



33 Meal Freezer Menu Planner

Main Dish Theme	Dinner Name	How many meals are being prepared?	Dinner Name	How many meals are being prepared?
Pasta	Spaghetti	3	Chicken Cacciatore	3
Meat & Potato	Oven Roasted Chicken Thighs	3	Meatloaf/ Meatloaf Sandwiches	6
Mexican	Chicken Tacos	3	Tacos	3
Soup	Chicken Noodle Soup	3	Hamburger Macaroni Soup	3
Chili	Beef Chili	3	White Chicken Chili	3

Chicken Noodle Soup

Ingredients to Serve 4-6

3 lbs. chicken breast
3 lbs. Egg Noodles
2 12 oz. packages of frozen peas and carrots
2 onions
¾ cup of chicken broth & base seasoning (per freezer bag)
3 tsp granulated garlic
1 ½ tsp sage
6 cups of water, day of serving, per meal

Ingredients to Serve 8-10

6 lbs. chicken breast
3 lbs. Egg Noodles
3 12 oz. packages of frozen peas and carrots
4 onions
1 ½ cup of chicken broth & base seasoning (per freezer bag)
6 tsp granulated garlic
3 tsp sage
12 cups of water, day of serving, per meal

Prep Day Instructions

- ☐ Label 3 freezer bags with recipe name, date, and how much water you need to add day of cooking.
- ☐ Dice onions
- ☐ Divide chicken and onions in the freezer bags
- ☐ Divide remaining ingredients among the freezer bags except water and pasta.
- ☐ Seal the bag
- ☐ Freeze

Serving Day Instructions

Instant Pot

Add the frozen meal packet to the instant pot.
Add appropriate amount of water to the Instant Pot
Push Poultry Setting for 20 minutes
When it's done, release the pressure manually.
Shred chicken.
Hit the Sauté button to bring soup to a boil
Add noodles and cook through
Serve and enjoy!

Crock Pot

Place frozen meal packet in the crock pot.
Add appropriate amount of water.
Cook on low for 6-8 hours or high 4-6 hours.
Shred chicken.
About 30 minutes before serving, cook noodles and mix with soup.
Serve and enjoy!

Serving Suggestions: Serve with a side salad or tuna fish sandwiches.

Oven Roasted Chicken and Potatoes

Ingredients to Serve 4-6

4 ½ lbs. boneless chicken thighs
1 ½ tsp onion powder
1 ½ tsp garlic powder
1 ½ tsp paprika
6 potatoes, per meal, cubed on day of serving
3 packages frozen green beans

Ingredients to Serve 8-10

9 lbs. boneless chicken thighs
1 tbsp onion powder
1 tbsp garlic powder
1 tbsp paprika
12 potatoes, per meal, cubed on day of serving
6 packages frozen green beans

Prep Day Instructions

- ☐ Label freezer 3 bags with recipe name and date
- ☐ Place chicken in bags
- ☐ Top with spices
- ☐ Freeze

Serving Day Instructions

Oven

- Thaw chicken in refrigerator in another pan on the bottom shelf of your refrigerator.
- Cover cookie sheet with aluminum foil and spray with cooking spray
- Cube potatoes and spread on cookie sheet
- Add the frozen green beans to cookie sheet
- Lay chicken thighs on top of the vegetables
- Bake at 400 degrees for 35-45 minutes or until chicken reaches an internal temperature of 165 degrees
- Serve and enjoy!

Serving Suggestions: Serve with a small salad or coleslaw.

Creamy Chicken Tacos

Ingredients to Serve 4-6

3 lbs. Chicken
3 packets of taco seasoning
3 packets of ranch dressing
3 cans pinto beans
36 oz. frozen corn
3 cans dice tomatoes and green chilies
3 cream cheese, day of serving
36 tortillas

Ingredients to Serve 8-10

6 lbs. Chicken
6 packets of taco seasoning
6 packets of ranch dressing
6 cans pinto beans
72 oz. frozen corn
6 cans dice tomatoes and green chilies
6 cream cheese, day of serving
72 tortillas

Prep Day Instructions

- ☐ Label 3 freezer bags with recipe name and date
- ☐ Put all the ingredients in the bag except the tortillas and cream cheese and seal
- ☐ Freeze

Serving Day Instructions

Crock Pot

- Place frozen chicken meal packet in the crock pot.
- Cook on low for 6-8 hours or high 4-6 hours.
- About 30 minutes before serving, shred the chicken and add the cream cheese
- Serve on tortillas and enjoy!

Serving Suggestions: Serve with your favorite taco fixings like sour cream, salsa, and lettuce.

