

You ready to DECK YOUR FREEZER?!

Here's a look at what to do next!

1. MARK YOUR CALENDAR!

Set aside some time between **November 1st - 5th** to DECK YOUR FREEZER with us!

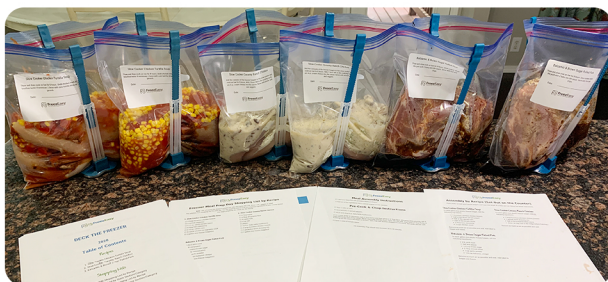
2. READ EMAILS!

Over the next few weeks, I will send you VERY HELPFUL AND EDUCATIONAL EMAILS from **support@freezeasy.com**.

3. PRINT YOUR PLAN!

Tap the button below to save and print your PDF.

4. PREP YOUR MEALS!



5. Celebrate and share your progress and pics in our Facebook group!

Join the MyFreezEasy Facebook Group!

If you love this style of freezer meal prep and the MyFreezEasy meal plans, then I'd like to invite you to **become a MyFreezEasy Member**.

Use the code **DECK** at
www.MyFreezEasy.com/join

DECK THE FREEZER

2024

Table of Contents

Recipes

1. Slow Cooker Chicken Tortilla Soup
2. Slow Cooker Greek Chicken
3. Slow Cooker Best Shredded Chicken Tacos

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

1. Slow Cooker Chicken Tortilla Soup

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

- 3 - large boneless chicken breasts
- 1 - red bell pepper(s)
- 1 - 15 oz. can(s) tomato sauce
- 2 - Tbsp taco seasoning
- 1 - 15 oz. can(s) corn
- 2 - cup(s) chicken or vegetable stock
- 8 - corn tortillas**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and dice the red bell pepper.
2. To the slow cooker, add the chicken, tomato sauce, taco seasoning, canned corn, red bell pepper, and chicken stock. Set slow cooker on low and cook for 8 hours.
3. Before serving, use 2 forks to pull the chicken apart in the soup. Then ladle soup into bowls and add the tortilla strips into each bowl and let them soak up some of the liquid. Top with shredded cheese, if preferred.
4. Optional: If you wish to thicken the soup, add 1/2 to 1 tsp cornstarch or 2 Tbsp masa harina.
5. Serve Slow Cooker Chicken Tortilla Soup with tortilla strip topping.

Assembly Prep Directions for 2 Meals

Open 2 cans of corn.

Seed and dice 2 red bell peppers.

Open 2 cans of tomato sauce.

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

- 3 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the canned corn
- Half of the tomato sauce
- 2 Tbsp taco seasoning
- 2 cups chicken stock

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.

Special Notes: This soup can also be cooked in a large saucepan or Dutch oven. Cook over medium heat with lid on for 30 minutes, or until chicken is cooked.

Dairy-Free Modifications: Omit the cheese garnish.

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

2. Slow Cooker Greek Chicken

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

- 4 - small boneless chicken breasts
- 1 - cup(s) green olives
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 1 - tsp minced garlic
- 1 - tsp dried oregano
- 1/2 - tsp pepper
- Garnish: - feta cheese crumbles**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the green olives.
2. In a small bowl, whisk together the chopped olives, olive oil, lemon juice, minced garlic, dried oregano and pepper.
3. Place the chicken breasts in the base of the slow cooker and pour the olive sauce over the top.
4. Set on low and cook for 8 hours.
5. Cook the rice as directed.
6. Prepare salad.
7. Serve Slow Cooker Greek Chicken with crumbed feta cheese garnish, over rice with salad.

Assembly Prep Directions for 2 Meals

Chop 2 cups of green olives.

In a small bowl, whisk together the chopped olives, 4 Tbsp olive oil, 4 Tbsp lemon juice, 2 tsp minced garlic, 2 tsp dried oregano, and 1 tsp pepper.

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

- 4 boneless chicken breasts
- Half of the olive sauce into each bag

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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.

Dairy-Free Modifications: Recipe is dairy-free when omit the feta cheese garnish.

