



CROCKPOT FREEZER MEAL PREP

21 crockpot freezer meals

jordosworld.com

WELCOME!

INTRO

Hi! I'm Jordan Smith, a food blogger dedicated to sharing easy, healthy recipes for busy people. I'm on a mission to show you how meal prep can be quick, fun, and manageable with a busy lifestyle.

THIS GUIDE

I created this crockpot freezer meal prep guide to show you how meal prep can be easy and helpful for a busy lifestyle. I used this guide during my last postpartum experience & it was AWESOME. I hope it's helpful for you too!

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MASTER PLAN

So you want to prep some freezer meals!? Here's a plan to efficiently prep the recipes.

WHERE TO START

- **Plan all meals.** This guide includes 7 recipes and the shopping list for all of them. Use all the recipes or pick the ones you want.
- **Finalize ingredient list.** If you use all 7 recipes, the shopping list you'll need is at the end of the guide. If you only use a few, make a list matching the recipes you're going to make. I suggest writing down everything you need & crossing off what you already have in your fridge & pantry.
- **Label gallon ziplocs with instructions and recipes.** Before you fill the bags with ingredients, write down the recipe, what you need to add later, and the instructions. Add the date you made too!
- **Purchase ingredients.** Shop in store or place an online order for the ingredients needed. I bought items in bulk when possible to cut down the price.
- **Prep ingredients.** To save time, separate ingredients based on recipe. Wash and chop all the ingredients at once to speed up the assembly time.
- **Assemble freezer bags.** Follow the instructions and list of ingredients for each recipe. Remove excess air and store flat in the freezer. Add parchment paper between stacked bags so they don't freeze together.

CROCKPOT MEAL LIST

- Thai Peanut Chicken
- White Chicken Chili
- Chicken Noodle Soup
- Chickpea Curry
- Lemon Lentil Soup
- Beef Stew
- Stuffed Bell Pepper Soup

I spent about \$250 total, which breaks down to about \$12 per meal. I purchased in bulk & organic ingredients when possible!

CROCKPOT THAI PEANUT CHICKEN

🍴 MAKES 3 BAGS. 4 SERVINGS PER BAG.

INGREDIENTS

- 6 pounds boneless skinless raw chicken breasts
- 3 red bell pepper, cut into strips
- 3 cup snap peas
- 3 (14 oz) can full-fat coconut milk
- $\frac{3}{4}$ cup natural peanut butter
- 6 tablespoons red curry paste
- 9 tablespoons reduced-sodium soy sauce
- 9 tablespoons lime juice
- 6 tablespoons honey
- 12 garlic cloves, minced
- 1.5 tablespoon ginger, fresh or ground
- 1.5 teaspoon crushed red pepper flakes
- **Later you'll need:** peanuts, limes, cilantro, rice



DIRECTIONS

- Split & combine all ingredients into 3 large Ziploc bags. Place flat in freezer to store.

WHEN READY TO COOK

- Allow to thaw for 24 hours in the fridge. Dump the ingredients in the slow cooker, stir and cook on low for 4-6 hours (until chicken has internal temp of 165 degrees).
- After cooking, use two forks to shred chicken and place back in the slow cooker.
- Serve over rice. Top with chopped peanuts, cilantro, and limes.

CROCKPOT WHITE CHICKEN CHILI

🔪🍴 MAKES 3 BAGS. 6 SERVINGS PER BAG.

INGREDIENTS

- 4.5 lb chicken breast raw
- 3 onions, diced
- 3 large bell peppers, diced
- 12 cloves garlic, minced
- 3 (8oz) can green chiles
- 6 (15 oz) cans great northern beans, drained
- 3 (32 oz) box low-sodium chicken broth
- 3 (16 oz) jar green salsa, mild or medium depending on heat preference
- 3 teaspoon chili powder
- 1.5 teaspoon cumin
- 1.5 teaspoon paprika
- 1.5 teaspoon salt
- 3/4 teaspoon pepper
- **Later you'll need:** 1 (8 oz) block Neufchâtel cheese, 1 cup instant rice, cheese, tortilla chips, and avocado per bag



DIRECTIONS

- Split & combine all ingredients into 3 large Ziploc bags. Place flat in freezer to store.

