

FREEZER MEAL RECIPES

COOKING METHOD CATEGORIES

STIR-FRY NIGHT

PRE-COOKED PROTEINS AND VEGGIES THAT STIR-FRY IN MINUTES.

- BEEF & BROCCOLI - FREEZE BEEF SLICES AND SAUCE SEPARATELY.
- SESAME CHICKEN - FREEZE SAUCE, CHICKEN, AND VEGGIES.
- SHRIMP & SNOW PEA STIR-FRY - PRE-MIX SHRIMP, SAUCE, AND VEGGIES.
- SPICY TOFU STIR-FRY - FREEZE CUBED TOFU AND SAUCE.
- THAI BASIL CHICKEN - MARINATE, FREEZE, THEN COOK FRESH WITH BASIL.

SHEET PAN SUPPERS

PRE-MIXED FREEZER MEALS THAT GO STRAIGHT TO THE OVEN.

- GARLIC BUTTER CHICKEN & BROCCOLI - FREEZE MARINATED CHICKEN & VEGGIES.
- HONEY MUSTARD SALMON & GREEN BEANS - PRE-MARINATE, FREEZE, AND BAKE.
- TERIYAKI SHRIMP & PEPPERS - PRE-MIX, FREEZE, COOK.
- ITALIAN SAUSAGE & ROASTED VEGGIES - FREEZE TOGETHER, THEN ROAST.
- CAJUN CHICKEN & SWEET POTATOES - PRE-MARINATE, FREEZE, AND ROAST.

SLOW COOKER NIGHT

DUMP-AND-GO MEALS THAT FREEZE BEFORE OR AFTER COOKING.

- BEEF BARBACOA - FREEZE MARINATED BEEF, THEN SLOW COOK.
- CHICKEN & WILD RICE SOUP - FREEZE THE BASE, ADD BROTH LATER.
- PULLED PORK - SEASON, FREEZE RAW, THEN SLOW COOK.
- LENTIL CURRY - PRE-MIX SAUCE AND VEGGIES, FREEZE, THEN COOK.
- ITALIAN MEATBALLS IN MARINARA - FREEZE IN SAUCE, THEN HEAT.

GRILLING NIGHT

MARINATED PROTEINS THAT FREEZE WELL AND GO STRAIGHT TO THE GRILL.

- CILANTRO LIME CHICKEN - FREEZE IN MARINADE, GRILL
- TERIYAKI PORK CHOPS - PRE-MIX SAUCE, FREEZE, THEN COOK.
- SMOKY BBQ DRUMSTICKS - FREEZE MARINATED, THEN GRILL.
- GARLIC HERB STEAK KABOBS - FREEZE ASSEMBLED, THEN COOK.
- GRILLED TOFU & PINEAPPLE - MARINATE AND FREEZE BEFORE GRILLING.

AIR FRYER NIGHT

PRE-BREADED PROTEINS AND FROZEN VEGGIES FOR FAST COOKING.

- PARMESAN CHICKEN TENDERS - BREAD, FREEZE, THEN AIR-FRY.
- HOMEMADE VEGGIE NUGGETS - BLEND, FREEZE, THEN COOK.
- BUFFALO CAULIFLOWER BITES - FREEZE RAW, COOK FROM FROZEN.
- SWEET POTATO FRIES - PRE-CUT, FREEZE, THEN CRISP UP.
- CRISPY AIR-FRIED FALAFEL - FORM PATTIES, FREEZE, THEN AIR-FRY.

DUTCH OVEN NIGHT

LONG-SIMMERED MEALS THAT FREEZE WELL IN PORTIONS.

- BEEF BOURGIGNON - FREEZE IN MEAL PORTIONS, REHEAT LATER.
- FRENCH ONION SOUP - FREEZE THE BROTH SEPARATELY.
- CHICKEN & DUMPLINGS - FREEZE THE BASE, ADD DUMPLINGS FRESH.
- PORK RAGU - FREEZE SAUCE, SERVE FRESH OVER PASTA.
- LAMB STEW - FREEZE WITH BROTH AND VEGGIES, THEN REHEAT.