

*The Ultimate
Whole30
Slow Cooker Freezer Meal Plan*

FROM [NEW LEAF WELLNESS](#)

FREE PRINTABLE MEAL PLAN, SHOPPING LIST, RECIPES,
AND FREEZER MEAL LABELS BELOW!

Whole30 Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Shopping List for all 30 Meals

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

Produce

- 1 small butternut squash (about 2 pounds) (1)
- 23 yellow onions (1, 3, 5, 6, 7, 9, 12, 3, 14, 15, 16, 17, 18, 21, 22, 23, 24, 27, 28, 29, 30)
- 1 red onion (3)
- 70 cloves garlic (1, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 15, 16, 17, 18, 21, 22, 23, 24, 29, 30)
- 5-5 1/2 pounds carrots (3, 7, 14, 15, 19, 21, 28)
- 3 celery stalks (3)
- 4 limes (4, 7, 11)
- 2 oranges (4, 16)
- 3 lemons (4, 20, 25)
- 4-4 1/2 pounds sweet potatoes (5, 14, 22, 29)
- 8 green bell peppers (6, 11, 16, 22, 27)
- 6 rainbow peppers (10, 17)
- 3 red bell peppers (18, 24)
- 1 yellow bell pepper (24)
- 4 banana peppers (26)
- 2 Roma tomatoes (7)
- 5 sprigs of fresh mint (12)
- 4oz fresh baby spinach (13, 15)
- 1 inch fresh ginger root (14)
- 1 small cabbage (1 1/2 pounds) (21)
- 2 1/2 pounds fresh green beans (15, 22, 28)
- 1 fresh pineapple (22)
- 2 zucchini (27, 28)

Meat

- 17 pounds boneless skinless chicken breasts (2, 4, 7, 11, 17, 18, 20, 23, 25, 27)
- 2 pounds boneless skinless chicken thighs **or** breasts (9)
- 1 pound ground turkey (10)
- 5 pounds 85% lean ground beef (3, 6, 21, 28)
- 2 pound boneless pork tenderloin (5)
- 2-pound pork loin (12)
- 2 two-pound boneless pork roasts (30, 24)
- 3-pound bone-in pork shoulder (sometimes called pork butt) (16)
- 2 pounds boneless sirloin tip steak (13)
- 2 two-pound boneless beef chuck shoulder roasts (No substitutions! This is the best cut of meat for the slow cooker!) (19, 26)
- 1 pound boneless beef chuck shoulder roast (14)

Frozen

For more information, visit www.NewLeafWellness.biz

- 8oz frozen pitted dark sweet cherries (half of a 16oz bag) (5)

Canned

- 6 cans (13.5oz each) unsweetened coconut milk (1, 11, 22, 29)
- 4 cans (4.25oz each) diced green chiles (1, 9, 29)
- 4 cans (28oz each) diced tomatoes, undrained (3, 14, 15)
- 2 cans (15oz each) diced tomatoes, undrained (6, 21)
- 2 cans (14.5oz each) petite diced tomatoes (10, 17)
- 2 cans (28oz each) crushed tomatoes (6, 13)
- 1 cup tomato juice (7)
- 3 cans (15oz each) tomato sauce (8, 24)
- 28oz can of tomato sauce (10)
- 2 jars (16oz each) salsa verde (9, 30)
- 14.5oz can diced tomatoes with green chilies (17)
- 1 can chipotle peppers in adobe sauce (23) (make sure it's Whole30 compliant – may need to purchase at Whole Foods or Trader Joe's.)
- 6 cans (14.5oz each) fire roasted diced tomatoes (23, 24)
- 1 cup beef broth (26)
- 2 jars (24oz each) spaghetti sauce (27, 28) (read ingredient list to make sure it's Whole30 compliant – I think ALDI's organic one is – or make your own with this [homemade pasta sauce](#) recipe)