WHEN READY TO COOK

- Allow to thaw for 24 hours in the fridge. Dump the ingredients in the slow cooker, stir and cook on low for 4-6 hours (until chicken has internal temp of 165 degrees).
- When the chicken is cooked, take out and shred. Then add back to the crockpot.
- Add the instant rice and a block of Neufchâtel cheese. Stir and let cook for about 20 minutes.
- Serve in bowls with cheese, tortilla chips, and avocado.

CROCKPOT STUFFED BELL PEPPER SOUP

🍴 *MAKES 3 BAGS. 4 SERVINGS PER BAGS.*

INGREDIENTS

- 3 lb extra lean ground beef
- 3 yellow onion, diced
- 6 bell peppers, diced
- 12 garlic cloves, minced
- 3 (15 oz) can tomato sauce
- 3 (14.5 oz) can fire-roasted tomatoes
- 4.5 teaspoon chili powder
- 1.5 teaspoon dried basil
- ¾ teaspoon red pepper flakes
- 3 (32 oz box) low sodium beef broth
- Salt and pepper, to taste
- **Later you'll need:** 1 cup instant brown rice per bag



DIRECTIONS

- Split & combine all ingredients into 3 large Ziploc bags. Place flat in freezer to store.

WHEN READY TO COOK

- Allow to thaw for 24 hours in the fridge. Dump the ingredients in the slow cooker, stir and cook on low for 4-6 hours (until beef is cooked). Add instant rice and let cook for about 20 more minutes.
- Serve in bowls with cheese.

CROCKPOT VEGAN CHICKPEA CURRY

🍴 MAKES 3 BAGS. 6 SERVINGS PER BAG.

INGREDIENTS

- 3 medium yellow onion, chopped
- 9 large garlic cloves, minced
- 3 (14.5 oz) can no salt-added diced tomatoes
- 6 (15.5 oz) cans no salt-added chickpeas
- 3 (14 oz) can full-fat coconut milk
- 6 tablespoons red curry paste
- 6 tablespoons coconut flour
- **For later:** Salt and pepper, lime juice, cilantro, brown rice or naan bread

DIRECTIONS

- Split and combine all ingredients into 3 large Ziploc bags. Place flat in freezer to store.

WHEN READY TO COOK

- Allow to thaw for 24 hours in the fridge. Dump the ingredients in the slow cooker, stir and cook on low for 4-6 hours. Add lime juice, salt, and pepper to taste.
- Serve over brown rice or with Naan bread. Top with chopped cilantro.

