17 Summer Freezer Meals That Don't Require Any Cooking Ahead of Time

Free printable recipes and grocery list below

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- 2. Easy Marinated Chicken for the grill
- 3. Crockpot Shredded BBQ Chicken
- 4. <u>Crockpot Chicken Salad Sandwiches</u>
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- 9. Crockpot Meatball Veggie Soup
- 10. Crockpot Chicken Philly Cheesesteak
- 11. Crockpot Spicy Banana Pepper Beef
- 12. Crockpot Asian Chicken Lettuce Wraps
- 13. Crockpot White Wine Chicken with Artichokes
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- 15. Crockpot Salsa Verde Chicken
- 16. Crockpot Garlic-Mint Pork Loin
- 17. Crockpot Chicken Chili made with fresh tomatoes

1. Crockpot Zucchini "Lasagna"

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 4 small zucchinis, ends cut off (you can sub two large zucchini)
- 1 pound cooked ground meat or chopped meatballs
- 1/2 cup of your favorite pasta sauce
- 8 oz mozzarella cheese, freshly shredded (about 2 cups), divided
- 150z container of part-skim ricotta cheese
- 1/2 cup Parmesan cheese, freshly grated
- 2 large eggs
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

To Freeze and Cook Later

- 1. Add half of mozzarella cheese to quart-sized bag, seal, and set aside.
- 2. Label your gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and "use-by" date (which will be three months from the prep date).
- 3. In a large bowl, combine remaining half of mozzarella cheese and all of ricotta, parmesan, eggs, parsley flakes, salt, and pepper.
- 4. Add ingredients to gallon-sized freezer bag in this order:
 - a. sliced zucchini
 - b. cheese mixture
 - c. pasta sauce and meat
- 5. Remove as much air as possible and seal.
- 6. Place both bags in the freezer for up to three months.

To Cook

- 1. Thaw both bags overnight in the refrigerator.
- 2. Dump gallon-sized bag into crockpot and add lid. Leave baggie with cheese in refrigerator.
- 3. Cook 6-8 hours in crockpot on "low" setting.
- 4. Add shredded cheese and cook additional 15 minutes or until melted.

Serve with a big piece of crusty bread.

For more information visit <u>www.NewLeafWellness.biz</u>

2. Easy Marinated Chicken for the Grill

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- Two pounds boneless chicken breasts
- 1/4 cup extra virgin olive oil
- One tablespoon of your favorite seasoning mix (For example, we've tried taco seasoning, onion soup mix, Italian seasoning, Montreal Steak seasoning, lemon dill seasoning, BBQ seasoning mix.)

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Grill chicken for 6-8 minutes or until cooked completely.

Serve with a big salad and rice.

3. Crockpot Shredded BBQ Chicken

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 2 cups ketchup (I like Simply Heinz)
- 1/4 cup Worcestershire Sauce
- 3 tablespoons brown sugar
- 2 tablespoons chili powder
- 1 tablespoon hot sauce
- 1 tablespoon curry powder

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook for 8 hours on "low" setting.
- 3. Shred chicken and return to slow cooker to mix with remaining BBQ sauce.

Serve on buns with a sides of corn on the cob and coleslaw.

4. Crockpot Chicken Salad Sandwiches

Recipe from <u>New Leaf Wellness</u>

Yields: 14 mini chicken salad sandwiches or 7 large ones

Ingredients

- 2 lbs boneless skinless chicken breasts, fat trimmed
- ¹/₂ small yellow onion, diced (1/2 cup)
- 2 ribs of celery, diced (1/2 cup)
- 1.5 cups of mayonnaise (not needed until day of cooking)
- ¹/₄ teaspoon salt (not needed until day of cooking)
- ¹/₄ teaspoon pepper (not needed until day of cooking)
- 14 mini croissants or 7 large ones (not needed until day of cooking)

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients except mayonnaise, salt, pepper, and rolls.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 3. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 4. Add contents of freezer bag to crockpot and cook for 4 hours on "low" setting or until chicken is cooked through and tender.
- 5. Shred chicken with a fork and cool to room temperature.
- 6. Add chicken to a bowl and mix with mayonnaise, salt, and pepper.

