

15 HEALTHY FREEZER MEALS

in under 2 hours

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Hello! This is the packet you'll need to make 15 healthy freezer meals from the Trim Healthy Mama Cookbook in under 2 hours.

Here's what you get in this Freezer Meal Packet:

- Option 1: 1 shopping list that divides ingredients into a bulk shopping trip and a regular grocery store shopping trip*;
- Option 2: 1 shopping list that divides ingredients into separate sections for the grocery store (if you don't shop at Costco or Sam's Club)*;
- Blank Freezer Inventory Sheet;
- Completed Inventory Sheet;
- Directions to prepare for your cooking session;
- Directions to set up Prep Stations;
- Directions for your cooking session (2 pages).

I put these together to make your freezer cooking session a bit easier - I hope you find them helpful! If you do, please share them and come back to visit me at workingathomeschool.com!

Love,

Jen

workingathomeschool.com

*There are two shopping lists here, but I want to reiterate that you are NOT intended to use both! They both have the same ingredients on them, and you can CHOOSE ONE to use that suits your needs best depending on how you shop. I made two to make it easier for you; but I'd hate to have someone buy double the ingredients needed for this freezer cooking session by accident! So please, just pick one. :)

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Shopping List, Option 1

<i>Costco</i>
6 lbs ground turkey or beef
dried minced onion
14 lbs boneless chicken breasts
10 cans diced tomatoes
at least 45 oz salsa, more if desired
at least 40 eggs
16 oz grape or cherry tomatoes
4 cups pre-grated cheese
foil pans
ziploc freezer bags

<i>Grocery Store</i>
18 lbs bone-in chicken thighs
5 lbs chicken tenders
1 lb bacon
2 white or yellow onions
3 pkgs frozen pearl onions
1 quart chicken broth
2 bags frozen onions/peppers
1 sharpie (if needed)
2 foil pie pans
foil to cover pans
5 foil 9x13 pans
2 lbs. long-grain brown rice

<i>Staples</i>
onion powder
garlic powder
salt
pepper
yellow mustard
large container no-sugar-added ketchup*
<u>THM Baking Blend (or almond flour and coconut flour)</u>
<u>THM Super Sweet Blend (or truvia)</u>
<u>Pure Stevia Extract</u>
Italian seasoning
balsamic vinegar
cumin
paprika
chili powder
dried parsley
coconut oil
cayenne pepper

*If you make your own ketchup instead, please make sure you buy the ingredients to do so!

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Shopping List, Option 2

Meat

14 lbs boneless chicken breasts
5 lbs chicken tenders
6 lbs ground turkey or beef
18 lbs boneless chicken thighs
1 lb bacon

Staples

salt
pepper
Italian seasoning
balsamic vinegar
chili powder
coconut oil
cayenne pepper
dried parsley
cumin
onion powder
dried minced onion
garlic powder
yellow mustard
large bottle sugar-free ketchup*
paprika

Frozen

2 bags frozen onions & peppers
3 bags frozen pearl onions

Cold Section

at least 40 eggs
4 cups grated cheddar cheese

Pantry

10 cans diced tomatoes
at least 45 oz salsa (more if desired)
2 lbs brown rice
1 quart chicken broth
5 foil 9x13 pans
2 foil pie pans
foil to cover pans
ziploc freezer bags

Produce

16 oz grape or cherry tomatoes
2 white or yellow onions

Online

<u>THM Super Sweet Blend</u>
<u>THM Baking Blend</u>
<u>Pure Stevia Extract</u>

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Freezer Inventory

DATE	MEAL	#	S, E, FP

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Freezer Inventory

DATE	MEAL	#	S, E, FP
	BLT Frittata p.74	II	S
	Slow Fajitas P. 53	II	S
	Wacha Want Mexican Chicken p. 47	III	E
	Brown Rice	III	E
	Balsamic Chicken p. 56	III	E
	Papster Thighs p.165	III	S
	Mama's Famous Meatloaf p. 157	II	S

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PREP DIRECTIONS

Before your cooking session:

The Day Before:

1. Check workingathomeschool.com for any updates or new notes on this cooking session.
2. Go shopping for all ingredients.
3. Make sure all ground meat is thawed.
4. Make sure all frozen chicken is thawed just enough to break apart.
If you buy flash-frozen chicken, this may not be necessary.
5. **Make ketchup, if you didn't buy any. (THM Cookbook page 482)**

The Day Of:

1. Set up cooking stations. This saved so much time for me! I checked the cookbook and piled up ingredients for each different recipe in separate sections of my countertop, along with pots, pans, or utensils I thought I'd need (see the next page for instructions).
2. Label your bags, and place them at each cooking session you've set up (page numbers are below).
3. Bookmark the pages below in the THM cookbook so you can find them easily:

BLT Frittata p. 74
Slow Fajitas p. 53
Wacha Want Mexican Chicken p. 47
Brown Rice
Balsamic Chicken p. 56
Papster Thighs p.165
Mama's Famous Meatloaf p. 157

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PREP STATIONS

#1 BLT Frittata p. 74 (doubled)

bacon
2 dozen eggs
4 cups grated cheese
16 oz small tomatoes
1 diced onion
salt
pepper
dried parsley
2 foil pie pans
cooking spray

#4 Papster Thighs p. 165 (tripled)

18 lbs. bone-in chicken thighs
salt
pepper
cayenne pepper
garlic or onion powder
paprika
3 9x13 foil baking pans