Spices/Seasonings

- 7 tablespoons curry powder (1, 14, 22, 29)
- 6 tablespoons cumin (1, 2, 3, 7, 9, 10, 11, 16, 17, 19, 24, 29, 30)
- 4 tablespoons plus 1/2 teaspoon pepper (1, 2, 3, 4, 5, 6, 8, 12, 13, 15, 16, 18, 19, 20, 21, 23, 25, 29, 30)
- 4 tablespoons plus 1 1/2 teaspoons salt (1, 2, 3, 3, 6, 7, 8, 9, 11, 12, 13, 16, 18, 19, 21, 22, 23, 24, 25, 29, 20)
- 7 tablespoons plus 1 teaspoon chili powder (2, 3, 7, 9, 10, 17, 19, 24)
- 2 tablespoons plus 1 1/4 teaspoons red pepper flakes (2, 3, 10, 11, 13, 14, 17, 18, 19, 22, 24, 30)
- 6 tablespoons paprika (2, 3, 10, 16, 17, 19, 20, 24)
- 2 tablespoons dried oregano (2, 3, 10, 17, 19, 20, 23)
- 3 tablespoons garlic powder (2, 3, 19, 20, 24)
- 1 tablespoon onion powder (2, 3, 19, 20)
- 1 teaspoon dried onion flakes (2)
- 3/4 teaspoon dill (2)
- 1 1/2 teaspoon thyme (4, 5)
- 1 tablespoon plus 1/2 teaspoon parsley (2, 4)
- 1 tablespoon dried basil (4, 11, 13, 20)
- 6 tablespoons Italian seasoning (6, 8, 13, 15, 27)
- 1 teaspoon fennel seeds (7)
- 1 teaspoon ground ginger (11)
- 5 bay leaves (15, 16, 21)

- 1/2 teaspoon cinnamon (23)
- 1/8 teaspoon cloves (23)
- 2 teaspoons cayenne pepper (optional) (24)

Oil/Vinegar

- 1 1/2 cups plus 5 tablespoons olive oil (2, 4, 5, 6, 8, 12, 18, 19, 20, 25)
- 1/4 cup apple cider vinegar (12)
- 4 tablespoons red wine vinegar (2, 19)

Miscellaneous

- 1/2 cup hot sauce (24)
- 1/4 cup lime juice (12)
- 2 tablespoons chopped cilantro (23)

Materials

- 30 gallon-sized plastic freezer bags (1-30)
- 2 quart-sized plastic freezer bags (6, 8)
- Gloves for cutting peppers (26)

Not Needed Until Day of Cooking

- 1 small spaghetti squash (3-3.5lbs and 10” long or shorter so it fits in crock) (8)
- 4 cups (32oz) chicken broth (7)
- 10 cups (80oz) beef broth (14, 21, 28)
- 4 cups (32oz) vegetable broth (15)
- Suggested Side Dishes
 1. Spiced Butternut Squash Soup – cauliflower rice (sold in the freezer section at Trader Joe’s)
 2. Cool Ranch Shredded Chicken Tacos – shredded lettuce
 3. Paleo Chili – fresh cilantro and avocado
 4. Citrus Chicken – steamed asparagus and baked potatoes
 5. Cherry Pork Loin with Sweet Potatoes – green beans
 6. Stuffed Peppers – garden salad
 7. Chicken Soup with Mexican Seasonings – sliced tomatoes and avocados
 8. Spaghetti Squash with Marinara Sauce – fresh basil
 9. Green Chile Chicken – salad or lettuce leaves
 10. Turkey Chili – baked sweet potatoes
 11. Thai Chicken – cauliflower rice
 12. Garlic-Mint Pork Loin -watermelon and cucumber salad
 13. Steak Italiano Marinara – zucchini “noodles”
 14. Spicy Beef Curry Stew – baked potatoes
 15. Vegetarian Minestrone Soup – salad
 16. Pork Carnitas – salad or scrambled eggs
 17. Chicken Chili – sweet potato fries
 18. Red Pepper Chicken – roasted broccoli and potatoes
 19. Mexican Beef Roast with Carrots – salad

20. Italian Lemon Chicken – roasted Brussels sprouts
21. Beef and Cabbage Soup – salad
22. Thai Pineapple Curry – cauliflower rice
23. Chicken Tinga – sliced avocado
24. Pulled Pork Chili – sliced avocado and green onions
25. Lemon Pepper Chicken – steamed asparagus
26. Banana Pepper Shredded Beef – steamed carrots and potatoes
27. Chicken Cacciatore – salad
28. Beef and Vegetable Soup – salad
29. Curried Sweet Potato Soup – cauliflower rice
30. Salsa Verde Shredded Pork – shredded lettuce, sliced avocado, and fresh salsa