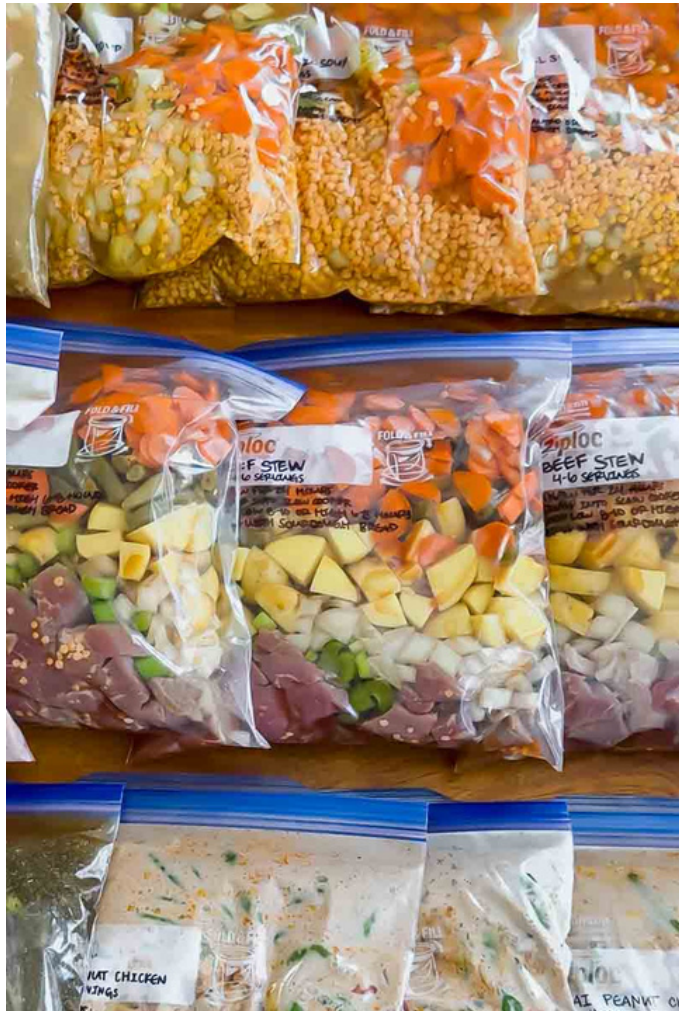


CROCKPOT BEEF STEW

🍴 MAKES 3 BAGS. 6 SERVINGS PER BAG.

INGREDIENTS

- 4 lbs stewing beef, chopped into bite-sized pieces
- 6 tbsp lentils
- 3 cups celery, chopped
- 4.5 cups onions, diced (1.5 cups each bag)
- 6 cups carrots, cut
- 9 cups yellow potatoes, cubed
- 3, 16 oz cans undrained string beans
- 3, 10.5 oz cans tomato soup
- 3 cups water
- 2 packets stew seasoning



DIRECTIONS


- Divide and combine all ingredients into 3 large Ziploc bags. Place flat in freezer to store.

WHEN READY TO COOK

- Allow to thaw for 24 hours in the fridge. Dump the ingredients in the slow cooker, stir and cook on low for 8-10 hours or high 6-8 hours (until beef is cooked and tender).
- Serve with sourdough bread.

This recipe is from [Amy Lee \(@emyxbudgetsahm\)](#).

CROCKPOT LEMON LENTIL SOUP

 MAKES 3 BAGS. 6 SERVINGS PER BAG.

INGREDIENTS

- 3 medium yellow onion, diced
- 12 medium carrots, diced (3 cups)
- 12 celery stalks, diced (3 cups)
- 12 cloves garlic, minced
- 1.5 tsp red pepper flakes
- 6 tsp cumin
- 3 tsp curry powder
- 4.5 cups red lentils, rinsed
- 12 cups reduced-sodium vegetable broth
- 9 tablespoons lemon juice
- Salt and pepper, to taste
- **For later:** cilantro or parsley, sourdough bread

DIRECTIONS


- Combine and split all ingredients into 3 large Ziploc bags. Place flat in freezer to store.

WHEN READY TO COOK

- Allow to thaw for 24 hours in the fridge. Dump the ingredients in the slow cooker, stir and cook on low for 4-6 hours. Enjoy as is or puree with an immersion blender or regular blender. Add extra broth if you prefer a thinner consistency. Stir in the lemon juice and season with salt and pepper, to taste.
- Serve soup with cilantro or parsley and some sourdough bread.



CROCKPOT CHICKEN NOODLE SOUP

 MAKES 3 BAGS. 6 SERVINGS PER BAG.

INGREDIENTS

- 12 medium carrots, finely diced (4.5 cups)
- 12 large celery stalks, finely diced (3 cup)
- 9 cloves garlic, minced (6 tablespoons)
- 3 medium yellow onion, diced
- 4.5 lbs. boneless, skinless chicken breast
- 6 tablespoons Italian seasoning
- 3/4 teaspoon salt & pepper
- 18 cups chicken broth
- 3 tbsp franks hot sauce
- **Later you'll need:** 3 cups egg noodles, 3 stalks rosemary, bay leaf (tie herbs together to make a bundle), fresh parsley

DIRECTIONS

- Combine and split all ingredients into 3 large Ziploc bags. Place flat in freezer to store.



WHEN READY TO COOK

- Allow to thaw for 24 hours in the fridge. Dump the ingredients in the slow cooker, stir and cook on low for 6-8 hours (until chicken has internal temp of 165 degrees).
- When the chicken is cooked, take out and shred. Then add back to the crockpot.
- Take out the herb bundle.
- Add the noodles and let cook about 15 more minutes, until noodles are done.
- Serve with fresh parsley.

