

*10 Whole30 Crockpot
Freezer Meals
in 90 Minutes*

FROM [NEW LEAF WELLNESS](#)

FREE PRINTABLE RECIPES AND
SHOPPING LIST BELOW!

Recipe List

1. [Steak Italiano](#) (also great in the Instant Pot)
2. [Cool Ranch Chicken](#) (yum!!)
3. [Sausage-Stuffed Mini Sweet Peppers](#) (omit the cheese)
4. Tuscan Chicken Stew adapted from [Sweet Peas and Saffron](#)
5. [Classic Pot Roast](#) (with homemade seasoning mix)
6. Stuffed Pepper Soup with Cauliflower Rice modified from [Maria Makes](#)
7. Lemon Chicken with Baby Spinach
8. Beef and Sweet Potato Chili (SO GOOD)
9. Shredded Chicken Enchiladas from [Natasha Red](#) (serve over sweet potatoes)
10. Beef and Cabbage Soup from my [cookbook eBooks](#) and shared for free below

Shopping List for All 10 Meals

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

Produce

- 5 yellow onions (to save time, buy two bags of frozen diced onions) (1, 4, 6, 8, 10)
- 9oz baby spinach (1, 4, 7, 9)
- 18 cloves garlic (to save time, buy pre-peeled cloves) (1, 4, 6, 7, 10)
- 1 1/2 pounds (24oz) mini sweet peppers (3)
- 1 pound baby carrots (5)
- 6 carrots (about 3/4 pound) (4, 10)
- 2 medium tomatoes (4)
- 1 cup finely chopped or riced cauliflower (6) (or half of a 10oz frozen bag)
- 18 baby potatoes (1/2 pound) (4)
- 2 medium-sized sweet potatoes (1 pound) (8)
- 1 red bell pepper (6)
- 1 green bell pepper (6)
- 2 bell peppers (any color) (8)
- 1 small cabbage (1 1/2 pounds) (10)
- 1 lemon for juice (7)

Meat

- 2 pounds boneless sirloin tip steak (1)
- 2-pound boneless beef chuck roast (beef shoulder roast) (5)
- 3 1/2 pounds 85% lean ground beef (6, 8, 10)
- 6 pounds boneless skinless chicken breasts (2, 7, 9)
- 1 1/2 pounds boneless chicken breasts or chicken thighs (4)
- 1 pound ground Italian sausage (make sure it's Whole30 compliant) (3)

Italian (read all of these labels to make sure they're Whole30 compliant!)

- 24oz jar spaghetti sauce (3)
- 28oz can crushed tomatoes (1)
- 2 cans (14.5oz each) diced tomatoes (8, 10)
- 15oz can petite diced tomatoes (6)
- 6oz can tomato paste (you only need 4oz) (4, 6)
- 10oz can fire roasted tomatoes (6)
- 14.5oz can tomato puree (6)
- 2 cans (15oz each) tomato sauce (8)

Canned (read all of these labels to make sure they're Whole30 compliant!)

- 10oz can red enchilada sauce (9)
- 15oz can whole new potatoes (5)
- 2 cups chicken stock (4)
- 1 cup beef broth (5)

Spices and Seasonings

- 1 tablespoon Italian seasoning (1)
- 1 tablespoon plus 2 teaspoons basil (1, 6, 7)
- 2 tablespoons plus 1/2 teaspoon salt (1, 2, 4, 6, 7, 8, 9, 10)
- 1 tablespoon plus 1 3/4 teaspoon pepper (1, 2, 5, 6, 7, 10, 8)
- 1 1/2 teaspoons crushed red pepper flakes (1, 2, 8)
- 2 tablespoons chili powder (2, 8)
- 1 1/2 teaspoons ground cumin (2, 8)
- 2 teaspoons paprika (2, 5, 8)
- 2 1/2 teaspoons oregano (2, 6, 8)
- 2 1/2 teaspoon garlic powder (2, 8)
- 3 teaspoons onion powder (2, 5, 8)
- 2 tablespoons plus 1 1/2 teaspoon dried parsley (2, 5, 6, 7)
- 1/2 cup plus 1 teaspoon dried onion flakes (2, 5)
- 3/4 teaspoon dill (2)
- 1 teaspoon celery seed (4, 5)
- 1 teaspoon fennel seeds (4)
- 1 teaspoon rosemary (4)
- 3 bay leaves (10)

Materials

- 10 gallon-sized plastic freezer bags (1- 10)

Oil and Vinegar

- 2 tablespoons red wine vinegar (2)
- 1/4 cup plus 3 tablespoons extra virgin olive oil (2, 7)
- 2 tablespoons apple cider vinegar (4)

Not Needed Until Day of Cooking

- 1 tablespoon balsamic vinegar (4)
- 48oz (6 cups) beef broth (make sure it's Whole30 compliant) (6, 10)

- Suggested Side Dishes
 1. Steak Italiano – zucchini “noodles”, fresh basil leaves
 2. Cool Ranch Chicken – sautéed bell peppers and onions, diced tomatoes, fresh cilantro, guacamole
 3. Sausage-Stuffed Mini Sweet Peppers – zucchini, yellow squash, onion
 4. Tuscan Chicken Stew – no side dish needed
 5. Classic Pot Roast – no side dish needed
 6. Stuffed Pepper Soup with Cauliflower Rice – fresh basil leaves
 7. Lemon Chicken with Baby Spinach – zucchini “noodles”
 8. Beef and Sweet Potato Chili – guacamole, fresh cilantro
 9. Shredded Chicken Enchiladas - sweet potatoes, guacamole, cilantro
 10. Beef and Cabbage Soup – salad

1. Steak Italiano

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless sirloin tip steak, cubed
- 1 small yellow onion, diced (one cup)
- 2oz fresh baby spinach
- 4 cloves garlic, minced
- 28oz can crushed tomatoes (make sure it is Whole30-compliant)
- 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 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.

