

## Cooking Day Directions

1. Preheat oven to 350.
2. Start rice boiling for Chicken Divan
3. Start browning ground beef - I did mine in batches, it takes awhile! Drain the fat before transferring to a plate. 4 lbs. of this will be seasoned for tacos later, or you could do it now if you're able to keep it separate.
4. Bake 8 chicken breasts for chicken divan. I bake mine at 350 degrees for 30 minutes, or until juices run clear. When chicken is baked, remove from oven and cool.
5. Vegetable Preparation -
  - \* Chop broccoli for chicken divan;
  - \* Slice 2 onions (for artichoke chicken and fajitas)
  - \* Dice remaining 4 onions (for chili, beef stew, and Paleo meatballs)
  - \* Mash 1 jumbo clove garlic (for chili)
  - \* Mince 4-6 jumbo cloves garlic (for beef stew and Paleo meatballs)
  - \* Dice 2 bell peppers (for chili)
  - \* Peel and dice carrots
  - \* Peel and dice turnips
4. Brown beef stew meat (also in batches)
5. Check to see if chicken breasts are cool. If they are, cube them for chicken divan (or shred, as the recipe directs, but we like cubed better).
6. Set out chicken thighs for Artichoke Chicken (those will go in the bag raw).
7. Set out remaining chicken breasts for fajitas (those will go in the bag raw).

When your prep is done, and you're exhausted, it's time to start assembling your meals! Because these aren't my recipes, and I can't reprint them, I'll provide you with a recipe link and my instructions to make them THM friendly. If there aren't specific freezing directions on my instructions below, you can find them at the original recipe link.

Chicken Divan (S): (6 Dinners as written):

[http://thehumbledhomemaker.com/2014/07/10-easy-freezer-meals.html#\\_a5y\\_p=2152581](http://thehumbledhomemaker.com/2014/07/10-easy-freezer-meals.html#_a5y_p=2152581)

I mixed this up as directed (no doubling required) EXCEPT for the rice. I went ahead and made the rice, but froze it separately to serve to the kids. If you want a good crossover (great for pregnant and nursing moms), go ahead and mix the rice in. After the mayo/sour cream mixture is combined, please add just some at a time until in case it's TOO creamy for you. I wanted to keep it as an "S", so I kept the rice separate. I do recommend seasoning it to taste, because ours was a little bland when I followed the recipe as written, and I ended up adding more seasoning. When I thawed and cooked it, the creamy sauce was great, even without the rice, and I ate mine with a salad while everyone else had theirs over rice.

Chili (S): (3 Dinners when doubling the recipe) <http://www.food.com/recipe/low-carb-chili-67654>

I omit the Worcestershire (you can sub a few dashes of liquid aminos), and this is still delicious! I double this recipe, and it makes enough for three dinners for our family of six.

Freezing Directions:

Simmer the chili according to recipe directions, cool, then portion into three freezer bags to serve 5-6 per meal.

When you're ready to eat:

Thaw chili in refrigerator. Simmer in a pot on the stove 20-30 minutes, or until heated through. Serve with grated cheese, sour cream, and avocado slices if desired.

Artichoke Chicken Thighs (S): (3 Dinners, when doubled, but I prepare 1 chicken thigh for each person to eat at each meal, which translates to 18 chicken thighs for us)

<https://shasonta.wordpress.com/2013/09/18/artichokechickenthighs/>

I omit the bacon for cost purposes, but you can add it to the shopping list if you wish. I bet it's a great addition.

Freezing Directions:

Take 3 gallon-sized freezer bags, and place six chicken thighs (or one for each person in your family) in each bag. Add juice of 1/2 lemon, and salt and pepper to taste, to each bag. Take 3 more quart-sized freezer bags, and layer sliced onions, artichokes, and olives (and sliced garlic, not in the recipe but a nice addition) in each bag. I staple one bag of onions, artichokes, and olives to each larger bag of chicken thighs, and freeze.

When you're ready to eat:

Thaw chicken and onion/artichoke mixture. Grease a 9x13 baking dish, and layer 1/2 of onion/artichoke/olive mixture in the pan. Layer chicken, then layer additional layer of onions/artichokes/olives. Add additional seasoning if desired, then bake according to recipe directions.

Ground beef for tacos (S): (3 Dinners, makes four pounds):

Portion out 4 pounds of the beef you prepped, return to pan, season with taco seasoning, and cook an additional 3-4 minutes.

Freezing Directions:

After cooking, cool, and portion into three gallon-sized ziploc bags.

When you're ready to eat:

Thaw, then serve with your favorite taco ingredients.

Pioneer Woman's Sunday Night Stew (S): (3 Dinners, when doubled):

<http://thepioneerwoman.com/cooking/2013/01/sunday-night-stew/>

I substitute a pinch of truvia for the sugar (make sure you start small). Skip the mashed potatoes here, for an S meal, or make them and serve them to the rest of the family. But since I skip them, I didn't include them in the shopping list. I double this recipe, and it still makes three servings for my family of six. This is by far the most time-consuming of my freezer meals, but my kids LOVE it, it's delicious, and it's reallllly worth it. The recipe calls for worcestershire, but I omit it and substitute a few dashes of liquid aminos instead. This recipe calls for turnips, and this was my first time trying them. I didn't tell the kids what they were, and they thought they were potatoes! Very yummy!

Paleo Crockpot Meatballs (S): (3 Dinners, when tripled):

[http://onceamonthmeals.com/paleo-crockpot-meatballs/#\\_pg\\_pin=575167](http://onceamonthmeals.com/paleo-crockpot-meatballs/#_pg_pin=575167)

I triple this recipe that serves 4, and serve it over cooked spaghetti squash or Dreamfields pasta so that each portion feeds our family of six easily, usually with leftovers. I also add a side salad or veggies to stretch it even more. This recipe is from Once a Month Meals, so the prep and freezing instructions are already there for you. Just make sure you triple every ingredient. I substituted a teaspoon of dried basil instead of fresh basil, and it still tasted great.

Chicken Fajitas (S or E): (3 Dinners)

<http://www.mommysavers.com/crock-pot-freezer-meals-chicken-fajitas/>

This is another recipe that I double, but the convenient thing is that this is another freezer recipe so the instructions are at the recipe link. This can be an "E" if you served it with rice or beans, and an S if you served it with cheese and sour cream. Either way, please skip the tortillas unless you use plan-approved options.