



*Fed + Fit*  
**Slow Cooker  
Freezer Meals**



# Teriyaki Chicken Bowls

Prep Time: 00:10 Yield: serves 6

## INGREDIENTS:

*Freeze together:*

- 1 cup coconut aminos
- 2 tablespoons honey
- 2 tablespoons lime juice
- 1 teaspoon sesame oil
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon coarse sea salt
- 2 pounds boneless, skinless chicken thighs or breasts

*Day-Of:*

- 1 tablespoon of arrowroot or cornstarch
- 1 pound frozen broccoli florets, steamed
- 6 cups cooked white rice or cauliflower rice



## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the chicken in the bottom of your container, then whisk together the remaining ingredients and pour it over top. Freeze until ready to use.

*Crockpot Method:*

Defrost the chicken ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once thawed, dump the ingredients into the slow cooker and cook for 6-8 hours on high or 3-4 hours on low, until chicken shreds easily with a fork. Remove the chicken from the pot and shred with two forks, then transfer the sauce to a small saucepan over medium-high heat and bring to a boil. Whisk the arrowroot with two tablespoons of water, then stir into the sauce. Bring to a boil and let thicken, then remove from heat. Toss the chicken with the sauce and enjoy!

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## INSTRUCTIONS CONTINUED

*Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place ingredients in the Instant Pot and set to cook for 12 minutes. Allow the pressure to release naturally, then remove the chicken, shred with two forks, and set the pot to 'saute' mode. Whisk together the arrowroot and 2 tablespoons of water, then stir into the sauce. Let the sauce come to a boil and thicken, then turn off the pot. Toss the chicken with the sauce and enjoy!

# Healing Chicken Soup

Prep Time: 00:15 Yield: serves 6

## INGREDIENTS:

*Freeze together:*

- 1 small onion, diced
- 3 stalks of celery, diced
- 3 cloves of garlic, minced
- 1 tablespoon fresh grated ginger
- 2 medium sweet potatoes, skinned and cut into 1-inch cubes (about 1 pound)
- 2 pounds boneless, skinless chicken breast, cut into 1-inch cubes
- 5 cups chicken broth or bone broth (use 4 cups if using the Instant Pot method)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon coarse sea salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 2 teaspoons turmeric
- 1 cup full-fat coconut milk

*Day-Of:*

- 1 head lacinato kale, de-stemmed and roughly chopped
- 2 tablespoons lemon juice (about 1 lemon)

## INSTRUCTIONS

*To Freeze:*

Place the onion, celery, garlic, ginger, sweet potatoes, and chicken breasts in the bottom of your container. Then, whisk together the broth, thyme, salt, pepper, bay leaf, turmeric, and coconut milk and pour over the chicken and vegetables. Seal, label, and freeze.

*Crock Pot Method:*

Defrost the soup in a bowl of water in your refrigerator overnight. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours. When there are 10 minutes remaining, stir in the kale and let cook until the kale is wilted and bright green, then stir in the lemon juice and serve!

## INSTRUCTIONS CONTINUED

### *Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to cook on high pressure for 15 minutes. Let the pressure release naturally, then remove the lid, set the pot to 'saute' mode, and stir in the kale. Cook for 2-3 minutes, until the kale is bright green and wilted, then stir in the lemon juice and serve!



# Creamy White Chicken Chili

Prep Time: 00:10 Yield: serves 6

## INGREDIENTS:

*Freeze together:*

- 1 yellow onion, diced
- 2 teaspoons minced garlic
- 1 (4-ounce) can diced hot or mild green chilis, drained (depending on preference)
- 1 teaspoon dried oregano leaves
- 1 teaspoon coarse sea salt
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- 5 cups chicken broth (use 4 cups for Instant Pot)
- 1 1/2 pounds boneless, skinless chicken breast or thighs
- 1 (15-ounce) can white beans, rinsed and drained
- 1 cup frozen yellow corn

*Day-Of:*

- 4 slices bacon
- Juice of 1 lime
- ½ cup sour cream
- 1 avocado, sliced
- ¼ cup fresh chopped cilantro
- 4 lime wedges (from ½ lime)
- Additional sour cream

## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the chicken, yellow onion, minced garlic, drained green chilis, white beans, and yellow corn in the bottom of your container. Then, whisk together the dried oregano, sea salt, ground cumin, black pepper, lime juice, and chicken broth and pour it over top. Seal, label, and freeze.

