
7-DAY SLOW COOKER FREEZER MEAL PLAN

FREE RECIPES AND GROCERY LIST PROVIDED BELOW

MEAL PLAN

Sunday: Slow Cooker Turkey Black Bean Chili with shredded cheese and chips

Monday: Slow Cooker Cranberry Chicken with steamed broccoli and stuffing

Tuesday: Slow Cooker Shredded Beef and Carrots with rice

Wednesday: Slow Cooker Sweet and Sour BBQ Meatballs with corn on the cob

Thursday: Slow Cooker Chicken Teriyaki with rice

Friday: Slow Cooker Chicken Fajitas on tortillas with lettuce/tomato/shredded cheese

Saturday: OFF

GROCERY LIST FOR THE WEEK

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

PRODUCE

- 5 large cloves of garlic (1, 5, 6)
- 2 pounds carrots (3)
- 1 lime (6)
- 3 yellow onions (4, 5, 6)
- 1 green pepper (4)
- 1 red pepper (4)
- 3 medium-sized sweet bell peppers (I like a mix of red, orange, and yellow) (6)
- 1 pineapple (4)
- 1-inch ginger root (5)
- Broccoli (2)
- Corn on the cob (4)
- Lettuce (6)
- Tomato (6)

MEAT

- 1 pound of ground turkey (1)
- 6 pounds boneless skinless chicken breasts (2, 5, 6)
- 2-pound boneless beef chuck shoulder roast (3)

SEASONINGS

- 1 tablespoon + 1 teaspoon paprika (1, 6)
- 3 tablespoon chili powder (1, 6)
- 4 teaspoons ground cumin (1, 6)
- 1 1/2 teaspoons ground oregano (1)
- 3/4 teaspoon crushed red pepper flakes (1, 2, 6)
- 1/4 cup dried minced onion (2)
- 1 seasoning packet (We love the McCormick Grill Mates Mesquite and Chipotle seasonings) OR 3 tablespoons of your favorite homemade seasoning mix (For example, [homemade taco seasoning](#).) (3)
- 1/4 teaspoon black pepper (5)

COLD

- Shredded cheddar cheese (1, 6)

FROZEN

- 1 2/3 cup frozen corn (half of a bag) (1)
- 2 pounds of meatballs (4)
- 14.4oz bag of frozen stir fry vegetables (5)

CANNED

- 28oz can of tomato sauce (1)
- 14.5oz can of petite diced tomatoes (1)
- 2 cans of black beans (1)
- 15oz can whole berry cranberry sauce (2)

MISCELLANEOUS

- 7 gallon-sized plastic freezer bags (1-6)
- 3/4 cup + 1 tablespoon honey (2, 5, 6)
- 3 tablespoons extra virgin olive oil (3)
- 2 tablespoons red wine vinegar (3)
- 1/4 cup rice wine vinegar (or red wine vinegar) (5)
- 18oz bottle of BBQ sauce (look for one that is a little bit spicy and not too sweet) (4)
- 1/2 cup low sodium soy sauce (5)
- Tortilla chips (1)
- Stuffing (2)
- Rice (3, 5)
- Fajita tortillas (6)

1. SLOW COOKER TURKEY BLACK BEAN CHILI

Yields: 6 servings

INGREDIENTS

- 1 pound of ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn (half of a bag)
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoons ground oregano
- 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 (which will be three months from the prep day).
2. Combine all ingredients in your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

COOKING INSTRUCTIONS

1. Thaw overnight in the refrigerator or in the morning in warm water.
2. Add to slow cooker and cook on “low” setting for 8 hours or until turkey is cooked through.
3. Break apart turkey and stir.

Top with shredded cheddar cheese and crushed tortilla chips.

2. SLOW COOKER CRANBERRY CHICKEN

Yields: 4-6 servings

INGREDIENTS

- 2 pounds chicken breasts
- 15oz can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion
- 1/4 teaspoon crushed red pepper flakes (optional)

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 (which will be three months from the prep day).
2. Combine all ingredients in your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

COOKING INSTRUCTIONS

1. Thaw overnight in the refrigerator or in the morning in warm water.
2. Add to slow cooker and cook on “low” setting for 6 hours or until chicken is cooked through.

Serve with steamed broccoli and stuffing.

3. SLOW COOKER SHREDDED BEEF AND CARROTS

Yields: 4-6 servings

INGREDIENTS

- 2-pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 seasoning packet (We love the McCormick Grill Mates Mesquite and Chipotle seasonings) OR 3 tablespoons of your favorite homemade seasoning mix (For example, [homemade taco seasoning](#).)

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 (which will be three months from the prep day).
2. Combine all ingredients in your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

COOKING INSTRUCTIONS

1. Thaw overnight in the refrigerator or in the morning in warm water.
2. Add to slow cooker and cook on “low” setting for 8 hours or until beef shreds easily with a fork.
3. Shred meat and return to slow cooker.

Serve with rice.

4. SLOW COOKER SWEET AND SOUR BBQ MEATBALLS

Yields: 6 servings

INGREDIENTS

- 2 pounds of meatballs
- 1 sweet onion, cut into chunks
- 1 green pepper, cut into chunks
- 1 red pepper, cut into chunks
- 1 pineapple, cut into chunks
- 18oz bottle of BBQ sauce (look for one that is a little bit spicy and not too sweet)

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 (which will be three months from the prep day).
2. Combine all ingredients in your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

COOKING INSTRUCTIONS

1. Thaw overnight in the refrigerator or in the morning in warm water.
2. Add to slow cooker and cook on “low” setting for 6-8 hours or until onions and peppers are tender.

Serve with corn on the cob.

5. SLOW COOKER CHICKEN TERIYAKI

Recipe modified from: <http://www.thetaylor-house.com/slow-cooker-chicken-teriyaki/2/>

Yields: 4-6 servings

INGREDIENTS

- Two pounds boneless skinless chicken breasts
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar (or red wine vinegar)
- 1 yellow onion, diced
- 1 large clove garlic, minced
- 1-inch ginger root, peeled and minced
- 1/4 teaspoon black pepper
- 14.4oz bag of frozen stir fry vegetables

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 (which will be three months from the prep day).
2. Combine all ingredients in your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

COOKING INSTRUCTIONS

1. Thaw overnight in the refrigerator or in the morning in warm water.
2. Add to slow cooker and cook on “low” setting for 6 hours or until chicken is cooked through.

Serve with rice.

6. SLOW COOKER CHICKEN FAJITAS

Yields: 6 servings

INGREDIENTS

- 2 pounds boneless skinless chicken breasts, cut into strips
- 3 medium-sized sweet bell peppers (I like a mix of red, orange, and yellow), sliced
- 1 yellow onion, sliced
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 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 (which will be three months from the prep day).
2. Combine all ingredients in your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

COOKING INSTRUCTIONS

1. Thaw overnight in the refrigerator or in the morning in warm water.
2. Add to slow cooker and cook on “low” setting for 6 hours or until chicken is cooked through.

Serve on tortillas with your favorite fajita toppings, like lettuce, tomatoes, and shredded cheddar cheese.