

MEMBER FAVORITES!

THE BEST MYFREEZEASY MEALS

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1. Bacon & Ranch Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 60 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - cup(s) Ranch salad dressing
- 8 - slices bacon
- 2 - cup(s) shredded sharp cheddar cheese
- Side: - tater tots**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. Place the chicken breasts to baking dish and sprinkle with salt and pepper. Drizzle ranch salad dressing directly onto the chicken. Place 2 slices of bacon over the ranch dressing, covering each chicken breasts. Sprinkle the shredded cheese over the bacon.
3. Bake in the preheated oven for 50 to 60 minutes, or until chicken is cooked through. Cooking time may vary depending on thickness of the chicken.
4. Cook tater tots, as directed.
5. Prepare veggies.
6. Serve Bacon and Ranch Chicken with tater tots and veggies.

Assembly Prep Directions for 2 Meals

To each disposable 9x13-inch tray, add the following ingredients:

- 4 boneless chicken breasts
- Salt and pepper
- Drizzles of ranch salad dressing onto each piece of chicken
- 2 slices of bacon onto each piece of chicken, over the ranch dressing
- 2 cups shredded sharp cheddar, sprinkled over all the chicken

Cover with foil or lid. Add label to tray and freeze.

Freeze & Thaw Instructions: *Pull out the tray the night before and thaw overnight in the fridge. Cook as directed. If only partially thawed, keep covered and bake for an additional 20-30 minutes or until chicken is cooked through.*

Dairy-Free Modifications: *Unfortunately, there isn't a simple way to make this dairy-free.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

2. Greek Chicken Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- - Salt and pepper
- 2 - cup(s) cherry tomatoes
- 1 - cup(s) can(s) artichoke hearts
- 1 - cup(s) green olives
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 2 - tsp minced garlic
- 2 - tsp dried oregano
- Garnish: - feta cheese crumbles**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Drain the artichoke hearts, pat dry, and then quarter them.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, minced garlic and oregano.
4. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Add the cherry tomatoes, quartered artichoke hearts and olives around the chicken pieces. Pour the lemon juice marinade over the top.
5. Bake in the preheated oven for 45 minutes, or until chicken is cooked through. Sprinkle Feta cheese crumbles onto warm chicken bake, so they soften up. Omit garnish if Whole30/Paleo.
6. Prepare the salad.
7. Serve Greek Chicken Bake with salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.

Drain 2 cups artichoke hearts, pat dry and then quarter them.

To each disposable foil tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the cherry tomatoes
- Half of the quartered artichoke hearts
- Half of the green olives
- Half of the prepared Greek lemon marinade

Cover tightly with foil or lid, add label to tray and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Omit the Feta cheese crumbles for dairy-free & Paleo meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

3. Chicken & Broccoli Alfredo Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 25 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 12 - oz. box(es) penne pasta
- 3 - cup(s) shredded rotisserie chicken
- 1 - 24 oz jar(s) alfredo sauce
- 12 - oz. bag(s) frozen broccoli florets
- 2 - cup(s) shredded mozzarella cheese
- Garnish: - shaved Parmesan cheese**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cook the pasta noodles for 7 minutes, or until al dente. Drain and rinse with cool water.
2. Preheat oven to 375 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
3. Place the cooked and rinsed pasta noodles into the base of the prepared dish. Add the shredded chicken and frozen broccoli florets in and gently toss with the cooked noodles. Pour the alfredo sauce over the top and gently stir in with the pasta, chicken and broccoli. Top with the shredded mozzarella cheese.
4. Bake in the preheated oven for 20 to 25 minutes, or until cheese begins to golden.
5. Prepare the salad.
6. Serve Chicken & Broccoli Alfredo Bake with shaved Parmesan cheese garnish and salad.

Assembly Prep Directions for 2 Meals

Cook 2 boxes of penne pasta for 7 minutes, or until al dente. Drain and rinse with cool water.

