

Healthy Freezer Meal Menu

for Trim Healthy Mamas and/or Gluten-Free

Meal	#
Chili (S)	
Chicken Divan (S or Crossover)	
Artichoke Chicken Thighs (S)	
Beef Stew (S)	
Paleo Crockpot Meatballs (S)	
Chicken Fajitas (S, E, or FP)	
Ground beef for Tacos (S)	

My Healthy Freezer Meal Inventory

Meal	#