5 EASY FREEZER MEALS

GROCERY LIST

MEAT

- [ ] 2 lb. lean beef (ex. top round)
- [ ] 5-6 lbs. Chicken breasts
- [ ] 4 pork chops

PRODUCE

- [ ] Head of garlic
- [ ] 2 onions
- [ ] 2 bell peppers
- [ ] Head of lettuce
- [ ] 3-4 tomatoes
- [ ] Cilantro (optional)
- [ ] 2 limes

GROCERY & MISC.

- [ ] Hamburger buns
- [ ] Flour tortillas
- [ ] Large can of pineapple chunks
- [ ] 1 can chipotle peppers in adobo
- [ ] 15 oz tomato sauce
- [ ] 1/2 cup apple cider vinegar
- [ ] 3/4 cup soy sauce
- [ ] 2/3 cup ketchup
- [ ] 1/4 cup honey
- [ ] 6 Tbsp brown sugar
- [ ] White rice
- [ ] 1 packet taco seasoning
- [ ] Pepper
- [ ] Salt
- [ ] Paprika
- [ ] Chili powder
- [ ] Gallon freezer bags
- [ ] Sour Cream (optional)
- [ ] Cheese (optional)

INSTRUCTIONS

STEP 1 – PREP

Grab a Sharpie and label one bag for each of the five recipe names:

- Hawaiian Chicken
- Garlic Honey Chicken
- Teriyaki Pork Chops
- Chicken Fajitas
- Beef Burritos

STEP 2 – DIVIDE THE MEAT

Start by sprinkling salt and pepper liberally onto all of the meat. Then divide your chicken breasts into the three bags for chicken-based recipes. Next, place the beef in the beef burrito bag, and place the pork chops in their bag.

STEP 3 – ADD OTHER INGREDIENTS

Then grab your measuring cups and spoons, and start adding the other ingredients to the bags according to the recipes provided.

STEP 4 – COOK!

Defrost the meals in your fridge for up to a day before cooking. When done thawing just dump the contents of the bag into your crockpot or Instant Pot and follow the cooking instructions below.

COOKING INSTRUCTIONS

Instructions for cooking the chicken and pork recipes:

- Instant Pot – Manual or Pressure Cook, high pressure for 8 minutes, quick release
- Slow Cooker – Low heat for 5-6 hours; or high heat for 3 hours.

INSTRUCTIONS FOR COOKING THE BEEF BURRITOS:

- Instant Pot – Manual or Pressure Cook, high pressure for 30 minutes, 10 minutes natural release
- Slow Cooker – Low heat for 6-7 hours; or high heat for 4 hours.

RECIPES

1 CROCK POT HAWAIIAN CHICKEN

- 2-4 large boneless, skinless chicken breasts
- 1/2 cup white sugar
- 1/4 cup apple cider vinegar
- 3 garlic cloves, minced
- 2 Tbsp soy sauce
- 1 large can pineapple chunks (with liquid)

2 BEEF BURRITOS

- 2 lb. lean beef (London broil, flank steak, or top round)
- 1 diced onion
- 4 garlic cloves, minced
- 2 Tbsp apple cider vinegar
- 15 oz can tomato sauce
- 1 chipotle pepper in adobo sauce
- 1 1/2 tsp chili powder

Optional: cheddar cheese, sour cream

3 GARLIC HONEY CHICKEN

- 2-4 boneless, skinless chicken breasts
- 3 garlic cloves, minced
- 1/3 cup soy sauce
- 2/3 cup ketchup
- 1/4 cup honey

4 TERIYAKI PORK CHOPS

- 4 pork chops, about 1-inch thick
- 2 cloves garlic, minced
- 2 Tbsp brown sugar
- 1/4 cup soy sauce
- 1/3 cup chicken broth

5 CHICKEN FAJITAS

- 2 bell peppers
- 1 onion, sliced
- 2-4 boneless, skinless chicken breasts
- 1/2 cup chicken broth
- 1 taco seasoning packet
- 1 tsp chili powder
- 1/2 tsp paprika

Optional: sour cream, cilantro, lime juice