To each disposable tray, add the following ingredients:

- Half of the cooked and cooled penne pasta
- 3 cups shredded rotisserie chicken
- 1 - 24 oz. jar alfredo sauce
- 1 - 12 oz. bag frozen broccoli florets
- 2 cups shredded mozzarella cheese

Toss ingredients gently in the pan. Cover tightly with foil or lid, add label to tray and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a shallow dish with warm water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Unfortunately, there's not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free pasta.*

4. Slow Cooker Beef Stroganoff

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) beef broth
- 1 - tsp paprika
- 1 - 10 oz can(s) cream of mushroom
- - Salt and pepper
- 1 - cup(s) sour cream**
- Side: - egg noodles**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Add the browned ground beef into the base of the slow cooker.
2. Stir in 1 cup beef broth, then sprinkle the paprika and combine with the meat and broth. Pour the cream of mushroom soup over the top and sprinkle with salt and pepper.
3. Set the slow cooker on low and cook for 8 hours. Just before serving, stir in 1 cup sour cream into the beef mixture.
4. Cook the egg noodles, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Beef Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open 2 cans of cream of mushroom soup.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef, cooled
- 1 cup beef broth
- 1 tsp paprika
- Half of the canned cream of mushroom soup

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Just before serving, stir in 1 cup of sour cream.*

Special Notes: *If you wish to make your own cream of mushroom soup, visit 5dollardinners.com and search "homemade cream of mushroom sauce."*

Dairy-Free Modifications: *Unfortunately, there is not a great option for dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.*

5. Lazy Lasagna Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 60 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 16 - oz. small shell pasta
- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 24 - oz. container cottage cheese
- 4 - cup(s) shredded mozzarella cheese
- 1/2 - cup(s) Parmesan cheese
- 2 - egg(s)
- 2 - Tbsp Italian seasoning
- 1 - 26 oz. jar(s) spaghetti sauce
- - Salt and pepper
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Cook the pasta to al dente, about 7 minutes. Drain and add to 9x13-inch baking dish.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, salt, and pepper. Drain and gently toss with the pasta in the baking dish.
4. In a large mixing bowl, combine cottage cheese, half of the shredded mozzarella cheese, all of the Parmesan cheese, eggs, and Italian seasoning.
5. Spread the cheese mixture in and around the pasta in the baking dish. Top with spaghetti sauce and add the remaining shredded mozzarella cheese.
6. Cover and bake in the preheated oven for 45 minutes, then uncover and bake another 10 minutes.
7. Prepare the salad.
8. Serve Lazy Lasagna Bake with salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, and salt and pepper to taste. Drain and let cool.

Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.

In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free pasta.*

6. Cheesy Hamburger Helper

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can(s) tomato sauce
- 1 - Tbsp Italian seasoning
- 12 - oz. pasta**
- 2 - cup(s) beef stock**
- - Salt and pepper
- 2 - cup(s) shredded mild cheddar cheese**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the cans of tomato sauce.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to skillet. Stir in the tomato sauce and Italian seasoning, and bring to bubbling. Then pour in the pasta and the beef stock. Press the pasta into the beef stock, cover and simmer over medium low heat for 10 minutes, or until pasta is softened.
3. Remove from heat immediately to keep pasta from overcooking. Season with salt and pepper to taste. Sprinkle shredded cheese over the beef-pasta mixture.
4. Prepare veggies.
5. Serve Cheesy Hamburger Helper with veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

Open 2 cans of tomato sauce.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Salt and pepper
- 1 Tbsp Italian seasoning

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to a large skillet and reheating. Once bubbling, add the pasta and beef stock, cover and simmer for 10 minutes, or until pasta is cooked. Top with shredded cheese before serving.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free pasta.*

Complete Shopping List by Recipe

1. Bacon & Ranch Chicken

- 8 - small boneless chicken breasts
- 2 - cup(s) Ranch salad dressing
- 16 - slices bacon
- 4 - cup(s) shredded sharp cheddar cheese
- tater tots
- veggies
- 2 - 9x13 disposable foil tray(s)