Serve over zucchini “noodles” and top with fresh chopped basil leaves.

*This meal can also be cooked in the Instant Pot. Pressure cook on high setting for 25 minutes and then do a natural release.

2. Cool Ranch Chicken

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 lettuce with sautéed bell peppers and onions, diced tomatoes, fresh cilantro, and guacamole.

3. Sausage-Stuffed Mini Sweet Peppers

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds (24oz) mini sweet peppers
- 1 pound ground Italian sausage (make sure it is Whole30-compliant)
- 24oz jar spaghetti sauce (make sure it is Whole30-compliant)

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 tops off peppers and remove seeds. (It’s OK if you don’t get every single seed out.)
3. Stuff the peppers with sausage
4. Add stuffed peppers and spaghetti sauce to your freezer bag.
5. 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” for 6-8 hours.

Serve over sautéed zucchini, yellow squash, and yellow onions.

4. Tuscan Chicken Stew

Recipe adapted from [Sweet Peas and Saffron](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds boneless chicken thighs (I substituted chicken breasts)
- 2oz baby spinach
- 2 carrots, peeled and sliced
- 1 small yellow onion, diced (one cup)
- 2 cloves garlic, minced
- 2 medium tomatoes, seeded and diced
- 18 baby potatoes (1/2 pound), left whole or cut in half
- 2 cups chicken stock (make sure it's Whole30 compliant)
- 1 tablespoon tomato paste
- 2 tablespoons apple cider vinegar
- 1 tablespoon balsamic vinegar
- 1 teaspoon fennel seeds, crushed with side of knife
- 1 teaspoon rosemary
- 1/2 teaspoon celery seed
- 1/2 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 to crockpot and cook on "low" setting for 6-8 hours.
3. Shred chicken and stir.

5. Classic Pot Roast

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2-pound boneless beef chuck roast (beef shoulder roast), fat trimmed
- 1 pound baby carrots
- 15oz can whole new potatoes, drained (these freeze better than fresh potatoes)
- 1/2 cup dried onion flakes
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon onion powder
- 1/2 teaspoon celery seed
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 cup beef broth (make sure it's Whole30-Compliant)

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 8 hours or until beef is tender and shreds easily.

This hearty meal needs no side dish!

6. Stuffed Pepper Soup with Cauliflower Rice

Recipe adapted from [Maria Makes](#)

Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, chopped (1 cup)
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 15oz can petite diced tomatoes, undrained
- 10oz can fire roasted tomatoes, undrained
- 14.5oz can tomato puree
- 3oz tomato paste (1/2 of a 6oz can)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon basil
- 1 teaspoon parsley
- 1 teaspoon oregano
- 1 cup finely chopped or riced cauliflower
- 2 cups beef broth (not needed until day of cooking) (Whole30-compliant)

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 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. Break apart beef and stir.

Top with fresh chopped basil leaves.

7. Lemon Chicken with Baby Spinach

Recipe from New Leaf Wellness's [freezer cookbook eBooks](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 5oz bag baby spinach
- 6 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- The juice from 1 lemon
- 1 tablespoon parsley
- 1 tablespoon basil
- 1/2 teaspoon pepper
- 1/2 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 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. Slice or shred chicken and mix with spinach and sauce in crockpot.

Serve over zucchini "noodles".

8. Beef and Sweet Potato Chili

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients

- 1 1/2 pounds 85% lean ground beef
- 1 yellow onion, diced
- 2 bell peppers (any color), chopped
- 2 medium-sized sweet potatoes (1 pound), peeled and diced
- 2 cans tomato sauce (15oz each)
- 14.5oz can diced tomatoes, undrained
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon pepper (increase to 1 teaspoon for medium-heat)
- 1/2 teaspoon 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 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 beef and stir.

Top with guacamole and fresh cilantro.

9. Shredded Chicken Enchiladas

Recipe adapted from [Natasha Red](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 10oz can red enchilada sauce (make sure it's Whole30-compliant)
- 10z baby spinach (one handful)
- 1/2 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 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.

Serve over baked sweet potatoes and top with guacamole and fresh cilantro.

10. Beef and Cabbage Soup

Recipe from New Leaf Wellness's [freezer cookbook eBooks](#)

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 (Whole30-compliant)
- 3 bay leaves
- 1 teaspoon salt
- 1 teaspoon pepper
- 32oz beef broth (4 cups) (not needed until day of cooking) (make sure it's Whole30-compliant)

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 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 6-8 hours.
4. Remove bay leaves.
5. Break apart beef and stir.

Serve with a salad.