SHOPPING LIST

MEATS

- Chicken Breast (Boneless, Skinless): 15 pounds
- Extra Lean Ground Beef: 3 pounds
- Stewing Beef: 4 pounds

CANNED GOODS

- Full-Fat Coconut Milk: 6 (14 oz) cans
- Great Northern Beans: 6 (15 oz) cans
- Green Chiles: 3 (8 oz) cans
- Green Salsa (Mild/Medium): 3 (16 oz) jars
- Tomato Sauce: 3 (15 oz) cans
- Fire-Roasted Tomatoes: 3 (14.5 oz) cans
- Diced Tomatoes: 3 (14.5 oz) cans
- Chickpeas: 6 (15.5 oz) cans
- String Beans (Undrained): 3 (16 oz) cans
- Tomato Soup: 3 (10.5 oz) cans

PRODUCE

- Yellow Onion: 17 medium
- Bell Peppers (Large, various colors): 12
- Carrots: 48 carrots (12 cups)
- Celery Stalks: 36 stalks (9 cups)
- Snap Peas: 3 Cups
- Yellow Potatoes: 9 Cups (cubed)
- Garlic: 54 cloves (about 18 tbsp)
- Ginger (Fresh or Ground): 1.5 tbsp
- Lime Juice: 9 tbsp
- Lemon Juice: 9 tbsp

SPICES, SAUCES & SEASONINGS

- Low-Sodium Chicken Broth: 36 Cups (8 boxes total)
- Low-Sodium Vegetable Broth: 12 Cups (3 boxes total)
- Low-Sodium Beef Broth: 12 cups (3 boxes total)
- Low-Sodium Soy Sauce: 9 tbsp
- Red Curry Paste: 12 Tablespoons ($\frac{3}{4}$ cup)
- Chili Powder: 7.5 tsp
- Cumin: 7.5 tsp
- Crushed Red Pepper Flakes: 2.25 tsp
- Salt: 1.5 tsp
- Pepper: $\frac{3}{4}$ tsp
- Paprika: 1.5 tsp
- Dried Basil: 1.5 tsp
- Curry Powder: 3 tsp
- Italian Seasoning: 6 tbsp
- Franks Hot Sauce: 3 tbsp
- Stew Seasoning: 2 packets

DRY GOODS

- Lentils (Red & General): 5 cups
- Natural Peanut Butter: $\frac{3}{4}$ cup
- Honey: 6 tbsp
- Coconut Flour: 6 tbsp

STORAGE & HEATING TIPS

ASSEMBLING MEAL PREP



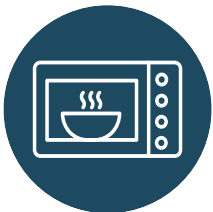
Follow the instructions and list of ingredients for each recipe. Each recipe is for 3 bags, which is 4-6 servings. Write the recipe title, ingredients to add later, and cooking instructions on the bag before adding ingredients. Everything can go into the bags raw! No need to cook the meat beforehand. Do chop the produce before placing in the bag. Please note that veggies for the recipe don't have to be EXACTLY the correct amount. If you have extras in the end, just add a little more to a recipe. No big deal!

FREEZING MEALS



After assembling the bags, remove excess air. To save space, store flat in the freezer. I recommend freezing on top of a baking sheet so the bags don't go through the wires. Add parchment paper between stacked bags so they don't freeze together as well. As a rule of thumb, properly stored foods will last for about 3 months in the freeze or 6 months in a deep freezer.

REHEATING MEALS



All of these meals are crockpot meals! Meaning they all have the same reheating instructions. Take the meal out of the freezer and let thaw in the fridge 24 hours before you plan on eating. Use a slow cooker or instant pot to recook these meals. The recipe will indicate the amount of time to cook for, but make sure meat is proper temperature.

MEAL PREP BOOK

MEAL PREP BOOK

This book features 6 weeks of easy meal plans, meal prep tips & resources, and highly-rated meal-prep friendly recipes. This book helps with efficiency in preparing meals for the week and tools to feel empowered in the kitchen.