3. Chicken & Broccoli Alfredo Bake

- 2x12 - oz. box(es) penne pasta
- 6 - cup(s) shredded rotisserie chicken
- 2x1 - 24 oz jar(s) alfredo sauce
- 2x12 - oz. bag(s) frozen broccoli florets
- 4 - cup(s) shredded mozzarella cheese
- shaved Parmesan cheese
- salad
- 2 - 9x13 disposable foil tray(s)

5. Lazy Lasagna Bake

- 32 - oz. small shell pasta
- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x24 - oz. container cottage cheese
- 8 - cup(s) shredded mozzarella cheese
- 1/2 - cup(s) Parmesan cheese
- 4 - egg(s)
- 4 - Tbsp Italian seasoning
- 2x1 - 26 oz. jar(s) spaghetti sauce
- Salt and pepper

2. Greek Chicken Bake

- 8 - small boneless chicken breasts
- Salt and pepper
- 2x2 - cup(s) cherry tomatoes
- 2 - cup(s) can(s) artichoke hearts
- 2 - cup(s) green olives
- 4 - Tbsp olive oil
- 4 - Tbsp lemon juice
- 4 - tsp minced garlic
- 4 - tsp dried oregano
- feta cheese crumbles
- salad
- 2 - 9x13 disposable foil tray(s)

4. Slow Cooker Beef Stroganoff

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) beef broth
- 2 - tsp paprika
- 2x1 - 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 - cup(s) sour cream
- egg noodles
- veggies
- 2 - gallon-size freezer baggie(s)

6. Cheesy Hamburger Helper

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) tomato sauce
- 2 - Tbsp Italian seasoning
- 24 - oz. pasta
- 4 - cup(s) beef stock
- Salt and pepper
- 4 - cup(s) shredded mild cheddar cheese
- veggies
- 2 - gallon-size freezer baggie(s)



- salad

2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 16 small boneless chicken breasts
- 16 slices bacon
- 6 cup(s) shredded rotisserie chicken
- 6 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2 cup(s) can(s) artichoke hearts
- 2 cup(s) green olives
- 2x12 oz. box(es) penne pasta
- 2 cup(s) beef broth
- 2x1 10 oz can(s) cream of mushroom
- 32 oz. small shell pasta
- 2 15 oz. can(s) tomato sauce
- 4 cup(s) beef stock

Sauces/Condiments

- 2 cup(s) Ranch salad dressing
- 4 Tbsp olive oil
- 2x1 24 oz jar(s) alfredo sauce
- 2x1 26 oz. jar(s) spaghetti sauce

Dairy/Frozen

- 4 cup(s) shredded sharp cheddar cheese
- Side:** tater tots
- Garnish:** feta cheese crumbles
- 2x12 oz. bag(s) frozen broccoli florets
- 12 cup(s) shredded mozzarella cheese
- Garnish:** shaved Parmesan cheese
- 2 cup(s) sour cream
- 2x24 oz. container cottage cheese
- Side:** 1/2 cup(s) Parmesan cheese
- 4 egg(s)
- 4 cup(s) shredded mild cheddar cheese

Produce

- Side:** veggies
- 2x2 cup(s) cherry tomatoes
- 4 Tbsp lemon juice
- Side:** salad

Starchy Sides

- Side:** egg noodles
- 24 oz. pasta

Spices

- Salt and pepper
- 4 tsp minced garlic
- 4 tsp dried oregano
- 6 Tbsp minced onion
- 6 tsp garlic powder
- 2 tsp paprika
- 6 Tbsp Italian seasoning

Supplies

- Side:** 8 9x13 disposable foil tray(s)
- Side:** 4 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Bacon & Ranch Chicken

- 8 small boneless chicken breasts
- 2 cup(s) Ranch salad dressing
- 16 slices bacon
- 4 cup(s) shredded sharp cheddar cheese
- 2 9x13 disposable foil tray(s)

2. Greek Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2x2 cup(s) cherry tomatoes
- 2 cup(s) can(s) artichoke hearts
- 2 cup(s) green olives
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 4 tsp minced garlic
- 4 tsp dried oregano
- 2 9x13 disposable foil tray(s)