*Crock Pot Method:*

Defrost the chili ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 6-8 hours or on high for 3-4 hours. When there are 10 minutes remaining, cook the bacon in a skillet over medium-high heat until crisp.

## INSTRUCTIONS CONTINUED

### *Crock Pot Method Continued:*

When the chili is finished cooking, remove the chicken from the pot and shred it with two forks, then return it to the pot and stir in the sour cream, lime juice, and bacon. Garnish each serving with avocado slices, cilantro, sour cream, and a lime wedge and enjoy!

### *Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to cook on high pressure for 15 minutes. Once the 15 minutes is up, let the pot naturally release pressure for at least 10 minutes before turning the valve to “venting” to manually release the rest of the pressure. Remove the chicken from the pot and shred it with two forks, then return it to the pot and stir in the sour cream, lime juice, and bacon. Garnish each serving with avocado slices, cilantro, sour cream, and a lime wedge and enjoy!



# Salsa Chicken

Prep Time: 00:05 Yield: serves 5

## INGREDIENTS:

*Freeze together:*

- 2 pounds boneless, skinless chicken thighs or breasts
- 1 1/2 cups salsa verde
- 1/2 teaspoon coarse sea salt

*Day-Of:*

Fresh chopped cilantro, for garnish  
Sliced red onion, for garnish

## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the chicken in the bottom of your container. Then, whisk together the salsa verde and sea salt and pour it over top the chicken. Seal, label, and freeze.

*Crock Pot Method:*

Defrost the salsa chicken ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours. Shred the chicken with two forks, and enjoy!

*Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to cook on high pressure for 12 minutes. Once the timer goes off, manually release the pressure by turning the valve on the Instant Pot from “sealed” to “venting”. Once all the steam has been released, remove the lid from the pot and shred the chicken with two forks. You can eat it as-is, or use it as a filling for tacos or in burrito bowls!



# Chicken Tikka Masala

Prep Time: 00:15 Yield: serves 4

## INGREDIENTS:

*Freeze together:*

- 2 pounds boneless, skinless chicken thighs or breasts, cut into 1-inch cubes
- 2 tablespoons tomato paste
- 14 ounces tomato sauce
- 1 cup full-fat coconut milk
- 1 tablespoon garam masala
- 2 teaspoons turmeric powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground ginger
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon fine sea salt
- ¼ teaspoon red pepper flakes

*Day-Of:*

- 3 tablespoons fresh lime juice (about 1 ½ limes)
- White rice or cauliflower rice, for serving
- Fresh chopped cilantro, for garnish
- Fresh sliced jalapeno, for garnish

## INSTRUCTIONS

*To Freeze:*

To freeze this meal, whisk together the tomato paste, tomato sauce, coconut milk, and spices, and pour into the container. Add the cubed chicken, then seal, label, and freeze.

*Crock Pot Method:*

Defrost the Tikka Masala ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours. Serve over white rice or cauliflower rice and garnish with cilantro and jalapeno!

## INSTRUCTIONS CONTINUED

*Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to “meat/stew” for 25 minutes. Once the timer goes off, manually release the pressure by turning the valve on the Instant Pot from “sealed” to “venting,” then stir in the lime juice. Serve over white or cauliflower rice, garnish with cilantro and jalapeno, and enjoy!

# Chicken Enchilada Soup

Prep Time: 00:10 Yield: serves 5

## INGREDIENTS:

*Freeze together:*

- 5 cups chicken broth
- 8 ounces tomato sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon coarse sea salt, to taste
- 2 pounds boneless, skinless chicken thighs (may use breasts if desired)
- 1, 16 ounce can black beans, rinsed and drained (omit for Paleo and Low Carb)
- 1 cup frozen corn (omit for Paleo and Low Carb)

*Day-Of:*

- 3½ cup sour cream,
- 2 tablespoons lime juice
- 3 corn tortillas, or two grain-free tortillas
- 3 tablespoons avocado oil or ghee
- Diced red onion, for garnish
- Additional sour cream, for garnish
- 1 jalapeno, thinly sliced

## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the chicken, black beans, and corn in the bottom of your container. Then, whisk together the chicken broth, tomato sauce, chili powder, cumin, oregano, onion powder, garlic powder, and sea salt and pour it over top. Seal, label, and freeze.

