#### Slow Cooker Baja Shredded Chicken Tacos

Thaw and slow cook on low for 8 hours. Once cooked, shred the chicken with 2 forks and serve in flour tortillas. Serve with salad.

Date: \_\_\_\_\_



## Slow Cooker Baja Shredded Chicken Tacos

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Date:	



#### Chicken & Broccoli Alfredo Bake

Thaw completely and bake at 375 F for 25 minutes, or until warmed through. Serve with shaved Parmesan cheese garnish and salad.



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## **Honey Sesame Chicken**

Thaw and cook in skillet or wok over high heat for 10 minutes, or until chicken is cooked through. Serve over rice with veggies.

Date: \_\_\_\_\_



# Honey Sesame Chicken

Thaw and cook in skillet or wok over high heat for 10 minutes, or until chicken is cooked through. Serve over rice with veggies.

Date: \_\_\_\_\_

**FreezEasv** 

### **Greek Chicken Bake**

Thaw completely and bake at 400 F for 45 minutes. Serve with side salad.

Date: \_\_\_\_\_



# **Greek Chicken Bake**

Thaw completely and bake at 400 F for 45 minutes. Serve with side salad.

Date: \_\_\_\_\_



## Teriyaki Beef & Veggie Stir-fry

Thaw and saute in wok or skillet over high heat, until beef is cooked through and veggies are softened. Serve over rice and salad.

Date: \_\_\_\_\_

FreezEasy Simple, Easy Freezer Cooking Meal Plans

## Teriyaki Beef & Veggie Stir-fry

Thaw and saute in wok or skillet over high heat, until beef is cooked through and veggies are softened. Serve over rice and salad.

Date: \_\_\_\_\_



## **Ginger Beef Stir-fry**

Thaw and saute in wok or skillet over high heat, until beef is cooked through and veggies are softened. Stir in 1 Tbsp cornstarch with 2 Tbsp water at the end of cooking, to thicken the sauce. Serve over rice with egg rolls.

Date: \_\_\_\_\_



# Ginger Beef Stir-fry

Thaw and saute in wok or skillet over high heat, until beef is cooked through and veggies are softened. Stir in 1 Tbsp cornstarch with 2 Tbsp water at the end of cooking, to thicken the sauce. Serve over rice with egg rolls.

Data	
Date:	

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### **Bacon Cheeseburger Chili**

Thaw and reheat in saucepan with 1 cup of hot water. Stir in 1 cup shredded cheese and 2 cups whole milk 10 minutes before serving. Serve with bacon and cheese garnish, and veggies.

Date: \_\_\_\_\_



#### **Bacon Cheeseburger Chili**

Thaw and reheat in saucepan with 1 cup of hot water. Stir in 1 cup shredded cheese and 2 cups whole milk 10 minutes before serving. Serve with bacon and cheese garnish, and veggies.

Date: \_\_\_\_\_



# Sloppy Dogs {Topping}

Thaw and reheat sloppy joe meat in skillet. Make hot dogs and spoon sloppy joe meat onto hot dogs, then top with shredded cheddar cheese. Serve with fruit and chips.

Date: \_\_\_\_\_

FreezEasy Simple, Easy Freezer Cooking Meal Plans

# Sloppy Dogs {Topping}

Thaw and reheat sloppy joe meat in skillet. Make hot dogs and spoon sloppy joe meat onto hot dogs, then top with shredded cheddar cheese. Serve with fruit and chips.

Date: \_\_\_\_\_

FreezEasy

#### **Grilled Turkey Burgers**

Thaw and grill for 5 to 6 minutes per side, or until cooked through. Serve on buns with chips and fruit.

Date: \_\_\_\_\_



# **Grilled Turkey Burgers**

Thaw and grill for 5 to 6 minutes per side, or until cooked through. Serve on buns with chips and fruit.

Date: \_\_\_\_\_



### Crunchy Coconut Baked Tilapia

Thaw completely and bake for 20 minutes at 400 F, or until fish is cooked through. Serve with apricot dipping sauce, salad and dinner rolls.

Date: \_\_\_\_\_



### Crunchy Coconut Baked Tilapia

Thaw completely and bake for 20 minutes at 400 F, or until fish is cooked through. Serve with apricot dipping sauce, salad and dinner rolls.

