

31 Paleo Crockpot Freezer Meals

from [New Leaf Wellness](#)

Free printable recipes and grocery list below

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1. Chicken Tortilla-Less Soup

Recipe adapted from Paleo Hacks

Yields: 6 servings

Ingredients

- 3-4 boneless, skinless chicken breasts (about 1-2 pounds)
- 2 tablespoons olive oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 jalapeño pepper, diced
- 3 cloves garlic, minced
- 28oz can diced tomatoes, undrained
- 5oz can diced green chiles
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
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 add broth.
3. Cook on “low” setting for 8 hours.
4. Shred chicken.

Top with cilantro and serve with guacamole.

2. Beef and Sweet Potato Chili

Recipe adapted from One Lovely Life

Yields: 6 servings

Ingredients

- 2lbs 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 1 clove garlic, minced
- 2 cans tomato sauce (14oz each)
- 1 can petite minced tomatoes (14oz)
- 2 large sweet potatoes, peeled and diced
- 3 tablespoons chili powder
- 2 teaspoons salt
- ½ teaspoon black pepper
- ¼ teaspoon oregano
- optional: ¼ tsp cayenne pepper
- 3 cups beef stock (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
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 add broth.
3. Cook on “low” setting for 6-8 hours.
4. Break apart ground beef and stir.

Top with sliced avocados.

3. Pot 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 apple cider vinegar
- homemade taco seasoning:
 - 1 tablespoon chili powder
 - 1 teaspoon pepper
 - 1/2 teaspoon salt
 - 1/2 teaspoon cumin
 - 1/2 teaspoon crushed red pepper flakes
 - 1/2 teaspoon paprika
 - 1/2 teaspoon oregano
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 8 hours until beef shreds easily with a fork.

Serve with salad.

4. Italian Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast
- 28oz can diced tomatoes, undrained (You can sub 6 medium-sized tomatoes, cored, seeds and juiced removed, and chopped – about 3 cups)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt, optional (I only add salt if I'm using fresh tomatoes and want to bring out the flavor)

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with a side of broccoli or green beans.

5. Garlic Honey Chicken with Peppers and Zucchini

Recipe adapted from Paleo Parents

Yields: 6 servings

Ingredients

- 3 pounds chicken thighs (bone-in, skin removed)
- 1/3 cup balsamic vinegar
- 1/2 cup honey
- 4 garlic cloves, minced
- 1 teaspoon sea salt
- 1/4 teaspoon chili flakes
- 2 bell peppers (red, yellow, or orange), sliced
- 1 small yellow onion, sliced into thick pieces
- 1 zucchini, cut into 2-3" spears
- 1 tablespoon arrowroot starch/flour (not needed until day of cooking)
- 1 tablespoon water (not needed until day of cooking)
- 1/4 cup cilantro (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except water, starch, and cilantro.
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.
3. Cook on "low" setting for 8 hours or "high" setting for 4 hours.
4. Mix arrowroot powder and water and add to crockpot. Stir to combine.
5. Cook for an additional 10 minutes on high.

Top with cilantro and serve with your favorite vegetable.

6. Pineapple Salsa Verde Chicken

Recipe adapted from Mangia Paleo

Yields: 3 servings

Ingredients

- 1 pound chicken breast
- 12oz jar of salsa verde
- 1 medium onion, chopped
- 2 garlic cloves, minced
- sea salt and pepper to taste
- 1/2 cup jalapenos, chopped (optional)
- 1 large can crushed pineapple (not needed until day of cooking – if frozen with chicken it can affect the texture of the meat)

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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except pineapple.
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 add pineapple.
3. Cook on “low” setting for 8 hours or “high” setting for 4 hours.
4. Shred chicken.

Serve on a bed of lettuce with freshly chopped cilantro and lime wedges.

7. Banana Pepper Shredded Beef

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

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

Materials

- 1 gallon-sized plastic freezer bag
- gloves to wear while cutting peppers

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
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.
3. Cook on "low" setting for 6-8 hours.
4. Shred meat before serving.

Serve with a salad or mashed sweet potatoes and roasted carrots.