Recipe List

1. Spiced Butternut Squash Soup from my [Clean Eating Crockpot Freezer Meals](#) Cookbook and shared for free below
2. [Cool Ranch Shredded Chicken Tacos](#)
3. Paleo Chili from [Natasha Red](#)
4. Citrus Chicken
5. Cherry Pork Loin with Sweet Potatoes
6. [Stuffed Peppers](#)
7. [Chicken Soup with Mexican Seasonings](#)
8. Spaghetti Squash with Marinara Sauce (add ground beef for extra protein)
9. Green Chile Chicken from [Maria Makes](#)
10. [Turkey Chili](#)
11. Thai Chicken
12. [Garlic-Mint Pork Loin](#)
13. Steak Italiano Marinara
14. Spicy Beef Curry Stew
15. Vegetarian Minestrone Soup
16. Pork Carnitas from [Maria Makes](#)
17. [Chicken Chili](#)
18. [Red Pepper Chicken](#)
19. [Mexican Beef Roast with Carrots](#)
20. Italian Lemon Chicken adapted from [Money Saving Mom](#) (You can cook in crockpot or oven)
21. Beef and Cabbage Soup
22. [Thai Pineapple Curry](#)
23. Chicken Tinga from [Thirty Handmade Days](#)
24. Pulled Pork Chili from [PaleOMG](#)
25. Lemon Pepper Chicken
26. [Banana Pepper Shredded Beef](#)
27. [Chicken Cacciatore](#)
28. [Beef and Vegetable Soup](#)
29. Curried Sweet Potato Soup
30. [Salsa Verde Shredded Pork](#)

1.

Spiced Butternut Squash Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small butternut squash (about 2 pounds) peeled, gutted, and cubed (about 6 cups)
- 2 cans unsweetened coconut milk (13.5oz each)
- 4.25oz can diced green chilies
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon 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. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
3. Puree with immersion blender or regular countertop blender.

Serve with cauliflower rice.

2.

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
- Homemade taco seasoning: 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
- Homemade dry ranch seasoning: 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.
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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Shred chicken and mix with sauce in slow cooker.

Serve over shredded lettuce.

3.

Paleo Chili

Recipe adapted from [Natasha Red](#)

Yields: 4 servings

Ingredients

- 2 pounds ground beef
- 1 red onion, diced
- 3 carrots, peeled and chopped
- 3 celery stalks, chopped
- 2 cans (28oz each) diced tomatoes, undrained
- Homemade taco seasoning: 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 teaspoon salt
- 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 contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.
3. Break apart beef and stir.

Top with fresh cilantro leaves and avocado.

4.

Citrus Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts (about 6 small chicken breasts)
- 1 orange, half juiced/half thinly sliced
- 1 lemon, half juiced/half thinly sliced
- 1 lime, half juiced/half thinly sliced
- 4 cloves garlic, minced
- 1 tablespoon olive oil
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- 1/2 teaspoon parsley
- 1/2 teaspoon basil

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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.

Serve with steamed asparagus and a baked potato.

5. Cherry Pork Loin

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2 pound boneless pork tenderloin
- 1 pound sweet potatoes, peeled and cut into 1-inch pieces
- 1 sweet yellow onion, peeled and chopped
- 8oz frozen pitted dark sweet cherries (half of a 16oz bag)
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon thyme
- 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 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 8-10 hours in a 4-quart crockpot.

Serve with green beans.

6. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

Stuffed Peppers

- 1lb 85% lean ground beef
- 1 small yellow onion, peeled and diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned

Sauce

- 28oz can crushed tomatoes
- 15oz can diced tomatoes, undrained
- 4 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon Italian seasoning
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. In large bowl, mix stuffed pepper ingredients and firmly stuff into peppers (You can dice the tops of the peppers and add to sauce).
3. Add sauce ingredients to quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and top with sauce.
3. Cook on “low” setting for 6-8 hours.