Spoon onto croissants and serve with fresh fruit.

5. Chicken and Veggie Shish Kabobs for the grill

Recipe from <u>New Leaf Wellness</u>

Yields: 4 servings

Ingredients

- 1 pound boneless chicken tenders
- 1 pound boneless sirloin steaks
- 3 bell peppers
- 1 small zucchini
- 1 small red onion
- 1 small yellow onion
- ¹/₂ cup extra virgin olive oil
- 2 tablespoons of herbs and seasonings (You can use something as simple as Montreal Steak Seasoning)

Materials

- Two 9x13 aluminum or disposable baking pans
- 20 bamboo skewers

To Freeze and Cook Later

- 1. Cut meat and vegetables into squares that are 1-2" across.
- 2. Thread onto bamboo skewers. (I use two skewers per shish kabob so that the meat/vegetables are less likely to fall off.) I recommend placing the meat and vegetables on different skewers because the meat might need more time cooking on the grill.
- 3. Baste liberally with extra virgin olive oil.
- 4. Sprinkle with herbs and seasonings.
- 5. Place in two 9x13" baking pans, cover with layers of plastic wrap and foil and freeze for up to three months.

To Cook

- 1. Thaw pans overnight in refrigerator.
- 2. Grill until cooked thoroughly.

Serve with rice.

6. Turkey Cheddar Burgers for the Grill

Recipe adapted from **<u>Pinspired Home</u>**

Yields: 12 servings

Ingredients

- 3 pounds ground turkey
- 1 small yellow onion, diced
- 1 tablespoon soy sauce
- 1 tablespoon ketchup
- 2 cloves garlic, minced
- 1 ¹/₂ cups shredded cheddar cheese
- 1/2 teaspoon ground pepper

Materials

- cookie sheets
- waxed paper
- 2 gallon-sized plastic freezer bags

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. Combine all ingredients in a large bowl.
- 3. Shape turkey burgers into 12 quarter-pound patties. Use your thumb to make a small indentation (this keeps the burgers flat when they cook).
- 4. Place burgers on cookie sheets and freeze for several hours.
- 5. To your freezer bags, add frozen burger patties separated by layers of waxed paper.
- 6. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Grill! (Make sure your burger heats to at least 160° Fahrenheit. Undercooked meat can cause illness.)

Serve with on buns with your favorite burger toppings like ketchup, mustard, pickles, tomato, and lettuce.

7. Crockpot Stuffed Banana Peppers

Recipe from <u>New Leaf Wellness</u>

Yields 4-6 servings

Ingredients

- 28oz can crushed tomatoes
- 1 pound mild banana peppers (about 10 peppers), tops taken off and seeded (it's OK if you can't get all the seeds out)
- 1 pound ground sweet Italian sausage (if you can only find links, squeeze the meat out of the casing)
- 3 cloves of garlic, minced
- 1 small yellow onion, diced (one cup)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 cup panko Japanese-style breadcrumbs
- 1 large egg
- 6 slices of provolone cheese (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

To Freeze and Cook Later

- 1. Add tomatoes to quart-sized bag and seal.
- 2. Label your gallon-sized bag with the name of the recipe, cooking instructions, and "use-by" date.
- 3. In a large bowl, combine all ingredients except peppers.
- 4. Place mixture in a pastry bag or large storage bag with one corner snipped off.
- 5. Pipe sausage mixture into banana peppers and use your fingers to push the filling to the bottom of the peppers so they're completely filled with sausage.
- 6. To your freezer bag, add stuffed peppers and bag of crushed tomatoes.
- 7. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bags to crockpot and cook on "low" setting for 6-8 hours.
- 3. Top peppers with Provolone cheese and cook additional 10 minutes or until melted.

