

Freezer Meal Prep

CROCKPOT EDITION

Simple, freezer-friendly crockpot meals
designed for busy moms.



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"Moderation over misery."

Simple Ingredient Chicken Chili

6 Servings

356 Calories

P: 41g

C: 35g

F: 5g

INGREDIENTS

- 2 lbs Raw boneless skinless chicken breast
- 1 (15 oz) can White northern beans (drained/rinsed)
- 1 (15 oz) can Black beans (drained/rinsed)
- 1 (15 oz) can Corn
- 1 (16 oz) jar Green salsa verde (approx 120 cal)
- 1.5 cups Water
- 1 Onion, chopped
- 1 Jalapeno, sliced (optional)
- 1 packet Low sodium taco seasoning

Directions

MEAL PREP

- 1 Combine **ALL ingredients** into a large freezer bag. Seal tightly, removing as much air as possible. Label with the name and cooking instructions.

COOK DAY

- 1 Thaw bag overnight in the fridge or submerge in a bowl of warm water.
- 2 Dump contents into the crockpot. Set on **LOW** for 8 hours.
- 3 At the 7-hour mark, remove chicken, shred with a hand mixer or forks, and return to the pot.
- 4 Serve hot! Top with fresh onion, lime, cilantro, or fresh jalapeno slices.

Weekly Shopping List

- Chicken Breast (2 lbs)
- White Northern Beans (15 oz)
- Black Beans (15 oz)
- Canned Corn (15 oz)
- Salsa Verde (16 oz jar)
- Onion
- Jalapeno
- Taco Seasoning Packet

Shredded Crack Chicken

8 Servings

382 Calories

P: 36g

C: 10g

F: 20g

INGREDIENTS

- 36 oz Raw boneless skinless chicken breast
- 1.5 cups Chicken broth (low sodium)
- 2 oz Powdered ranch dressing seasoning
- 16 oz Less fat cream cheese (2 blocks)
- 4 oz Cooked & chopped bacon
- 1 cup Shredded cheddar cheese
- 1.5 cups Chopped green onion (optional)

Directions

MEAL PREP

- 1 Combine chicken, broth, ranch powder, cream cheese, and bacon into a freezer bag. Do NOT add the cheddar cheese or green onions yet. Seal and label.

COOK DAY

- 1 Thaw bag overnight in the fridge or in warm water.
- 2 Dump into crockpot. Cook on HIGH for 3-4 hours or LOW for 6-7 hours.
- 3 Remove chicken breasts and shred with two forks.
- 4 Stir the sauce in the crockpot until smooth, then add chicken back in.
- 5 Stir in the shredded cheddar and green onions right before serving. Serve over rice, mashed potatoes, or veggies!

Weekly Shopping List

- Chicken Breast (approx 2.5 lbs)
- Chicken Broth
- Ranch Seasoning Packet (x2)
- Light Cream Cheese (2 blocks)
- Bacon
- Cheddar Cheese
- Green Onions

Busy Day Soup

4 Servings

387 Calories

P: 30g

C: 40g

F: 9g

INGREDIENTS

- 1 lb 93% Ground beef (cooked & drained)
- 1 package Onion soup mix
- 1.75 cups Mixed frozen vegetables
- 5 cups Beef broth (low sodium)
- 1 (28 oz) can Diced tomatoes
- 1 cup Macaroni (dry, uncooked)

Weekly Shopping List

- Ground Beef (1 lb)
- Onion Soup Mix
- Frozen Mixed Veggies
- Beef Broth (32oz + extra)
- Diced Tomatoes (Large 28oz can)
- Macaroni Pasta

Directions

MEAL PREP

- 1 Brown and drain the ground beef first. Let it cool slightly.
- 2 Combine cooked beef and ALL other ingredients except the dry pasta into a freezer bag. Label it.

COOK DAY

- 1 Thaw bag overnight.
- 2 Dump contents into crockpot. Cook on **HIGH** for **3 hours** or **LOW** for **6 hours**.
- 3 During the final 20 minutes of cooking, boil your macaroni separately on the stove according to package directions.
- 4 Drain pasta and stir it into the soup right before serving.

Shredded Buffalo Chicken

6 Servings

238 Calories

P: 32g

C: 7g

F: 8g

INGREDIENTS

- 2 lbs Raw boneless chicken breasts
- 1 (1.5 oz) Packet Ranch Seasoning
- 1 cup Frank's Hot Sauce
- 1.5 cups Chicken broth (low sodium)
- 2 tbsp Butter (or dairy free alternative)

Weekly Shopping List

- Chicken Breasts (2 lbs)
- Ranch Seasoning Mix
- Frank's Red Hot Sauce
- Chicken Broth
- Butter

Directions

MEAL PREP

- 1 Place all ingredients into a freezer safe bag and label it.