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WEEKLY MEAL PLAN
MENU FOR THE WEEK
BREAKFAST
Biscuits & Gravy Bake
LUNCH
Salmon Roll Sushi Bowl
DINNER
Salsa Chicken & Rice Tortillas + Refried Beans
SNACK
Apples

PREP NOTES:
SALSA CHICKEN & RICE
BISCUITS & GRAVY BAKE
SALMON ROLL SUSHI BOWLS

MEAL PREP Q+A
HOW DO I NOT GET BORED OF THE SAME FOOD?
HOW DO YOU PREP FOR FAMILIES AND KIDS?
HOW DO YOU PLAN WHAT TO EAT FOR THE WEEK?
HOW DO YOU PREP QUICKLY?

WHAT YOU GET:
6 WEEKS OF EASY MEAL PLANS, MEAL PREP TIPS & RESOURCES, AND MY FAVORITE MEAL-PREP FRIENDLY RECIPES

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PURCHASE

This guide is available as an ebook and print book.

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MEAL PREP GUIDE

POSTPARTUM PREP

With my first baby I created an awesome postpartum meal prep guide. It's the ultimate resource and get-started guide for planning to meal-prepare for the arrival of baby and beyond! It includes a wide variety of freezer recipes, prep tips, and everything you could want.



**POSTPARTUM
MEAL PREP GUIDE**
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FREE GUIDE

This guide is completely free & helpful for anyone who want to prep meals for the freezer!

MEAL PREP RESOURCES

MEAL PLAN APPS

Prospre (pronounced like "prosper") is an incredibly versatile meal planning app, and it's just about the best one around. Much more than a way to track what you've eaten, Prospre offers custom meal plans tailored to your nutritional profile and culinary preferences, all available with the click of a button.

All of my recipes AND my meal plan generator are linked with the Prospre app for a seamless planning experience! [Try one month free of Prospre Pro.](#)

MEAL PREP ITEMS

My [Amazon shop](#) has a list of some awesome storage options to you store & reheat your prepped meals!

MEAL PLAN TEMPLATE

The [Weekly Meal Plan Template](#) is a free, printable resource to help you create an attainable weekly meal plan.



LINKS AND FREE TRIALS

Tap text below to be redirected.

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[!\[\]\(b65ff707ec4d1ab514bcb3ba54feee42_img.jpg\) BEST PREP CONTAINERS](#)

[!\[\]\(e1d91f75f04404f4dc129e6dbe94982e_img.jpg\) MEAL PLAN TEMPLATE](#)

MORE MEAL PLANS

January
MONTHLY MEAL PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
all recipes & meal plans free on jordosworld.com or use recipes to make a free custom meal plan			01 salmon roll sushi bowl	02 ground turkey skillet with veggies	03 healthy white chicken chili	04 biscuits and gravy bake
05 salsa chicken & rice crockpot recipe	06 slow cooker turkey chili + cornbread muffins	07 cheeseburger casserole + side salad	08 coconut chicken curry + toasted naan	09 chicken parmesan casserole + side salad	10 stuffed pepper skillet	11 sweet potato breakfast hash
12 easy taco skillet + cowboy cavalar + tortilla chips	13 general tso meatballs + rice + roasted broccoli	14 sausage potato kale soup + toasted sourdough	15 turkey pasta primavera	16 chicken bacon ranch pasta salad	17 30-minute teriyaki bowl	18 cheesy hashbrown casserole
19 healthy chicken enchiladas	20 sweet chili meatballs + rice + broccoli	21 easy taco casserole with chips & salsa	22 creamy sausage tortellini soup	23 buffalo chicken pasta bake & veggies	24 cashew chicken stir fry	25 cinnamon roll casserole
26 chicken caesar pasta + garlic bread	27 skillet shrimp fajitas + tortilla chips	28 broccoler chicken bowls with rice & broccoli	29 pizza pasta casserole	30 green chili chicken enchilada skillet	31 cheeseburger biscuit cups	

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MONTHLY MEAL PLANS

A new monthly meal plan is shared at the beginning of every month & includes easy, healthy dinner recipes for the entire month.