Serve over pasta.

8. Crockpot Jalapeño Lime Shredded Pork Tacos

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 2 pound bone-in pork shoulder roast (sometimes labeled "pork butt roast")
- 1 small yellow onion, diced
- 1 jalapeno pepper, seeds removed and sliced (please wear gloves)
- the juice from two limes
- 2 gloves garlic, minced
- 1 teaspoon chili powder
- ¹/₄ teaspoon salt

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook for 8 hours on "low" setting or until pork is cooked through and tender.
- 3. Remove bone and shred pork.
- 4. Strain juice left in crockpot and mix with meat.

Serve on soft tortillas with shredded cheese, diced tomatoes, and avocado.

*For extra spice, served the cooked onions and jalapenos on tacos.

9. Crockpot Meatball Veggie Soup

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 1 pound small meatballs (store bought or <u>homemade</u>)
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 small zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 4 cups low sodium chicken broth (not needed until day of cooking)

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients except chicken broth.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add chicken broth and contents of freezer bag to crockpot.
- 3. Cook for 8 hours on "low" setting or until veggies are cooked through and soft.

Serve with a piece of crusty bread on the side.

10. Crockpot Chicken Philly Cheesesteak

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 small yellow onion, sliced
- 1 green bell pepper, cut into strips
- 1 red bell peppers, cut into strips
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced
- 3 tablespoons corn starch

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook on "low" setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve on rolls topped with provolone cheese. Serve with a side of sweet potato fries.

Tip: Serve the sauce from the crockpot on the side as a dip for the sandwiches.

11. Crockpot Banana Pepper Shredded Beef

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 3 lb boneless beef chuck shoulder roast
- 4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 small yellow onion, peeled and sliced
- 2 cups beef broth

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting.
- 3. Shred beef with fork.

Serve on rolls with a side salad or plain with mashed potatoes and roasted carrots.

12. Crockpot Asian Chicken Lettuce Wraps

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook on "low" setting for 4-6 hours or until chicken is tender.
- 3. Break apart chicken and serve.

Serve on big pieces of iceberg or Boston bibb lettuce.

13. Crockpot White Wine Chicken with Artichokes

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 can of artichokes (14oz), quartered and drained
- 1 can of diced tomatoes (14.5oz), undrained
- Juice of 1 lemon
- 1/2 cup dry white wine
- 4 cloves of garlic, minced
- 1/4 cup butter
- 1 tablespoon capers (optional)
- 1 tablespoon corn starch

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. Tenderize chicken.
- 3. To your freezer bag, add all ingredients except corn starch.
- 4. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook on "low" setting for 4-6 hours.
- 3. Stir corn starch into mixture and cook an additional 1/2 hour on "low" setting.

Serve over spaghetti.

14. Crockpot Spring Chicken Soup

Recipe from <u>New Leaf Wellness</u>

Yields: 8 servings

Ingredients

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts
- 1 bunch of scallions, chopped
- 1 garlic clove, minced
- 4 carrots, peeled and sliced
- 1 small zucchini, diced
- 3 celery ribs, sliced
- The juice from 1 lemon
- 1 ¹/₂ teaspoons dried dill
- 1 ¹/₂ teaspoons dried parsley
- 1/4 teaspoon pepper
- 1/2 cup orzo (not needed until day of cooking)
- 64oz chicken broth (8 cups) (not needed until day of cooking)

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bags with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To freezer bag, add all remaining ingredients except chicken broth.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add broth and contents of freezer bag to crockpot and cook for 6 hours on "low" setting.
- 3. Add orzo and cook on "low" for additional 1/2 hour.

Serve with French bread.