Serve with a fresh garden salad.

7. Chicken Soup with Mexican Seasonings

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound carrots, peeled and diced
- 1 medium-sized yellow onion, diced
- 2 large cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis – read the label to ensure that it is Whole 30 compliant)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1 teaspoon salt
- Juice from 1/2 lime (about 2 tablespoons)
- 1 pound boneless skinless chicken breasts
- 4 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.
2. Add all ingredients except broth 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 broth and contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Shred chicken and stir.

Serve with sliced tomato and avocado sprinkled with salt and pepper.

8. Spaghetti Squash with Marinara Sauce

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 cans tomato sauce (15oz each)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 small spaghetti squash (3-3.5lbs and 10” long or shorter so it fits in crock) (not needed until day of cooking)
- Optional: Add one pound ground beef for extra protein

Materials

- 1 quart-sized plastic freezer bag for sauce (or gallon-sized if adding ground beef)

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients except spaghetti squash 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. Poke squash 10-15 times with a fork and place in crockpot.
3. Cover with sauce.
4. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
5. Remove squash from crock and cool to touch (10-15 minutes).
6. Cut in half, remove seeds, and shred flesh with fork.

Serve with remaining sauce in crockpot and top with freshly chopped basil leaves.

9. Green Chile Chicken

Recipe adapted from [Maria Makes](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken thighs or breasts
- 16oz jar salsa verde
- 1 cup chopped onions
- 2 cans (4.25oz) diced green chiles, drained
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 tablespoon garlic, minced
- 1 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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.

Serve with a slotted spoon with salad or over lettuce leaves.

10. Turkey Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound of ground turkey
- 3 rainbow peppers, diced
- 28oz can of tomato sauce
- 1 can of petite diced tomatoes (14.5oz), undrained
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground 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.
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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Break apart turkey and stir.

Serve with baked sweet potatoes.

11. Thai Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts (about 6 small chicken breasts)
- 1 small yellow onion, sliced (one cup)
- 1 medium-sized green bell pepper, sliced
- 13.5oz can unsweetened coconut milk
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon cumin
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon ground ginger
- The juice and zest of two limes

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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Shred chicken and stir to combine.

Serve with cauliflower rice.

12. Garlic Mint Pork Loin

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 tablespoon olive oil
- 5 sprigs of fresh mint
- 2lb pork loin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup lime juice
- 1/4 cup apple cider vinegar
- 3 cloves of garlic, peeled and sliced
- 1 onion, peeled and thinly sliced

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 contents of freezer bag to slow cooker and cook on “low” setting for 8 hours.

Serve with watermelon and cucumber salad (3 cups cubed watermelon, 1 cup cubed cucumber, 1 tablespoon chopped fresh mint leaves, 1 tablespoon chopped scallions, 1 tablespoon lime juice).

13. Steak Italiano Marinara

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless sirloin tip steak (cubed)
- 28oz can crushed tomatoes
- 1 small yellow onion, diced
- 2oz fresh baby spinach
- 4 cloves garlic, minced
- 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.
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 contents of freezer bag to slow cooker and cook on “low” setting 6-8 hours.

Serve with zucchini “noodles.” (Tip: for best consistency, saute instead of boiling.)

14. Spicy Beef Curry Stew

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound boneless beef chuck shoulder roast, fat trimmed and cut into bite sized pieces
- 1 pound carrots, peeled and chopped
- 2 sweet potatoes, peeled and chopped
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 28oz can diced tomatoes, undrained
- 1 inch fresh ginger root, peeled and minced
- 2 tablespoons curry powder
- 1 teaspoon crushed red pepper flakes
- 2 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.
2. Add all ingredients except broth 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 broth and contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.

Serve with baked potatoes.

15. Vegetarian Minestrone Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 28oz can diced tomatoes, undrained
- 1/2 pound carrots (about 4 large), peeled and sliced
- 3 cups fresh green beans (about 1 pound), ends cut off and chopped
- 2oz fresh baby spinach (about 2 handfuls or 2 cups)
- 1 small onion, peeled and chopped (1 cups)
- 4 cloves garlic, minced
- 2 tablespoons Italian seasoning
- 1 bay leaf
- 1/2 teaspoon pepper
- 4 cups vegetable broth (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.
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 4 cups vegetable broth and contents of freezer bag to slow cooker and cook on "low" setting for 6-8 hours.
3. Remove bay leaf before serving.