All of these meal plans are created to give you ideas for what to eat during the week! Adjust the plans to fit your nutrition goals and needs. Or use the resources I've shared to create your own.

WEEKLY MEAL PLAN

EXAMPLE DAY

BREAKFAST	LUNCH	DINNER	SNACKS
<ul style="list-style-type: none"> pancake sausage bites (3 bites) fresh fruit (2 servings) <p>450kCal 63g Carbs 26g Protein 9g Fat</p>	<ul style="list-style-type: none"> healthy chicken salad wheat thin crackers (1 serving) perfect pick-me-up + water <p>336kCal 45g Carbs 17g Protein 11g Fat</p>	<ul style="list-style-type: none"> chipotle lime turkey burger chipotle lime sauce whole wheat bun + cheese wedge sweet potato fries (1 serving) <p>546kCal 67g Carbs 44g Protein 11g Fat</p>	<ul style="list-style-type: none"> 2 servings carrots + 2 tbsp hummus + 2 cups fresh fruit (260 kCal 63g Carbs 6g Protein 2g Fat) fairlife nutrition plan (150 kCal 4g Carbs 30g Protein 2.5g Fat) garden of eatin' (100 kCal 25g Carbs 18g Protein 14g Fat) healthy peanut butter cup (122 kCal 10g Carbs 5g Protein 9g Fat)
DAILY TOTAL: 2164kCal 263g Carbs 146g Protein 59g Fat			

EXAMPLE DAY

BREAKFAST	LUNCH	DINNER	SNACKS
<ul style="list-style-type: none"> cheesy hashbrown casserole english muffin + cheese wedge <p>389kCal 40g Carbs 36g Protein 12g Fat</p>	<ul style="list-style-type: none"> turkey club wrap 2 servings carrots + 2 tbsp hummus perfect pick-me-up + water <p>445kCal 40g Carbs 39g Protein 13g Fat</p>	<ul style="list-style-type: none"> greek lemon chicken skewers + tzaziki dip 2 cups grilled veggies + 1 tbsp olive oil <p>499kCal 18g Carbs 58g Protein 26g Fat</p>	<ul style="list-style-type: none"> lemon yogurt parfait (295 kCal 34g Carbs 30g Protein 6g Fat) garden of eatin' (100 kCal 25g Carbs 18g Protein 14g Fat) healthy peanut butter cup (122 kCal 10g Carbs 5g Protein 9g Fat) baniana (105 kCal 27g Carbs 1g Protein 0g Fat)
DAILY TOTAL: 2151kCal 194g Carbs 187g Protein 80g Fat			

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WEEKLY MEAL PLANS

Weekly meal plans include a menu for the week, macro breakdowns (2 example days), & shopping lists. Plans can be adjusted to fit your goals & needs.

FREEZER FAVORITES

Here are a few of my favorite meal-prep friendly recipes!

POPULAR

MCGRIDDLE BITES



TAP FOR RECIPE

FREEZER BREAKFAST SANDWICHES



TAP FOR RECIPE

HEALTHY CHICKEN ENCHILADAS



TAP FOR RECIPE

BUFFALO CHICKEN PASTA BAKE



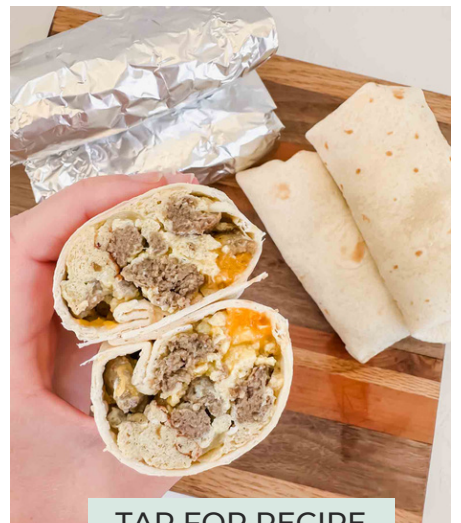
TAP FOR RECIPE

CHICKEN BACON RANCH CASSEROLE



TAP FOR RECIPE

HEALTHY BREAKFAST BURRITOS



TAP FOR RECIPE