15. Crockpot Salsa Verde Chicken

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 2lbs boneless chicken breasts
- 150z can black beans, drained and rinsed
- 1 2/3 cups frozen corn (half of a 1lb bag)
- 16oz jar salsa verde*
- 8oz package cream cheese (not needed until day of cooking)

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients except cream cheese.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting or until chicken is cooked through. Shred chicken.
- 3. Add cream cheese (just throw it on top) and cook for additional 10 minutes or until melted
- 4. Stir.

Serve with rice.

*If you're in a pinch, regular tomato salsa will do...BUT green salsa REALLY gives it a kick!

16. Crockpot Garlic-Mint Pork Loin

Recipe from <u>New Leaf Wellness</u>

Yields: 4-6 servings

Ingredients

- 1 tablespoon olive oil
- 5 sprigs of fresh mint
- 2lb pork loin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- the juice from one lime (about 1/4 cup)
- 1/4 cup apple cider vinegar
- 3 cloves of garlic, peeled and sliced
- 1 onion, peeled and thinly sliced

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting.
- 3. Discard mint.

Serve with watermelon and sliced cucumbers.

17. Crockpot Chicken Chili with Fresh Tomatoes

Recipe from <u>New Leaf Wellness</u>

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 3 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 small yellow onion, chopped (one cup)
- 4 cloves garlic, minced
- 2 cans cannellini beans (150z each), drained and rinsed
- 4oz can of diced green chilies
- 1 2/3 cups frozen corn (half of a 1lb bag)
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- 1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
- 2. To your freezer bag, add all ingredients.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- 1. Thaw freezer bag overnight in refrigerator or in the morning in water.
- 2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting or until chicken is cooked through.
- 3. Shred chicken and stir.

Top with shredded cheddar cheese and crushed tortilla chips.

Grocery List for all 17 Recipes

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 7 small zucchinis (1, 5, 9, 14)
- 1 stalk/bunch celery (4, 14)
- 3 bell peppers (any color) (5)
- 1 green bell pepper (10)
- 2 red bell peppers (10, 12)
- 1 small red onion (5)
- 10 small-medium yellow onions (4, 5, 6, 7, 8, 9, 10, 11, 17, 16)
- 1 ¹/₂ pounds mild banana peppers (about 14 peppers) (7, 11)
- 1 jalapeno pepper (8)
- 24 cloves of garlic (6, 7, 8, 10, 12, 13, 14, 16, 17)
- 2 lemons for juice (13, 14)
- 3 limes for juice (8, 16)
- 1 ¹/₂-2 pounds carrots (9, 12, 14)
- 1 bunch of scallions (14)
- 5 sprigs of fresh mint (16)
- 3 medium-sized tomatoes (17)
- 3 cups green beans (9)

Meat

- 14 pounds boneless chicken breasts (2, 3, 4, 10, 13, 14, 15, 17)
- 1 pound boneless chicken tenders (5)
- 1 pound boneless sirloin steaks (5)
- 3 lb boneless beef chuck shoulder roast (11)
- 1 pound cooked ground meat or chopped meatballs (1)
- 3 pounds ground turkey (6)
- 1 pound ground sweet Italian sausage (7)
- 2 pound bone-in pork shoulder roast (sometimes labeled "pork butt roast") 8
- 2lb pork loin (16)
- 2 pounds of ground chicken (12)

Cold

- 8 oz shredded mozzarella cheese (about 2 cups) (1)
- 150z container of part-skim ricotta cheese (1)
- 1/2 cup Parmesan cheese (1)
- 3 large eggs (1, 7)
- ¹/₂ cups shredded cheddar cheese (6)
- 1/4 cup butter (13)

Frozen

- 1lb bag frozen corn (15, 17)
- 1 pound small meatballs (9)

Canned

- 240z jar + ¹/₂ cup pasta sauce (9)
- 28oz can crushed tomatoes (7)
- 1 cup chicken broth (10)
- 2 cups beef broth (11)
- 1 can of artichokes (14oz) (13)
- 1 can of diced tomatoes (14.5oz) (13)
- 150z can black beans (15)
- 16oz jar salsa verde (15)
- 2 cans cannellini beans (150z each) (17)
- 4oz can of diced green chilies (17)