White Chicken Chili

Ingredients to Serve 4-6

3 lbs. chicken breast
3 lbs. Great Northern Beans
3 cans diced tomatoes and green chilies
2 onions
¾ cup of chicken broth & base seasoning (per freezer bag)
3 tsp granulated garlic
6 tsp ground cumin
3 tsp ground oregano
6 cups of water, day of serving, per meal

Ingredients to Serve 8-10

6 lbs. chicken breast
6 lbs. Great Northern Beans
6 cans diced tomatoes and green chilies
4 onions
1 ½ cup of chicken broth & base seasoning (per freezer bag)
6 tsp granulated garlic
12 tsp ground cumin
6 tsp ground oregano
12 cups of water, day of serving, per meal

Prep Day Instructions

- ☐ Label 3 freezer bags with recipe name, date, and how much water you need to add day of cooking.
- ☐ Dice onions
- ☐ Divide chicken and onions in the freezer bags
- ☐ Divide remaining ingredients among the freezer bags except water.
- ☐ Seal the bag
- ☐ Freeze

Serving Day Instructions

Instant Pot

Add the frozen meal packet to the instant pot.
Add appropriate amount of water to the Instant Pot
Push the Bean/Chili setting and set timer for 90 minutes
You can release pressure manually or just let it sit until ready to serve.
Serve and enjoy!

Crock Pot

Place frozen meal packet in the crock pot.
Add appropriate amount of water.
Cook on low for 6-8 hours or high 4-6 hours.
Serve and enjoy!

Serving Suggestions: Serve with tortillas chips and your favorite fixings like sour cream, salsa, and lettuce.

Chicken Cacciatore

Ingredients to Serve 4-6

3 lbs. boneless chicken thighs
3 15 oz. cans diced tomatoes
3 peppers
3 onions
1½ tsp oregano
1½ tsp dried sweet basil
1½ tsp salt
3 tsp granulated garlic
3 lbs. pasta

Ingredients to Serve 8-10

6 lbs. boneless chicken thighs
3 30 oz. diced tomatoes
6 peppers
6 onions
3 tsp oregano
3 tsp dried sweet basil
3 tsp salt
6 tsp granulated garlic
6 lbs. pasta

Prep Day Instructions

- ☐ Label 3 freezer bags with recipe name and date
- ☐ Slice onions and peppers
- ☐ Divide chicken, peppers and tomatoes evenly in freezer bags
- ☐ Mix spices together and top chicken mixture
- ☐ Freeze

Serving Day Instructions

Crock Pot

- Dump frozen chicken meal packet into Crockpot.
- Cook on low 6-8 hours or high 4-6 hours until chicken is 165 degrees
- Cook pasta
- Serve chicken over pasta and enjoy!

Stove Top

- Cook pasta and drain
- Add spaghetti sauce and mix
- Serve and enjoy!

Serving Suggestions: Top Cacciatore with mozzarella cheese and serve with an Italian Salad

Meatloaf/Meatloaf Sandwiches

Ingredients to Serve 4-6

8 lbs. Lean Ground Beef or Ground Turkey
4 6 oz. Boxes of stuffing mix
8 eggs
3 cups water
3 onions, diced
1 tbsp salt
½ tbsp pepper
2 tbsp granulated garlic
Serve with gravy or top with ketchup on day of serving

Ingredients to Serve 8-10

15 lbs. Lean Ground Beef or Ground Turkey
8 6 oz. Boxes of stuffing mix
16 eggs
6 cups water
6 onions, diced
2 tbsp salt
1 tbsp pepper
¼ c. granulated garlic
Serve with gravy or top with ketchup on day of serving

Prep Day Instructions

- ☐ Label freezer 3 bags with recipe name and date
- ☐ Dice onion
- ☐ Mix meat, stuffing mix, eggs, water, onions, and spices together in a large bowl
- ☐ Divide meat evenly into bags
- ☐ Freeze

Serving Day Instructions

- Thaw turkey mixture in refrigerator
- Divide meat into loaf pans
- Bake for 45 minutes at 350 degree until cooked through
- Top with ketchup in the last 15 minutes of cooking if desired
- Serve and enjoy!

Serving Suggestions: Serve with a mashed potatoes, gravy and green beans. I put the leftovers on bread with the leftover sides for dinner the next day turning this into two meals.

Taco Chili

Ingredients to Serve 4-6

3 lbs. hamburger or ground turkey
3 packets of taco seasoning
3 packets of ranch seasoning packets
3 lbs. fresh pinto beans
3 15 oz. tomato sauce
3 15 oz. diced tomatoes
1 onion
1 green pepper
3 tsp granulated garlic
6 cups of water, per meal, day of serving

Ingredients to Serve 8-10

6 lbs. hamburger or ground turkey
6 packets of taco seasoning
6 packets of ranch seasoning packets
6 lbs. fresh pinto beans
3 30 oz. tomato sauce
3 30 oz. diced tomatoes
2 onions
2 green peppers
2 tbsp granulated garlic
12 cups of water, per meal, day of serving

Prep Day Instructions

- ☐ Label 3 freezer bags with recipe name, date, and how much water you need to add day of cooking.
- ☐ Brown meat
- ☐ Dice onions and green peppers
- ☐ Divide meat, peppers and onions in the freezer bags
- ☐ Add remaining ingredients except water.
- ☐ Seal the bag
- ☐ Freeze

Serving Day Instructions

Instant Pot

- Add the frozen meal packet to the instant pot.
- Add appropriate amount of water to the Instant Pot
- Push the Bean/Chili setting and set timer for 90 minutes
- You can release pressure manually or just let it sit until ready to serve.
- Serve and enjoy!

