

Coconut & Curry Turkey Chili

I tripled this recipe to make 3 freezer bags of 4 servings

Ingredients:

1 pounds lean ground turkey
1 tablespoon olive oil
2 (15 ounce) cans tomato sauce
1 pound green peas
1 large, onion, chopped
1 tablespoon garlic powder
1 tablespoon curry powder
1 (15 ounce) can light coconut milk

Directions:

Combine all ingredients in freezer bag. Seal and freeze.

The day before cooking, transfer freezer bag to refrigerator to thaw.

Cook on low for 6-8 hours.

Adapted from: <http://www.thegraciouspantry.com/clean-eating-coconut-curry-turkey-chili/>

Spinach Cilantro Meatballs

I tripled this recipe to make 3 freezer bags of 4 servings

Ingredients:

2 pounds ground turkey
1/2 medium onion, chopped fine
1 1/2 tsp sea salt
1 tsp cumin powder
2 cups (packed) baby spinach, chopped
1/2 cup fresh cilantro, chopped fine
2 eggs, whipped OR 3 tbsp water mixed with 1 tbsp flax meal

Directions:

1. Preheat oven to 400°F and line with parchment paper.
2. Combine all ingredients in a large bowl and mix well.
3. Roll into small balls and place onto prepared baking sheet.
4. Bake for 25 minutes, until meatballs are beginning to brown and cooked all the way through.

To freeze: freeze meatballs in a single layer then place frozen meatballs in a airtight container.

The day before cooking, transfer freezer bag to refrigerator to thaw.

Cook on low for 6-8 hours with marinara sauce.

Adapted from: <http://www.savorylotus.com/spinach-cilantro-meatballs-grain-free/>

Cilantro Lime Chicken

with Corn and Black Beans

I tripled this recipe to make 3 freezer bags of 4 servings

Ingredients:

1 1/2 pounds chicken breasts
Juice from 6 limes
1 bunch fresh cilantro, chopped
1 (16 oz) bag frozen corn
2 minced garlic cloves
1/2 onion, chopped
1 can black beans, drained and rinsed
1 tsp cumin
salt and pepper to taste

Directions:

Combine all ingredients in freezer bag. Seal and freeze.

The day before cooking, transfer freezer bag to refrigerator to thaw.

Cook on low for 8 hours.

Adapted from: <http://www.sixsistersstuff.com/2012/09/slow-cooker-freezer-meals-make-8-meals.html>

Chicken Cacciatore

Ingredients:

1 lb chicken breasts
1 (26 oz) jar of chunky vegetable-style spaghetti sauce
1 zucchini, chopped
1 green pepper, chopped
1 onions, chopped

Directions:

Combine all ingredients in freezer bag. Seal and freeze.

The day before cooking, transfer freezer bag to refrigerator to thaw.

Cook on low for 6-8 hours.

Adapted from: <http://www.sixsistersstuff.com/2012/09/slow-cooker-freezer-meals-make-8-meals.html>

Shopping List

Meat, Poultry & Eggs:

9 pounds ground turkey

7 1/2 pounds chicken breasts

6 eggs, whipped OR 6 tbsp water mixed with 3 tbsp flax meal

Produce:

9 onions

3 zucchini

3 green pepper

6 limes

2 bunches fresh cilantro

1 large clamshell fresh spinach

Frozen:

3 pounds frozen green peas

3 (16 oz) bag frozen corn

Pantry Items:

6 (15 ounce) cans tomato sauce

3 can black beans

3 (26 oz) jar of chunky vegetable-style spaghetti sauce

3 (15 ounce) cans light coconut milk

4 tbsp garlic powder

3 tablespoon curry powder

6 tsp cumin powder

3 tablespoon olive oil

4 1/2 tsp sea salt