8. Hungarian Beef Stew

Recipe adapted from Perchance to Cook

Yields: 6 servings

Ingredients

- 2 tablespoons olive oil
- 2.5 lbs beef cubes or stew meat
- 4 cloves of garlic, minced
- 1 small yellow onion, diced
- 2 teaspoons tomato paste
- 2 tablespoons paprika
- 1 teaspoon pepper
- 2½ teaspoons salt
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 tablespoon coconut flour
- 2 tablespoons honey
- 1/2 pound baby carrots
- 1 sweet potato, quartered
- 2 parsnips, sliced
- 3 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 the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
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 add broth.
3. Cook on “low” setting for 10 hours.
4. Stir before serving.

Serve with salad.

9. Beef Picadillo

Recipe adapted from Rubies and Radishes

Yields: 9 servings

Ingredients

- 3 lbs ground beef
- 1 tablespoon ghee
- 2 small yellow onions, chopped
- 4 cloves garlic, minced
- ½ cup beef stock
- 4 plum tomatoes, chopped
- 2 tablespoons tomato paste
- 1 jalapeño pepper, finely chopped
- 1 bell pepper, chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- ½ lb pitted green olives (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except olives.
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.
3. Cook on “low” setting for 6-8 hours.
4. Break apart ground beef and add olives in the last hour of cooking.

Serve with salad.

10. Seafood Boil

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 12oz raw shrimp, peeled & deveined
- 13oz turkey kielbasa, cut into 1/2 inch slices
- 4 large ears of corn, halved or quartered
- 6 red skinned potatoes
- 3 tablespoons Old Bay Seasoning
- 8 cups of water (not needed until day of cooking)

Materials

- 1 or 2 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except water.
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 with 8 cups water.
3. Cook for 6-8 hours on “low” setting.

Serve with a fresh garden salad.

11. Roasted Pumpkin Coconut Soup

Recipe adapted from PaleoPot

Yields: 6 servings

Ingredients

- 1 small pie pumpkin, peeled, seeds removed, and cut into 1-inch pieces
- 1 tablespoon ghee or grass fed butter
- 2 medium carrots, peeled and chopped roughly
- 1 small Bartlett pear, peeled, cored, and chopped
- 13.5oz can unsweetened coconut milk
- 2 tsp cumin
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp red pepper flakes
- 4 cups of chicken stock (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except stock.
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 with stock.
3. Cook for 8 hours on “low” setting.
4. Optional: Puree with immersion blender or countertop blender.

Top with roasted pumpkin seeds.

12. Cool Ranch Shredded Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 taco seasoning packet (or this homemade version: 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 dry ranch seasoning packet (or this homemade version: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, and 1/2 tsp salt. Traditional ranch seasoning packets also include 1T dried buttermilk but I omitted it because I don't keep it on-hand.)

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 6-8 hours.
4. Shred chicken and mix with sauces and spices left in crockpot

Serve on lettuce with chopped avocado.

13. BBQ Ribs

Recipe adapted from Ditch the Wheat

Yields: 5 servings

Ingredients

- 3 pounds pork ribs, cut to fit in crockpot
- ½ cup coconut amino acids
- ¼ cup maple syrup
- 6oz can of tomato paste
- 3 tablespoons ground dried mustard
- 3 tablespoons apple cider vinegar
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- ¼ teaspoon ground pepper
- ½ teaspoon cayenne pepper (use less if you don't like it spicy)
- 1 cup chicken broth

Materials

- 1 gallon-sized plastic freezer bag
- cookie sheet
- aluminum foil

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 6 hours or until ribs are tender.
4. Transfer ribs to a cookie sheet covered with aluminum foil.
5. Bake for 15 minutes at 350 degrees F. (Optional, but this helps thicken the sauce and tastes delicious.)

Serve with baked sweet potatoes.

14. Pulled Pork Chili

Recipe adapted from PaleOMG

Yields: 6 servings

Ingredients

- 2 pound pork roast, fat trimmed
- 3 garlic cloves, peeled
- ½ 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 heaping tablespoon 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 (14oz)

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 (3 months from when you prepped the meal).
2. Press a knife into the roast in 3 spots and press the peeled garlic cloves into the holes made from the knife.
3. Add all ingredients to your freezer bag.
4. 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.
3. Cook on "low" setting for 8-10 hours.
4. Shred pork and stir.

Top with sliced avocado and diced green onions.

15. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

Stuffed Peppers

- 1lb 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 honey
- 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!