Serve with a salad.

16. Pork Carnitas

Recipe adapted from [Maria Makes](#)

Yields: 6 servings

Ingredients

- 3lb bone-in pork shoulder (sometimes called pork butt)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 1/2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 onion, finely diced
- 1 green bell pepper, finely diced
- 3 cloves garlic, minced
- the juice of 1 orange
- 1 bay leaf

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 contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.
3. Remove bone and bay leaf.
4. Shred meat and combine with juices in crock.

Serve over salad or with scrambled eggs.

17. Chicken Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small yellow onion (one cup), chopped
- 14.5oz can diced tomatoes with green chilies, undrained (my family likes medium-heat)
- 14.5oz can petite diced tomatoes, undrained
- 3 rainbow peppers, diced
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts

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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Shred chicken and stir.

Serve with sweet potato fries.

18. 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
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small yellow onion, diced or sliced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon 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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Slice or shred chicken and return to mix with juice in crockpot.

Serve with roasted broccoli and potatoes.

19. Mexican Beef Roast with Carrots

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 1-2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- Homemade taco seasoning mix: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, and onion powder

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 contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.
3. Shred meat.

Serve with salad.

20. Italian Lemon Chicken

Recipe adapted from [Money Saving Mom](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1/3 cup lemon juice (about 1 large lemon)
- 1/2 cup olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika

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 in the Crockpot

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.

To Cook in the Oven

1. Thaw freezer meal overnight in refrigerator or in water.
2. Add contents of freezer bag to a 9x13” baking pan.
3. Preheat oven to 375 degrees Fahrenheit.
4. Bake for 30 minutes or until chicken reaches an internal temperature of 165 degrees Fahrenheit.

Serve with roasted Brussels sprouts.

21. Beef and Cabbage Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 1 small cabbage (1 1/2 pounds), sliced
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- 4 carrots, peeled and diced
- 14.5oz can diced tomatoes, undrained
- 3 bay leaves
- 1 teaspoon salt
- 1 teaspoon pepper
- 32oz beef 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 except broth 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 broth and contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.
3. Remove bay leaves and break apart ground beef.

Serve with a salad.

22. Thai Pineapple Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1/2 pound fresh green beans, cut into 1" pieces
- 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 of garlic, minced
- 13.5oz can of unsweetened coconut milk
- 3 tablespoons curry powder
- 1.5 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes

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 contents of freezer bag to slow cooker and cook on "low" setting for 4-6 hours.

Serve with cauliflower rice.

23. Chicken Tinga

Recipe from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

Sauce

- 4 cans (14.5oz each) fire roasted diced tomatoes, drained
- 3-4 chipotle peppers in adobe sauce
- 1 small yellow onion, chopped (about 1 cup)
- 8 cloves of garlic
- 1 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cloves
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped cilantro

Chicken

- 2 pounds boneless skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Puree sauce ingredients in a blender.
3. Add sauce and chicken to your freezer bag.
4. 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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.

Serve with sliced avocado.

24. Pulled Pork Chili

Recipe adapted from [PaleOMG](#)

Yields: 6 servings

Ingredients

- 2 pound boneless pork roast, fat trimmed
- 3 garlic cloves, minced
- 1/2 cup hot sauce
- 3 tablespoons smoked paprika
- 2 tablespoons garlic powder
- 2 tablespoon chili powder
- 1 tablespoon cumin
- 2 teaspoons cayenne pepper (optional, omit if you don't like spicy food)
- 1 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 2 small yellow onions, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 2 cans of fire roasted tomatoes, undrained (14oz each)
- 1 can tomato sauce (14.5oz)

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 contents of freezer bag to slow cooker and cook on "low" setting for 8-10 hours.
3. Shred pork and stir.

Top with sliced avocado and diced green onions.

25. Lemon Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon 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 contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.

Serve with steamed asparagus.