#2 Wacha Want Mexican Chicken p. 47 (tripled)

7 lbs. boneless, skinless chicken breasts
45-72 ounces of salsa (I only used 45 oz, which is about half of what the recipe calls for, but it was plenty)
six gallon-sized ziploc bags

#5 Slow Fajitas p. 53 (doubled)

5 lbs chicken tenders
2 bags frozen peppers and onions
4 cans diced tomatoes
cumin
chili powder
salt
onion powder
garlic powder
cayenne pepper
coconut oil
four gallon-sized freezer bags

#3 Mama's Famous Meatloaf p. 157 (doubled)

1 onion
6 lbs thawed ground beef or turkey
6 eggs
onion powder
dried minced onion
garlic powder
salt
pepper
yellow mustard
ketchup
THM Baking Blend
Gentle Sweet or Super Sweet Blend
two 9 x 13 foil pans & two freezer bags
foil

#6 Balsamic Chicken, p. 56, (tripled):

7 pounds boneless, skinless chicken breasts
3 bags frozen pearl onions
6 cans diced tomatoes
Italian seasoning
onion powder
garlic powder
mineral salt
pure stevia extract
balsamic vinegar
chicken broth

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DIRECTIONS

Cooking Day Directions:

1. Start cooking your brown rice. You'll need 6 cups of brown rice, which will be divided and frozen for "**Wacha Want Mexican Chicken.**" I made mine in an Instant Pot, so it didn't take long at all, but if you're making it on the stovetop you definitely want to get it started now.
2. Make sure ground beef or turkey is sitting out so you don't freeze your hands when you make the meatloaf (trust me on this one).

3. BLT Frittata, page 74 DOUBLED

3. Put bacon on foil or parchment-lined baking sheets. Put the bacon in a cold oven, close the door, and set the oven on at 400 degrees. Set a time for 20 minutes (when there are tiny bubbles all over the bacon, it should be cooked).
4. *When bacon finishes in 20 minutes, pull it out of the oven and set it aside to cool.*
5. Chop 1 onion in food processor and set aside, then pulse tomatoes until chopped and set aside.

While bacon is cooking, start **Wacha Want Mexican Chicken - TRIPLE the recipe:**

6. Follow directions on page 47; dividing chicken into one set of bags and salsa in another (you don't have to freeze the salsa if you don't want to; you could just put it in the pantry and write a note to yourself on the freezer bag, but I froze mine to make it easier at dinnertime).

Note: I did not find it necessary to separate the frozen chicken and salsa for this recipe, but you may prefer to.

NOTE: If you haven't already, please check your bacon and set aside to cool if it's done.

7. When bacon is done cooking, please change the oven temperature to 350 degrees.

Start Mama's Famous Meatloaf, page 157, DOUBLED: **please see notes at the bottom of the next page**

8. Follow directions starting with #2 on p.157, doubling the ingredients. It took me two batches in the food processor, but it may take you an extra batch or two if your food processor is small.
9. Once you've mixed the instructed ingredients, you can put both batches in a large bowl and add remaining ingredients (as instructed in step 3 of recipe instructions on page 157).
10. Combine well, and divide into two foil 9x13 baking dishes.
11. Make topping in step #4 on p. 157 (doubled), put into separate bags, and put on top of meat loaves (see note).
12. Cover foil pans tightly with foil.
13. Write directions for cooking day (also in number four) on the foil (if you haven't already) before freezing.

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DIRECTIONS (continued)

Continue BLT Frittata, page 74, DOUBLED:

14. If bacon has cooled, chop into small pieces for Frittata.
15. Follow directions on page 74 starting with #2 to assemble two frittatas into two sprayed pie pans.
16. **Instead of following the cooking directions for this recipe on page 74**, do not pour mixture into a skillet. Instead, I baked mine at 350 degrees for 25 minutes. This allowed me to make two frittatas at once.
17. Start checking at 20 minutes and make sure it doesn't overcook.

Start Papster Thighs, page 165, TRIPLED:

18. Arrange 3 foil pans on the counter and divide bone-in chicken thighs evenly into each pan. Sprinkle seasonings (tripled) as directed on page 165 over chicken.
19. Cover tightly with foil and write cooking day directions on each pan.
20. Note: Please check frittatas if you haven't already done so. If they are done, remove to cool.

Start Slow Fajitas, page 53, DOUBLED:

Use chicken tenders for this - they are already cut into strips, so that saves a lot of time.

21. Divide chicken tenders evenly into two freezer bags.
22. In two separate bags, add frozen bell peppers and onions and remaining ingredients from page 53.
23. Attach chicken bag to bag with other ingredients, label, and freeze.
24. Cover frittatas with foil and label - all you need to do on cooking day is thaw and reheat.

Start Balsamic Chicken, page 56, TRIPLED:

24. Take the six bags, divide meat into three bags (it doesn't need to be thawed).
25. Combine all other ingredients listed on page 56 and divide evenly into remaining three bags.
26. Label and freeze.
27. **Assuming the rice is done by now, separate it into three ziploc bags, label and freeze.**

Pack all of your meals into the freezer and rest - you've earned it!

Special note about the meatloaf: I froze mine raw, and when we thawed it there was quite a bit of liquid to drain before we cooked it.. It also didn't look amazing, although it tasted delicious. I re-made a new loaf without putting the topping on, refroze it, and it was better. I decided not to let my kids see it until it was finished cooking because I wasn't sure they'd be into it if they saw it in it's ...uh, juicier state.