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

3. Slow Cooker Best Shredded Chicken Tacos

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

- 3 - large boneless chicken breasts
- 3 - Tbsp brown sugar
- 1 - Tbsp cumin
- 1 - Tbsp chili powder
- 1/3 - cup(s) red salsa
- 1 - 4 oz. can(s) green chiles
- - Salt and pepper
- 8 - flour tortillas**
- Garnish: - pico de gallo**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Add the chicken breasts and add the brown sugar, cumin, chili powder, red salsa and green chilies over the top. Season with a pinch of salt and pepper.
2. Set on low and cook for 8 hours.
3. Once cooked, use 2 forks and shred the chicken into the sauce.
4. Prepare the salad.
5. Serve Slow Cooker Best Shredded Chicken Tacos with pico de gallo garnish and a side salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of green chiles.

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

- 3 large boneless chicken breasts
- 3 Tbsp brown sugar
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 1/3 cup red salsa
- Half of the canned green chiles
- Salt and pepper

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.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free if you use corn tortillas in place of the flour tortillas.

Complete Shopping List by Recipe

1. Slow Cooker Chicken Tortilla Soup

- ☐ 6 - large boneless chicken breasts
- ☐ 2 - red bell pepper(s)
- ☐ 2 - 15 oz. can(s) tomato sauce
- ☐ 4 - Tbsp taco seasoning
- ☐ 2 - 15 oz. can(s) corn
- ☐ 4 - cup(s) chicken or vegetable stock
- ☐ 16 - corn tortillas
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Greek Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - cup(s) green olives
- ☐ 4 - Tbsp olive oil
- ☐ 4 - Tbsp lemon juice
- ☐ 2 - tsp minced garlic
- ☐ 2 - tsp dried oregano
- ☐ 1 - tsp pepper
- ☐ - feta cheese crumbles
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Best Shredded Chicken Tacos

- ☐ 6 - large boneless chicken breasts
- ☐ 6 - Tbsp brown sugar
- ☐ 2 - Tbsp cumin
- ☐ 2 - Tbsp chili powder
- ☐ 2/3 - cup(s) red salsa
- ☐ 2 - 4 oz. can(s) green chiles
- ☐ - Salt and pepper
- ☐ 16 - flour tortillas
- ☐ - pico de gallo
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 12 large boneless chicken breasts
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2 15 oz. can(s) corn
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2 cup(s) green olives
- ☐ **Side:** rice
- ☐ 2/3 cup(s) red salsa
- ☐ 2 4 oz. can(s) green chiles

Sauces/Condiments

- ☐ 4 Tbsp olive oil

Dairy/Frozen

- ☐ **Garnish:** feta cheese crumbles

Produce

- ☐ 2 red bell pepper(s)
- ☐ 4 Tbsp lemon juice
- ☐ **Side:** salad
- ☐ **Garnish:** pico de gallo

Starchy Sides

- ☐ 16 corn tortillas
- ☐ 16 flour tortillas

Spices

- ☐ 4 Tbsp taco seasoning
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 1 tsp pepper
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder
- ☐ Salt and pepper

Supplies

- ☐ **Side:** 6 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. Slow Cooker Chicken Tortilla Soup

- ☐ 6 large boneless chicken breasts
- ☐ 2 red bell pepper(s)
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 4 Tbsp taco seasoning
- ☐ 2 15 oz. can(s) corn
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Greek Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) green olives
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 1 tsp pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Best Shredded Chicken Tacos

- ☐ 6 large boneless chicken breasts
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder
- ☐ 2/3 cup(s) red salsa
- ☐ 2 4 oz. can(s) green chiles
- ☐ 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

- ☐ 12 large boneless chicken breasts
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2 15 oz. can(s) corn
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2 cup(s) green olives
- ☐ 2/3 cup(s) red salsa
- ☐ 2 4 oz. can(s) green chiles

Spices

- ☐ 4 Tbsp taco seasoning
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 1 tsp pepper
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder
- ☐ Salt and pepper

Produce

- ☐ 2 red bell pepper(s)
- ☐ 4 Tbsp lemon juice

Sauces/Condiments

- ☐ 4 Tbsp olive oil



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

- ☐ Open 2 cans of corn.
- ☐ Chop 2 cups of green olives.
- ☐ Seed and dice 2 red bell peppers.
- ☐ In a small bowl, whisk together the chopped olives, 4 Tbsp olive oil, 4 Tbsp lemon juice, 2 tsp minced garlic, 2 tsp dried oregano, and 1 tsp pepper.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open 2 cans of green chiles.

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.

Slow Cooker Chicken Tortilla Soup

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

- 3 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the canned corn
- Half of the tomato sauce
- 2 Tbsp taco seasoning
- 2 cups chicken stock

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

Slow Cooker Greek Chicken

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

- 4 boneless chicken breasts
- Half of the olive sauce into each bag

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

Slow Cooker Best Shredded Chicken Tacos

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

- 3 large boneless chicken breasts
- 3 Tbsp brown sugar
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 1/3 cup red salsa
- Half of the canned green chiles
- Salt and pepper

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