3. Chicken & Broccoli Alfredo Bake

- 2x12 oz. box(es) penne pasta
- 6 cup(s) shredded rotisserie chicken
- 2x1 24 oz jar(s) alfredo sauce
- 2x12 oz. bag(s) frozen broccoli florets
- 4 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(s)

4. Slow Cooker Beef Stroganoff

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) beef broth
- 2 tsp paprika
- 2x1 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Lazy Lasagna Bake

- 32 oz. small shell pasta
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x24 oz. container cottage cheese
- 8 cup(s) shredded mozzarella cheese
- 4 egg(s)
- 4 Tbsp Italian seasoning
- 2x1 26 oz. jar(s) spaghetti sauce
- Salt and pepper
- 2 9x13 disposable foil tray(s)

6. Cheesy Hamburger Helper

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) tomato sauce
- 2 Tbsp Italian seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- 16 small boneless chicken breasts
- 16 slices bacon
- 6 cup(s) shredded rotisserie chicken
- 6 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2 cup(s) can(s) artichoke hearts
- 2 cup(s) green olives
- 2x12 oz. box(es) penne pasta
- 2 cup(s) beef broth
- 2x1 10 oz can(s) cream of mushroom
- 32 oz. small shell pasta
- 2 15 oz. can(s) tomato sauce

Spices

- Salt and pepper
- 4 tsp minced garlic
- 4 tsp dried oregano
- 6 Tbsp minced onion
- 6 tsp garlic powder
- 2 tsp paprika
- 6 Tbsp Italian seasoning

Supplies

- 8x 9x13 disposable foil tray(s)
- 4x gallon-size freezer baggie(s)

Produce

- 2x2 cup(s) cherry tomatoes
- 4 Tbsp lemon juice

Sauces/Condiments

- 2 cup(s) Ranch salad dressing
- 4 Tbsp olive oil
- 2x1 24 oz jar(s) alfredo sauce
- 2x1 26 oz. jar(s) spaghetti sauce

Dairy/Frozen

- 4 cup(s) shredded sharp cheddar cheese
- 2x12 oz. bag(s) frozen broccoli florets
- 12 cup(s) shredded mozzarella cheese
- 2x24 oz. container cottage cheese
- 1x cup(s) Parmesan cheese
- 4 egg(s)

Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

-
- Brown 2 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, and salt and pepper to taste. Drain and let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.
- In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.
- Cook 2 boxes of penne pasta for 7 minutes, or until al dente. Drain and rinse with cool water.
- In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.
- Open 2 cans of tomato sauce.
- Open 2 cans of cream of mushroom soup.
- Drain 2 cups artichoke hearts, pat dry and then quarter them.

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Bacon & Ranch Chicken

To each disposable 9x13-inch tray, add the following ingredients:

- 4 boneless chicken breasts
- Salt and pepper
- Drizzles of ranch salad dressing onto each piece of chicken
- 2 slices of bacon onto each piece of chicken, over the ranch dressing
- 2 cups shredded sharp cheddar, sprinkled over all the chicken

Cover with foil or lid. Add label to tray and freeze.

Chicken & Broccoli Alfredo Bake

To each disposable tray, add the following ingredients:

- Half of the cooked and cooled penne pasta
- 3 cups shredded rotisserie chicken
- 1 - 24 oz. jar alfredo sauce
- 1 - 12 oz. bag frozen broccoli florets
- 2 cups shredded mozzarella cheese

Toss ingredients gently in the pan. Cover tightly with foil or lid, add label to tray and freeze.

Lazy Lasagna Bake

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Greek Chicken Bake

To each disposable foil tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the cherry tomatoes
- Half of the quartered artichoke hearts
- Half of the green olives
- Half of the prepared Greek lemon marinade

Cover tightly with foil or lid, add label to tray and freeze.

Slow Cooker Beef Stroganoff

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef, cooled
- 1 cup beef broth
- 1 tsp paprika
- Half of the canned cream of mushroom soup

Remove as much air as possible and seal. Add label to baggie and freeze.

Cheesy Hamburger Helper

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Salt and pepper
- 1 Tbsp Italian seasoning

Remove as much air as possible and seal. Add label to baggie and freeze.