Crock Pot

- Place frozen meal packet in the crock pot.
- Add appropriate amount of water.
- Cook on low for 6-8 hours or high 4-6 hours.
- Serve and enjoy!

Serving Suggestions: Serve with a small salad and cornbread.

Beef Tacos

Ingredients to Serve 4-6

3 lbs. hamburger
or ground turkey

3 packets of taco
seasoning

3 15 oz. cans
diced tomatoes

36 tortillas

Ingredients to Serve 8-10

6 lbs. hamburger
or ground turkey

6 packets of taco
seasoning

3 30 oz. cans
diced tomatoes

72 tortillas

Prep Day Instructions

- ☐ Label 3 freezer bags with recipe name and date
- ☐ Brown meat
- ☐ Add Taco Seasoning and diced tomatoes
- ☐ Divide evenly among freezer bags and seal
- ☐ Freeze

Serving Day Instructions

Microwave:

- Heat meat in the microwave until heated through.
- Serve on tortillas and enjoy!

Serving Suggestions: Serve with all your favorite taco fixings like sour cream, salsa, and lettuce.

Vegetable Beef Soup

Ingredients to Serve 4-6

1 ½ lbs. hamburger or ground turkey
2 onions
2 15 oz. diced tomatoes
3 15 oz. tomato sauce
6 cups frozen Vegetables (your choice)
¾ cup of beef broth & base seasoning (per meal)
9 Tbsp. Italian seasoning
5 tsp ground oregano
5 tsp granulated garlic
6 cups of water, day of serving, per meal
2 Potatoes, cubed, day of serving, per meal
1 ½ lbs. macaroni

Ingredients to Serve 8-10

3 lbs. hamburger or ground turkey
4 onions
2 30 oz. diced tomatoes
3 30 oz. tomato sauce
12 cups frozen Vegetables (your choice)
1 ½ cup of beef broth & base seasoning (per meal)
1 1/3 cup Italian seasoning
3 tbsp ground oregano
3 tbsp granulated garlic
12 cups of water, day of serving, per meal
4 Potatoes, cubed, day of serving, per meal
3 lbs. macaroni

Prep Day Instructions

- ☐ Label 3 freezer bags with recipe name, date, and how much water you need to add day of cooking.
- ☐ Dice onions
- ☐ Divide hamburger and onions in the freezer bags
- ☐ Divide remaining ingredients among the freezer bags except water, macaroni and potatoes.
- ☐ Seal the bag
- ☐ Freeze

Serving Day Instructions

Instant Pot

Add the frozen meal packet to the instant pot.
Add appropriate amount of water to the Instant Pot
Add potatoes
Push Manual Setting/High Pressure for 5 minutes
When it's done, release the pressure manually.
Hit the Sauté button to bring soup to a boil
Add noodles and cook through
Serve and enjoy!

Crock Pot

Place frozen meal packet in the crock pot.
Add appropriate amount of water.
Cook on low 4-6 hours.
About 30 minutes before serving, cook noodles and mix with soup.
Serve and enjoy!

Serving Suggestions: Serve with a side salad and a biscuit.

Spaghetti with Meat Sauce

Ingredients to Serve 4-6

3 lbs. Hamburger
3 lbs. Spaghetti
12 cups of marinara sauce
Salt, Pepper and Garlic to taste

Ingredients to Serve 8-10

6 lbs. Hamburger
6 lbs. Spaghetti
24 cups of marinara sauce
Salt, Pepper and Garlic to taste

Prep Day Instructions

- ☐ Brown hamburger
- ☐ Label freezer 3 bags with recipe name and date
- ☐ Divide hamburger and sauce evenly and seal bag
- ☐ Freeze

Serving Day Instructions

Instant Pot

- Add water to instant pot: 4 cups for 1 lb. pasta or 8 cups for 2 lbs. pasta
- Add pasta and set manual pressure for 2 minutes
- As soon as it's done, release pressure manually
- Drain excess water
- Add thawed spaghetti sauce and mix.
- Serve and enjoy!

Stove Top

- Cook pasta and drain
- Add thawed spaghetti sauce and mix
- Serve and enjoy!

Serving Suggestions: Top Spaghetti with cheese and serve with a vegetable (corn).