*Crock Pot Method:*

*Defrost the soup ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours. While the soup cooks, cut the tortillas into thin strips and heat the avocado oil in a small pan over medium-high heat.*

## INSTRUCTIONS CONTINUED

### *Crock Pot Method Continued:*

Once the oil is hot, add the tortilla strips. Cook 3-5 minutes, stirring frequently, until crisp. When the soup is finished, remove the chicken and shred with two forks. Return the chicken to the Crock Pot, and stir in the sour cream and lime juice. Serve with tortilla strips, avocado, red onion, sour cream, and jalapeno.

### *Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to "soup" for 25 minutes. While the soup cooks, cut the tortillas into thin strips and heat the avocado oil in a small pan over medium-high heat. Once the oil is hot, add the tortilla strips. Cook 3-5 minutes, stirring frequently, until crisp. Once the Instant Pot timer goes off, manually release the pressure by turning the valve from "sealed" to "venting," then remove the chicken and shred with two forks. Return the chicken to the Instant Pot, and stir in the sour cream and lime juice. Serve with tortilla strips, avocado, red onion, sour cream, and jalapeno.



# Slow Cooker Barbacoa

Prep Time: 00:10 Yield: serves 6-8

## INGREDIENTS:

*Freeze together:*

- 1 teaspoon fine sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon ground cumin
- 1 tablespoon chipotle chili powder
- 1 tablespoon dried Mexican oregano leaves
- ½ teaspoon ground cloves
- 1 (3-pound) chuck roast, cut into 8 large chunks
- 4 cloves garlic minced
- 3 bay leaves
- ¼ cup apple cider vinegar
- ¼ cup fresh lime juice (about 2 limes)

*Day-Of:*

- 1 lime, quartered, for garnish
- Chopped fresh cilantro, for garnish



## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the chuck roast and garlic in the bottom of your container. Then, whisk together the apple cider vinegar, lime juice, sea salt, black pepper, cumin, chili powder, oregano, cloves, and bay leaves and pour it over top. Seal, label, and freeze.

*Crock Pot Method:*

Defrost the barbacoa ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours, or until the beef falls apart when tested with a fork. Pull out and discard the bay leaves and then, working in the slow cooker, use two forks to shred the beef. Stir it in the juices, serve, and enjoy!

## INSTRUCTIONS CONTINUED

*Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to “manual” for 90 minutes. After 90 minutes is up, let the pressure release naturally (about 20 minutes), then remove the lid from the pot. Pull out and discard the bay leaves and then, working in the Instant Pot, use two forks to shred the beef. Stir it in the juices, serve, and enjoy!

# Beef and Broccoli

Prep Time: 00:10 Yield: serves 5

## INGREDIENTS:

*Freeze together:*

- 1 onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (or 1 teaspoon ground ginger)
- 1 ½ pounds beef stew meat
- ½ cup coconut aminos
- ½ cup chicken broth
- 2 teaspoons toasted sesame oil
- 2 tablespoons unseasoned rice wine vinegar
- 1 tablespoon coconut sugar
- ¼ teaspoon coarse sea salt

*Day-Of:*

- 3 tablespoons cornstarch
- Cooked broccoli florets (we use a steamable bag)
- Prepared rice (cauliflower or white)

## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the stew meat, onion, and garlic in the bottom of your container. Then, whisk together the chicken broth, coconut aminos, toasted sesame oil, rice wine vinegar, coconut sugar, ginger, and sea salt and pour it over top. Seal, label, and freeze.

*Crock Pot Method:*

Defrost the beef and broccoli ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours. When finished, whisk together the cornstarch and water and stir it into the Crock Pot. Once the sauce has thickened, serve over steamed broccoli and either white or cauliflower rice.