16. Hawaiian Pork Burrito Bowls

Recipe adapted from With Salt and Wit

Yields: 6 servings

Ingredients

- 1 can tomato sauce (14.5oz)
- 2 tablespoons tomato paste
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup pineapple juice
- 2 lb pork sirloin roast

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 8 hours or “high” setting for 3 1/2 hours.

Serve over quinoa and top with sliced avocado and chopped cilantro.

17. Chicken Fajitas

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into strips
- 3 medium-sized sweet bell peppers (I like a mix of red, orange, and yellow), sliced
- 1 small sweet yellow onion, sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 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 the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
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 to crockpot and cook on low setting for 6 hours or until chicken is cooked through and tender.

Stovetop Option: Cook in large pan on stovetop for 10-15 minutes or until chicken is cooked through and peppers are tender.

Serve on a bed of lettuce and top with fresh salsa and sliced avocado.

18. Chicken Vegetable Soup

Recipe adapted from Multiply Delicious

Yields: 6 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 2 cups frozen vegetables (red bell pepper, zucchini, squash, carrots)
- 1 1/2 cups butternut squash or sweet potato, cut into small cubes
- 1 small yellow onion, diced
- 15oz can diced tomatoes, undrained
- 15oz can crushed tomatoes, undrained
- 6 tablespoons tomato paste
- 4 tablespoons balsamic vinegar
- 4 cloves garlic, minced
- 2 teaspoons dried oregano
- 1/2 teaspoon rosemary
- 1/4 teaspoon thyme
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground pepper
- 2 cups low sodium 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 the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth and basil.
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 with broth.
3. Cook on “low” setting for 6-8 hours.
4. Remove rosemary and thyme.
5. Shred chicken and stir.

Top with freshly chopped basil leaves and serve with salad.

19. Paleo Mississippi Roast

Recipe adapted from Plaid & Paleo

Yields: 6 servings

Ingredients

- 3 pound grass-fed beef chuck roast
- Homemade 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.
- 1 tablespoon coconut aminos
- 10 pepperoncini
- 3 tablespoon ghee
- 1 cup beef broth

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 8 hours.
4. Shred meat.

Serve with baked sweet potatoes and roasted carrots.

20. Green Chile Chicken and Lime Soup

Recipe adapted from My Paleo Crockpot

Yields: 6 servings

Ingredients

- 2 lbs boneless skinless chicken breasts
- 5 cloves garlic, minced
- 1 small yellow onion, chopped
- 1 big tomato, chopped
- 8oz mushrooms, chopped
- 5oz can diced green chilies
- 1/3 cup lime juice
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 1 teaspoon sea salt (You might need more or less depending on how much salt is in your broth. Taste test before serving and add more as needed.)
- 6 cups chicken bone 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 the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
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 with broth.
3. Cook on “low” setting for 8 hours.
4. Shred chicken.

Serve topped with fresh cilantro and avocado slices.

21. Garlic-Mint Pork Loin

Recipe from [New Leaf Wellness](#)

Yields 6 servings

Ingredients

- 1 tablespoon olive oil
- 5 sprigs of fresh mint
- 2-pound boneless 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 small yellow onion, peeled and thinly sliced

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 6-8 hours.
4. Discard mint.

Serve with sliced watermelon and cucumbers.

22. Simple Chicken

Recipe adapted from Paleo Leap

Yields: 6 servings

Ingredients

- 3 pounds bone-in, skin on chicken breasts
- 2 red onions, sliced
- 1 tablespoon chilli powder
- 1/2 tablespoon paprika
- 2 teaspoons garlic powder
- sea salt
- freshly ground black 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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 6-8 hours or “high” setting for 3-4 hours.

Serve with roasted carrots and a salad.

23. Chicken Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of unsweetened coconut milk
- 1 small yellow onion, chopped (about one cup)
- 2 cups of frozen cauliflower
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red 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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 8 hours.

Top with fresh cilantro and serve.

24. Beef Fajitas

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 red bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 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 the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 8 hours or until beef shreds easily with a fork.

Serve with shredded lettuce and top with guacamole and fresh salsa.