Spices

- 1 ¹/₄ teaspoons salt (1, 8, 16, 17)
- 2 ¹/₄ teaspoons black pepper (1, 6, 10, 14, 16)
- 2¹/₂ teaspoons dried parsley (1, 14)
- 2 tablespoons chili + 1 teaspoon powder (3, 8)
- 1 tablespoon curry powder (3)
- 1/2 teaspoon dried basil (7)
- 1/2 teaspoon dried oregano (7)
- 1/2 teaspoon crushed red pepper flakes (12, 17)
- 1 ¹/₂ teaspoons dried dill (14)
- 1 tablespoon paprika (17)
- 2 teaspoons ground cumin (17)
- 1 tablespoon of your favorite seasoning mix (2)
- 2 tablespoons of herbs and seasonings (5)

Baking

- 3 tablespoons brown sugar (3)
- 4 tablespoons corn starch (10, 13)1
- 1 tablespoon honey (12)

Miscellaneous

- 1/4 cup + 1 tablespoon low-sodium soy sauce (6, 12)
- 2¹/₄ cup +1 tablespoons ketchup (I like Simply Heinz) (3, 6, 12)
- 1/4 cup Worcestershire Sauce (3)
- 1/2 cup panko Japanese-style breadcrumbs (7)
- 1/2 cup dry white wine (13)tablespoon hot sauce (3)
- 1 tablespoon capers (optional) 13

For more information visit <u>www.NewLeafWellness.biz</u>

Oils and Vinegars

- ³/₄ cup + 2 tablespoons extra virgin olive oil (2, 5, 14, 16)
- 1/4 cup apple cider vinegar (16)

Materials

- Two 9x13 aluminum or disposable baking pans
- 20 bamboo skewers
- cookie sheets
- waxed paper
- 17 gallon-sized plastic freezer bags
- 2 quart-sized plastic freezer bags

Not Needed until Day of Cooking

- 1 ¹/₂ cups of mayonnaise (4)
- ¹/₄ teaspoon salt (4)
- ¹/₄ teaspoon pepper (4)
- 14 mini croissants or 7 large ones (4)
- 6 slices of provolone cheese (7)
- 96oz chicken broth (12 cups) (9, 14)
- 1/2 cup orzo (14)
- 8oz package cream cheese (15)
- Suggested Side Dishes
 - 1. Crockpot Zucchini "Lasagna" bread
 - 2. Easy Marinated Chicken for the grill salad and rice
 - 3. Crockpot Shredded BBQ Chicken corn on the cob and coleslaw
 - 4. Crockpot Chicken Salad Sandwiches fresh fruit
 - 5. Chicken and Veggie Shish Kabobs for the grill -rice
 - 6. Turkey Cheddar Burgers for the grill buns, hamburger fixings
 - 7. Crockpot Stuffed Banana Peppers pasta
 - 8. Crockpot Jalapeño Lime Shredded Pork Tacos tortillas, shredded cheese, tomatoes, avocado
 - 9. Crockpot Meatball Veggie Soup bread
 - 10. Crockpot Chicken Philly Cheesesteak rolls, provolone cheese, sweet potato fries
 - 11. Crockpot Spicy Banana Pepper Beef rolls and salad or mashed potatoes and roasted carrots
 - 12. Crockpot Asian Chicken Lettuce Wraps iceberg or Boston bibb lettuce
 - 13. Crockpot White Wine Chicken with Artichokes spaghetti
 - 14. Crockpot Spring Chicken Soup French bread
 - 15. Crockpot Salsa Verde Chicken -rice
 - 16. Crockpot Garlic-Mint Pork Loin watermelon and cucumbers
 - 17. Crockpot Chicken Chili made with fresh tomatoes cheddar cheese, crushed tortilla chips