26. Banana Pepper Shredded Beef

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2lb boneless beef chuck shoulder roast, fat trimmed
- 4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 medium yellow onion, peeled and sliced
- 1 cup beef broth

Materials

- 1 gallon-sized plastic freezer bag
- Gloves for cutting peppers

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 contents of freezer bag to slow cooker and cook on "low" setting for 8 hours.
3. Shred meat and stir with sauce in slow cooker.

Serve with roasted carrots and potatoes.

27. Chicken Cacciatore

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 24 ounce jar spaghetti sauce (read the label to make sure it's Whole30 compliant)
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet onion, chopped
- 1 tablespoon Italian Seasoning

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 contents of freezer bag to slow cooker and cook on "low" setting for 4-6 hours.

Serve with a salad.

28. Beef and Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 24oz jar of pasta sauce (about 2.5 cups – read the label to make sure it's Whole30 compliant)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, 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)
- 4 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.
2. Add all ingredients except broth 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 broth and contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours.
3. Break apart beef and stir.

Serve with salad.

29. Curried Sweet Potato Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-3 sweet potatoes, peeled and cubed (about 6 cups)
- 2 cans unsweetened coconut milk (13.5oz each)
- 4.25oz can diced green chilies
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon 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. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
3. Puree with immersion blender or regular countertop blender.

Serve with cauliflower rice.

30. Salsa Verde Shredded Pork

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pound boneless pork roast, fat trimmed
- 16oz jar salsa verde
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1/4 teaspoon red pepper flakes
- 1/4 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 contents of freezer bag to slow cooker and cook on “low” setting for 8 hours.
3. Shred pork and mix with sauce.

Serve over shredded lettuce with sliced avocado and fresh salsa.

Printable Labels for Freezer Meals

To Use:

1. Fill out “use-by” date (three months from when you prep the meals).
2. Edit the ingredients and cooking directions (if necessary).
3. Save to your computer so you can use again in the future.
4. Print on [Avery water-resistant stickers](#) or regular computer paper.
5. Stick to your freezer bags. (If using paper labels, secure with clear shipping tape.)



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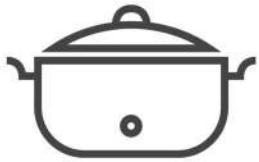
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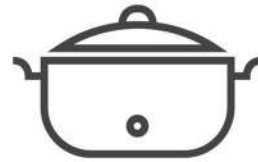
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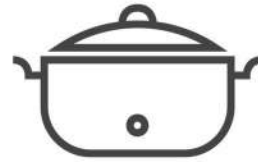
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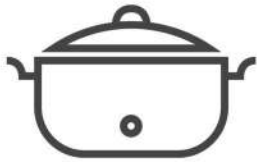
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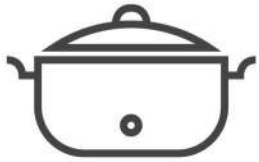
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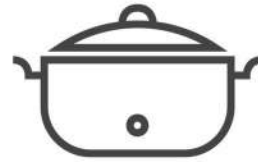
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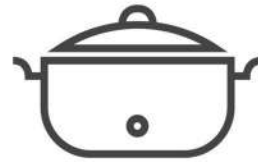
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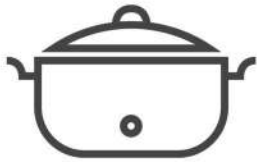
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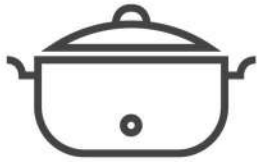
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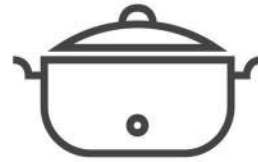
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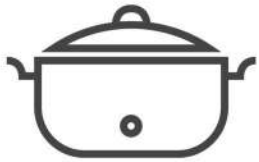
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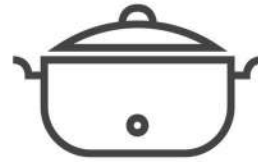
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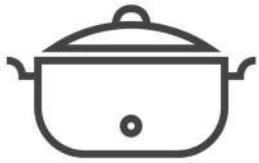
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