25. Beef or Turkey Chili

Recipe adapted from Paleo Newbie

Yields: 8-10 Servings

Ingredients

- 2 lbs ground beef **or** turkey
- 1 small yellow onion, diced
- 3 cloves of garlic, minced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 cup of carrots, finely diced
- 1 cup of celery, diced
- 1 jalapeno, minced
- 28oz can crushed or stewed tomatoes, undrained
- 14oz can diced tomatoes, undrained
- 15oz can tomato sauce
- 3 tablespoons chili powder
- 1 tablespoon oregano
- 1 tablespoon basil
- 2 teaspoons cumin
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 8 hours.
4. Break apart meat and stir.

Serve topped with crumbled bacon and avocado slices.

26. Italian Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small yellow onion, diced
- 28oz can diced tomatoes, undrained
- 2 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken breasts

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 (3 months from when you prepped the meal).
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.
3. Cook on “low” setting for 4-6 hours, or until chicken is cooked through.

Serve with salad.

27. 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 homemade or frozen meatballs to sauce

Materials

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

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except squash.
3. Remove as much air as possible from bag, seal, and freeze.

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.

28. Beef Stew

Recipe adapted from Once a Month Meals

Yields: 6 servings

Ingredients

- 1 pound stew beef
- 1 ¼ cups red onion, diced
- 5 tablespoons tomato paste
- 2 cloves garlic, minced
- 2 carrots, diced
- 4 ribs celery, diced
- ½ cup frozen peas
- 2 bay leaves
- 2 tablespoons apple cider vinegar
- 1 tablespoon parsley
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ¼ teaspoon thyme
- 2 cups Kettle & Fire's beef bone 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 the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible from bag, 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 with broth.
3. Cook on “low” setting for 6-8 hours.
4. Remove bay leaf.

Serve with salad.

29. Chicken Soup with Mexican Seasonings

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow yellow onion, diced
- 2 large cloves of garlic, minced
- 2 plum 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)
- 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 fat-free, reduced-sodium chicken broth (If freezing, this is 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible from bag, 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 with broth.
3. Cook on “low” setting for 6 hours.
4. Shred chicken and stir.

Serve topped with sliced avocado.

30. Apple Pork Tenderloin

Recipe adapted from Clean EatZ

Yields: 6 servings

Ingredients

- 4 organic Gala apples, peeled, cored, and sliced
- 2lb pork tenderloin
- 1 teaspoon cinnamon or nutmeg (or a combination of both)
- 2 tablespoons raw honey

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 (3 months from when you prepped the meal).
2. Cut slits in tenderloin and place one apple slice in each slit.
3. Add pork, remaining apple slices, and remaining ingredients to your freezer bag.
4. Remove as much air as possible from bag, 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.
3. Cook on “low” setting for 8 hours.

Serve with a salad.

31. Jalapeno Popper Chicken and Beef Chili

Recipe adapted from Skinnytaste

Yields: 8 servings

Ingredients

- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 2 jalapeños, seeds removed and diced
- 1 large sweet potato, peeled and chopped into bite-sized pieces
- 1lb 93% lean ground chicken
- 1lb 95% lean ground beef
- 2 tsp smoked paprika
- 2 tsp chili powder
- 2 tsp dried oregano
- 2 tsp kosher salt
- 1 tsp ground cumin
- 14oz can petite diced tomatoes, undrained
- 1 cup reduced sodium chicken broth

Materials

- 1 gallon-sized plastic freezer bag
- Gloves for chopping jalapeños

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible from bag, 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.
3. Cook on “low” setting for 8 hours.
4. Break up meat with spoon.

Serve garnished with scallions and avocado on top.

Grocery List for All 31 Recipes

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

Produce

- 20 yellow onions (1, 2, 5, 6, 7, 9, 14, 15, 17, 18, 20, 21, 23, 24, 25, 26, 29, 31)
(substitute 7 bags of frozen diced onions to save time)
- 6 red bell peppers (1, 14, 24, 25, 31)
- 5 green bell peppers (15, 25)
- 1 yellow bell pepper (14)
- 6 bell peppers (any color) (5, 9, 17)
- 5 jalapeño peppers (1, 6, 9, 25, 31)
- 4 banana peppers (7)
- 6 garlic bulbs (you'll need 58 cloves) (1, 2, 4, 5, 6, 9, 14, 15, 17, 18, 20, 21, 23, 24, 25, 26, 27, 28, 29, 31)
- 6 red skinned potatoes (10)
- 3 large sweet potatoes (2, 31)
- 1 1/2 cups butternut squash **or** sweet potato (18)
- 3-4 pounds carrots (3, 11, 25, 28, 29)
- 1 zucchini (5)
- 6 plum tomatoes (9, 29)
- 1 big tomato (20)
- 4 large ears of corn (10)
- 1 small pie pumpkin (11)
- 1 small Bartlett pear (11)
- 3 limes for juice (17, 24, 29)
- 8oz mushrooms (20)
- 5 sprigs of fresh mint (21)
- 3 red onions (22, 28)
- 1 stalk/bunch of celery (25, 28)
- 4 organic Gala apples (30)