## INSTRUCTIONS CONTINUED

### *Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to “manual” (high pressure) for 15 minutes. Once the timer goes off, immediately release the pressure from the pot by setting the valve to “venting,” then remove the lid and set the Instant Pot to “saute” mode. Whisk together the cornstarch and water and stir it into the pot. Let the mixture come to a low boil and thicken. Once the sauce has thickened, serve over steamed broccoli and either white or cauliflower rice.



# Chipotle Carnitas

Prep Time: 00:15 Yield: serves 10

## INGREDIENTS:

*Freeze together:*

- 2 tablespoons fine sea salt
- 2 tablespoons dried Mexican oregano
- 1 tablespoon garlic powder
- 1 tablespoon chipotle chili powder
- 1 tablespoon ground cumin
- 2 teaspoons ground black pepper
- 1 (4-pound) bone-in pork butt (aka shoulder), cut into 4 equally sized pieces
- 1 orange, cut into 4 wedges
- 1 medium-sized yellow onion cut into 4 wedges
- 1 cup chicken broth, store-bought or homemade
- Juice of 2 limes

*Day-Of:*

- 2 tablespoons salted butter, ghee, or coconut oil
- 1 teaspoon fine sea salt
- ¼ cup coarsely chopped fresh cilantro leaves, for garnish



## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the pork, onion, and orange wedges in the bottom of your container. Then, whisk together the chicken broth, lime juice, oregano, garlic powder, chipotle chili powder, cumin, black pepper, and sea salt and pour it over top. Seal, label, and freeze.

*Crock Pot Method:*

Defrost the carnitas ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours. Preheat the oven to 425°F. When the pork is finished, transfer it to a cutting board or large mixing bowl, and shred it into small chunks using two forks. Melt the remaining 2 tablespoons of butter and pour it over the shredded pork.

## INSTRUCTIONS CONTINUED

### *Crock Pot Method Continued:*

Spread the pork out on a rimmed baking sheet, sprinkle with the remaining teaspoon of salt, and roast for 10 to 15 minutes, or until the tops just start to crisp. Remove from the oven, garnish with cilantro, and serve.

### *Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to “manual” (high pressure) for 90 minutes. Let the pressure release naturally. Once finished, transfer the pork to a cutting board or large mixing bowl, and shred it into small chunks using two forks. Melt the remaining 2 tablespoons of butter and pour it over the shredded pork. Spread the pork out on a rimmed baking sheet, sprinkle with the remaining teaspoon of salt, and roast for 10 to 15 minutes, or until the tops just start to crisp. Remove from the oven, garnish with cilantro, and serve.

# Balsamic Mustard Pork Chops

Prep Time: 00:10 Yield: serves 6

## INGREDIENTS:

*Freeze together:*

- 3 pounds boneless pork chops
- 1 teaspoon fine sea salt
- ½ teaspoon ground black pepper
- 1 medium-sized yellow onion finely chopped (about ½ cup)
- ¼ cup mustard of choice
- ¼ cup balsamic vinegar
- ½ cup broth or water

*Day-Of:*

- 2 tablespoons salted butter, ghee, or coconut oil
- 1 teaspoon fine sea salt
- ¼ cup coarsely chopped fresh cilantro leaves, for garnish

## INSTRUCTIONS

*To Freeze:*

To freeze this meal, place the pork chops and onion in the bottom of your container. Then, whisk together the broth (or water), mustard, balsamic vinegar, black pepper, and sea salt and pour it over top. Seal, label, and freeze.

*Crock Pot Method:*

Defrost the pork chops ahead of time, either in a bowl of water in your refrigerator overnight if using a freezer bag, or by refrigerating for 24 hours if using a glass container. Once ready to make, dump all of the previously frozen ingredients into your slow cooker and cook on low for 8 hours or on high for 4 hours. Serve warm and enjoy!

*Instant Pot Method:*

Set the frozen ingredients out for about 30 minutes before making, and run under hot water to ensure you can get them out of their container. Place the ingredients in the Instant Pot and set to “manual” (high pressure) for 10 minutes. Once finished, manually release the pressure by turning the pressure valve to “venting.” Serve warm and enjoy!