COOK DAY

- 1 Thaw bag overnight.
- 2 Dump into crockpot. Set to **LOW**.
- 3 Turn chicken a few times to coat in the sauce.
- 4 Cook on **LOW** for 4-5 hours.
- 5 Remove chicken and shred. Whisk the liquid left in the crockpot thoroughly to make it creamy.
- 6 Add chicken back to the sauce. Serve over rice, baked potato, or in lettuce wraps.

Honey Chicken

6 Servings

258 Calories

P: 27g

C: 21g

F: 8g

INGREDIENTS

- 2 lbs Raw boneless skinless chicken thighs
- 1.5 cups Low Sodium soy sauce
- 1/3 cup Honey
- 2 tbsp Tomato Paste
- 2 tsp Ground Fresh Chili Paste (e.g. Sambal Oelek)
- 4 cloves Garlic
- 1 tbsp Rice Vinegar
- 2 tbsp Cornstarch

Directions

MEAL PREP

- 1 Place all ingredients **except for the cornstarch** in a freezer safe bag and label it.

COOK DAY

- 1 Thaw bag overnight.
- 2 Dump into crockpot. Cook on **LOW** for 5-6 hours or **HIGH** for 3-4 hours.
- 3 Flip chicken halfway through if possible to coat both sides.
- 4 Remove chicken and shred it. Keep liquid in the pot.
- 5 Whisk the cornstarch into the liquid in the slow cooker.
- 6 Cover and cook on **HIGH** for 15 minutes until sauce thickens slightly. Return chicken to pot and serve over rice.

Weekly Shopping List

- Chicken Thighs (2 lbs)
- Low Sodium Soy Sauce
- Honey
- Tomato Paste
- Chili Paste (Sambal Oelek)
- Garlic
- Rice Vinegar
- Cornstarch

Shredded BBQ Chicken Thighs

6 Servings

250 Calories

P: 28g

C: 12g

F: 9g

INGREDIENTS

- 2 lbs Raw boneless skinless chicken thighs
- 1.5 tbsp Olive oil
- 1.5 cups Brown sugar
- 1.5 tbsp Paprika (smoked recommended)
- 1.5 tsp Cumin
- 1.5 tsp Dry mustard
- 1.5 tsp Garlic powder
- 1.5 tsp Salt
- 1.5 tsp Black pepper

Directions

MEAL PREP

- 1 Place all ingredients into a freezer safe bag and label it.

COOK DAY

- 1 Thaw bag overnight.
- 2 Dump into crockpot. Cook on **LOW** for 5-6 hours or **HIGH** for 3-4 hours, until fully cooked.
- 3 Remove chicken, shred, and add back in to coat.
- 4 Serve on rolls, rice, or on top of a salad!

Weekly Shopping List

- Chicken Thighs (2 lbs)
- Brown Sugar
- Smoked Paprika
- Cumin
- Dry Mustard
- Garlic Powder
- Olive Oil

Chicken Pot Pie

6 Servings

344 Calories

P: 33g

C: 27g

F: 10g

INGREDIENTS

- 26 oz Raw boneless chicken breasts
- 1 large Onion, diced
- 11 oz Raw potato, chopped (Yukon Gold or Russet)
- 2 (10.5 oz) Cans cream of chicken soup
- 1 cup Chicken broth (low sodium)
- 1.5 tsp Poultry seasoning
- 1 tsp Salt
- 1 tsp Pepper
- 1 tbsp Fresh parsley
- 16 oz Frozen mixed vegetables

Directions

MEAL PREP

- 1 Place all ingredients **except the potatoes** in a freezer safe bag and label it.

COOK DAY

- 1 Thaw bag overnight.
- 2 Add the **raw potatoes** to the bottom of the crockpot first.
- 3 Dump bag contents over potatoes. Cook on **LOW** for 6-7 hours or **HIGH** for 4-5 hours.
- 4 Remove chicken, shred, and add back in.
- 5 Serve with rolls or biscuits!

Weekly Shopping List

- Chicken Breasts (approx 1.5 lbs)
- Large Onion
- Potatoes
- Cream of Chicken Soup (2 cans)
- Chicken Broth
- Frozen Mixed Veggies
- Fresh Parsley
- Poultry Seasoning



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