Meat

- 3 pounds bone-in chicken thighs (5)
- 3 pounds bone-in skin on chicken breasts (22)
- 14-15 pounds chicken breast (1, 6, 12, 17, 18, 20, 23, 26, 29)
- 1lb 93% lean ground chicken (31)
- 7lbs 85-95% lean ground beef (2, 9, 15, 31)
- Three 2-pound boneless beef chuck shoulder roasts (No substitutions! This is the best cut of meat for the slow cooker!) (3, 7, 24)
- 3-pound beef chuck roast (19)
- 1 pound stew beef (28)
- 2lbs ground beef **or** ground turkey (25)
- 12oz raw shrimp (10)
- 13oz turkey kielbasa (10)

For more info, visit www.NewLeafWellness.biz

- 3 pounds pork ribs (13)
- Two 2-pound pork roasts (4, 14)
- 2-pound pork sirloin roast (16)
- 2-pound boneless pork loin (21)
- 2-pound pork tenderloin (30)
- Optional: 1 pound homemade or frozen meatballs (27)

Canned

- 4 cans diced tomatoes (28oz each) (1, 4, 25, 26)
- 3 cans diced tomatoes (15oz each) (15, 18, 25)
- 2 cans petite diced tomatoes (14oz each) (2, 31)
- 28oz can crushed tomatoes (15)
- 15oz can crushed tomatoes (18)
- 2 cans of fire roasted tomatoes (14oz each) (14)
- 2 cans (5oz each) diced green chilies (1, 20)
- 8 cans tomato sauce (14-15oz each) (2, 14, 16, 23, 25, 27)
- 12oz jar of salsa verde (6)
- 2 cups beef broth (7, 19)
- ½ cup beef **stock** (9)
- 2 cups chicken broth (13, 31)
- 5 cans (6oz each) tomato paste (9, 13, 16, 18, 23, 28)
- 2 cans (13.5oz each) unsweetened coconut milk (11, 23)
- 1 cup pineapple juice (16)
- 1 cup tomato juice (29)
- 10 pepperoncini (19)

Frozen

- 2 cups frozen vegetables (red bell pepper, zucchini, squash, carrots) (18)
- 2 cups of frozen cauliflower (23)
- ½ cup frozen peas (28)

Baking

- 1 ¼ cup honey (raw honey preferred) (5, 15, 17, 23, 24, 26, 30)

Oil and Vinegar

- ¾ cup plus 2 tablespoons (14 tablespoons total) extra virgin olive oil (1, 3, 4, 12, 21, 26, 27)
- ¾ cup plus 2 tablespoons apple cider vinegar (3, 12, 13, 21, 28)
- 1/3 cup plus 4 tablespoons balsamic vinegar (5, 18)
- 1/3 cup plus ¼ cup lime juice (20, 21)

