

Freezer Meal Prep

CROCKPOT EDITION

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



Table of Contents

Simple Ingredient Chicken Chili	03
Shredded Crack Chicken	04
Busy Day Soup	05
Shredded Buffalo Chicken	06
Honey Chicken	07
Shredded BBQ Chicken Thighs	08
Chicken Pot Pie	09
Discounts & Resources	10

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

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

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.

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)

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

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!

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

Weekly Shopping List

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

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

Weekly Shopping List

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

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!

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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