½ teaspoon chili powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon garlic powder
- 4oz Colby and Monterey jack cheese blend, shredded (about one cup) (not needed until day of cooking)
- 10 6" round flour tortillas (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag or baking pan with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients except cheese and tortillas.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot and cook for 4-6 hours on low setting. (If using chicken, shred chicken after cooking.)
2. Stir in 1/4 cup shredded cheese. Remove mixture from crockpot and use to fill tortillas.
3. Place back in crockpot, seam side down.
4. Cover with remaining cheese and cook for an additional 10 minutes or until cheese is melted.

Top with shredded lettuce, sour cream, and salsa.



6. TUSCAN TORTELLINI SOUP

Yields: 6 servings

Ingredients

- 24oz jar pasta sauce (about 2.5 cups)
- 15oz can cannellini beans, drained and rinsed
- 5oz baby spinach
- 1lb carrots, peeled and diced (about 8 carrots)
- 1 yellow onion, diced (one cup)
- 1/2lb green beans, ends cut off and cut into 1-inch pieces
- 32oz vegetable broth (not needed until day of cooking) (4 cups)
- 19oz frozen cheese tortellini (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag or baking pan with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients except broth and tortellini.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot and cook for 4-6 hours on low setting.
2. Add tortellini and cook additional 15 minutes on high.

+ Meat Option: Add one pound meat to freezer bag – lean ground beef, ground Italian sausage, frozen meatballs, or boneless chicken breasts would all taste great..

Top with Parmesan cheese and serve with a side of garlic bread.



7. NO-BAKE LASAGNA WITH SPINACH

Yields: 12 servings

Ingredients

- 2 large eggs
- 15oz part-skim ricotta cheese
- 1 cup shredded Parmesan cheese
- 8oz mozzarella cheese (about 2 cups), freshly shredded and divided in half
- 1 tablespoon parsley
- 1 teaspoon salt
- ½ teaspoon pepper
- 24oz jar pasta sauce
- 1 ½ oz baby spinach, chopped (about 1 1/2 cups)
- 1 box “oven ready” lasagna noodles with no boiling required (about 12 noodles)

Materials

- 9x13" disposable or aluminum baking pan
- 1 piece plastic wrap
- 1 piece aluminum foil

To Freeze and Cook Later

1. Label your piece of aluminum foil with the name of the recipe, cooking instructions, and “use-by” date.
2. In a large bowl, create cheese filling by combining eggs, ricotta, parmesan, half of the mozzarella cheese, parsley, salt, and pepper.
3. Spread a thin layer of pasta sauce at the bottom pan.
4. Layer lasagna noodles, cheese filling, fresh spinach, and pasta sauce until you have four layers of noodles in your pan.
5. Top the fourth layers with remaining pasta sauce and mozzarella cheese. (Make sure to cover the entire noodles with sauce so they don't get crunchy when baked.)
6. Cover each pan with layers of plastic wrap and foil, and freeze for up to three months.

7. NO-BAKE LASAGNA WITH SPINACH (CONT.)

To Cook in Oven

1. Pre-heat oven to 375° Fahrenheit.
2. Remove plastic wrap and replace foil.
3. Add frozen pan to oven and bake for 60 minutes or until center is hot.
4. Remove foil and bake for additional 5-10 minutes or until cheese on top is melted.

Serve with garlic bread.

Grocery Shopping List for All Seven Meals

(the number next to each ingredient corresponds to its recipe number)

Baking

| | |
|-------------------------------|--------------|
| Cornstarch (4) | 3 tablespoon |
| Extra virgin olive oil (1, 3) | 4 tablespoon |

Canned

| | |
|----------------------|----------------------|
| Cannellini beans (6) | 1 can (15oz per can) |
| Tomato sauce (5) | 1 can (15oz per can) |

Dairy/Cold

| | |
|------------------------------|-------|
| Large egg (7) | 2 |
| Mozzarella cheese (7) | 8 oz |
| Part-skim ricotta cheese (7) | 15 oz |
| Shredded Parmesan cheese (7) | 1 cup |

Produce

| | |
|------------------------|-----------|
| Baby spinach (5, 6, 7) | 16 1/2 oz |
| Carrots (2, 6) | 1 1/2 lb |
| Celery (2) | 2 ribs |
| Garlic (1, 4) | 10 cloves |
| Green beans (6) | 1/2 lb |
| Green pepper (3) | 1 |
| Orange pepper (1) | 1 |

| | |
|---------------------------|---|
| Red pepper (1) | 1 |
| Yellow onion (1, 2, 3, 6) | 4 |
| Yellow pepper (1) | 1 |

Dried

| | |
|---|-------|
| “oven ready” lasagna noodles with no boiling required (7) | 1 box |
|---|-------|

Materials

| | |
|--|---|
| Gallon-sized plastic freezer bag OR 9x13" disposable or aluminum baking pan (1) | 1 |
| 9x13" disposable or aluminum baking pan with plastic wrap and aluminum foil to cover | 7 |
| Gallon-sized plastic freezer bag (2, 3, 4, 5, 6) | 5 |

Meat

| | |
|--|---------|
| Boneless skinless chicken breasts (2, 4) | 3 lb |
| Ground chicken (3) | 1 lb |
| Sweet Italian sausage (1) | 6 links |

Miscellaneous

| | |
|--------------------|----------------------|
| Dijon mustard (4) | 3 teaspoon |
| Honey (4) | 1/2 cup |
| Ketchup (4) | 4 tablespoon |
| Pasta sauce (6, 7) | 2 jar (24oz per jar) |
| Soy sauce (4) | 1/2 cup |

Oil and Vinegar

| | |
|----------------------|------------|
| Red wine vinegar (3) | 3 teaspoon |
|----------------------|------------|

Seasonings

| | |
|------------------|----------------|
| Basil (1) | 1/2 teaspoon |
| Celery seed (2) | 1/2 teaspoon |
| Chili powder (5) | 1 1/2 teaspoon |

| | |
|----------------------------------|----------------|
| Crushed red pepper flakes (4, 5) | 1 1/2 teaspoon |
| Cumin (5) | 1/2 teaspoon |
| Garlic powder (3, 5) | 1 teaspoon |
| Onion powder (5) | 1 teaspoon |
| Oregano (1) | 1/2 teaspoon |
| Paprika (4) | 1 teaspoon |
| Parsley (7) | 3 teaspoon |
| Pepper (3, 7) | 3/4 teaspoon |
| Salt (2, 3, 5, 7) | 3 1/2 teaspoon |
| Thyme (2) | 1/2 teaspoon |
| Turmeric (2) | 1/2 teaspoon |

Not Needed Until Day of Cooking

| | |
|--|-------|
| 6" round flour tortillas (5) | 10 |
| Chicken broth (2) | 32 oz |
| Colby and Monterey jack cheese blend (5) | 4 oz |
| Frozen cheese tortellini (6) | 19 oz |
| Vegetable broth (6) | 32 oz |
| Wide egg noodles (2) | 2 cup |

Suggested Side Dishes

Sausage & Peppers- rice or rolls

Low-Fat All-Natural Chicken Noodle Soup- bread or crescent rolls

Chicken Philly Cheesesteak Sloppy Joes- buns with provolone cheese

Honey Garlic Chicken- rice and broccoli

Spinach Enchiladas- shredded lettuce, sour cream, and salsa

Tuscan Tortellini Soup- Parmesan cheese and garlic bread

No Bake Lasagna with Spinach- garlic bread