Spices/Seasonings

- 2 bay leaves (28)
- 16 tablespoons chili powder (1, 2, 3, 12, 14, 16, 17, 20, 22, 24, 25, 29, 31)
- 7 tablespoons plus 1 teaspoon ground cumin (1, 3, 9, 11, 12, 14, 6, 17, 20, 24, 25, 29, 31)
- 4 tablespoons plus 1 teaspoon black pepper (1, 2, 3, 4, 6, 9, 12, 13, 15, 16, 18, 19, 20,
- 9 tablespoons plus 2 teaspoons salt (2, 3, 4, 5, 6, 9, 12, 13, 14, 15, 16, 18, 19, 20, 21, 22, 23, 25, 26, 27, 28, 29, 31)
- 9 ¼ teaspoons oregano (2, 3, 4, 9, 12, 18, 20, 25, 26, 31)
- 3 ¼ teaspoons plus 1/8 teaspoon cayenne pepper (2, 13, 14, 16, 25)
- 1 tablespoon plus 3 ½ teaspoons crushed red pepper flakes (3, 12, 14, 17, 18, 23, 24, 26)
- 3 tablespoons plus 5 ¾ teaspoons paprika (3, 12, 14, 16, 17, 22, 24, 31)
- 4 tablespoons plus 1 teaspoon garlic powder (3, 12, 14, 16, 19, 22)
- 2 tablespoons onion powder (3, 12, 13, 16, 19, 25)
- 4 tablespoons plus ½ teaspoon parsley (4, 12, 19, 26, 28)
- 1 tablespoon plus 2 teaspoons basil (4, 9, 25)
- 1/4 teaspoon chili flakes (5)
- 3 tablespoons Old Bay Seasoning (10)
- 2 teaspoons cinnamon (11)
- 1 teaspoon cinnamon or nutmeg (or a combination of both) (30)
- 1 tsp ground ginger (11)
- 2 teaspoons dried onion flakes (12, 19)
- 1 ½ teaspoon dill (12, 19)
- 1 tablespoon dried buttermilk (12)
- 3 tablespoons ground dried mustard (13)
- 2 tablespoons Italian seasoning (15, 27)
- ½ teaspoon rosemary (18)
- ½ teaspoon thyme (18, 28)
- 2 tablespoons curry powder (23)
- 1 teaspoon fennel seeds (29)

Miscellaneous

- 5 tablespoons ghee (9, 11, 19)
- ½ cup plus 1 tablespoon coconut amino acids (13, 19)
- ¼ cup maple syrup (13)
- ½ cup hot sauce (14)
- Gloves to wear while cutting jalapeno peppers
- Cookie sheet
- Aluminum foil
- 31-32 gallon-sized plastic freezer bags (1-31)
- 1-2 quart-sized plaster freezer bags (15, 27)

Not Needed Until Day of Cooking

- 10 cups chicken broth (1, 18, 29)
- 4 cups chicken **stock** (11)
- 6 cups chicken bone broth (20)
- 3 cups beef stock (2)
- 2 cups Kettle & Fire's beef bone broth (28)
- 1 tablespoon arrowroot starch/flour (5)
- 1/4 cup cilantro (5)
- 1 large can crushed pineapple (6)
- ½ lb pitted green olives (9)
- 1 small spaghetti squash (3-3.5lbs and 10" long or shorter (27)
- Suggested Side Dishes
 1. Chicken Tortilla-Less Soup – cilantro and guacamole
 2. Beef and Sweet Potato Chili – sliced avocado
 3. Pot Roast with Carrots – salad
 4. Italian Pork Roast – broccoli or green beans
 5. Garlic Honey Chicken with Peppers and Zucchini – cilantro, favorite fresh vegetable
 6. Pineapple Salsa Verde Chicken – cilantro and lime wedges
 7. Banana Pepper Shredded Beef – salad or mashed sweet potatoes and roasted carrots
 8. Hungarian Beef Stew – salad
 9. Beef Picadillo – salad
 10. Seafood Boil – salad
 11. Roasted Pumpkin Coconut Soup – roasted pumpkin seeds
 12. Cool Ranch Shredded Chicken – shredded lettuce and chopped avocado
 13. BBQ Ribs – baked sweet potatoes
 14. Pulled Pork Chili – avocado and green onions
 15. Stuffed Peppers – garden salad
 16. Hawaiian Pork Burrito Bowls – quinoa, avocado, and cilantro
 17. Chicken Fajitas – lettuce, salsa, avocado
 18. Chicken Vegetable Soup – fresh basil and salad
 19. Paleo Mississippi Roast – baked sweet potatoes and roasted carrots
 20. Green Chile Chicken and Lime Soup – cilantro and avocado
 21. Garlic-Mint Pork Loin – watermelon and cucumbers
 22. Simple Chicken – roasted carrots and salad
 23. Chicken Curry – cilantro
 24. Beef Fajitas – shredded lettuce, salsa, and guacamole
 25. Beef or Turkey Chili – crumbled bacon and avocado
 26. Italian Chicken – salad
 27. Spaghetti Squash with Marinara Sauce – fresh basil
 28. Beef Stew – salad
 29. Chicken Soup with Mexican Seasonings – avocado
 30. Apple Pork Tenderloin – salad
 31. Jalapeno Popper Chicken and Beef Chili – scallions and avocado