

# The Simple Starts Freezer Collection

Simple, nourishing meals to help you start strong and stay consistent.



# How to Use This Guide

Welcome, friend!

I am so glad you are here. My name is Michelle, and I am a THM Master Coach who is passionate about helping women build simple, sustainable habits that actually work in real life. One of the most helpful tools I have used in my own health journey, and one I teach all my beginners, is having a few meals already prepped and ready to go. Freezer meals give you margin. They take the pressure off decision fatigue, they keep you out of the drive thru, and they help you stay consistent even on your busiest days.

This guide was created to give you a strong and uncomplicated start. The four recipes included here are intentionally simple. There is no pre-cooking, no complicated steps, and no specialty ingredients. You will place everything into labeled freezer bags, freeze them flat, and pull them out when you need a warm, on-plan meal that takes care of you and your family. As you learn the basics of THM, having these meals ready will give you space to practice the plan without feeling overwhelmed.

At the back of this guide, you will find two different shopping lists to make prep even easier.

- Use the 4-meal list if you want to make each recipe once. This is an excellent option if you are new to freezer prep.
- Use the 8-meal list if you want to double each recipe. I highly recommend this option because doubling takes almost no extra time, and you will walk into the month with eight freezer meals ready to go. That gives you two meals per week for an entire month from about an hour of prep.

I will also go live on YouTube to walk you through the whole freezer meal session, step by step. You will be able to prep right alongside me, pause as needed, and see exactly how simple this can be. The link will be added here and sent to you as soon as the video is ready.

I hope that this guide gives you confidence, clarity, and a sense of peace as you begin your Simple Starts journey. Keep it simple. Start where you are. Stay consistent. You have got this, and I am right here cheering you on.

With Love and Encouragement,

*Coach Michelle*

## INGREDIENTS

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- 2-3 lbs Boneless Skinless Chicken Breast
- 16oz jar of salsa (check ingredients to make sure there are no *added* sugars)
- 2 tsp Cumin
- 2 tsp Chili Powder
- 1 block  $\frac{1}{2}$  less fat cream cheese (*optional*)

## INSTRUCTIONS

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1. To prepare meal for the freezer, simply add chicken, salsa, and spices to a labeled freezer bag. Freeze for up to 6 months.
2. When ready to cook dump all ingredients into crock pot from frozen and cook on low 6-8 hours or on high for 4 hours.
3. Before serving shred chicken (either a hand mixer or a stand mixer make this a quick and easy process!)
4. Add cream cheese if desired and allow to warm for 30-45 minutes, then stir in.
5. Serve over brown rice, cauli rice, in a low carb tortilla, or alongside other veggies.



## Creamy Salsa Chicken



6-8 servings



15 minutes hands on prep

A true dump-and-go freezer meal: place everything in the Crock-Pot (even from frozen) and let it cook until the chicken is tender. Shred with a hand or stand mixer, then stir to make it creamy and flavorful.

Keep it Fuel Pull by skipping the cream cheese and serving over zucchini rice or non-starchy veggies. For an S option, include the cream cheese and serve over cauli rice with optional sour cream or cheese. For an E option, use chicken breast only, omit the cream cheese, and serve over brown rice with extra salsa, fresh cilantro, and a squeeze of lime!

## INGREDIENTS

- 2 lbs Chicken Breasts or Thighs
- Juice of 2 lemons (fresh or bottled)
- 4 cloves minced garlic
- 1 tsp salt
- 1 tsp pepper
- 1 tsp dried parsley
- 1 Tbsp Italian Seasoning
- 16 oz frozen green beans

## INSTRUCTIONS

1. To prepare to freeze, put all ingredients into the bag. If the green beans will overfill the bag, keep them separate. You can even use already frozen green beans, and just make sure to have them in your freezer! Freeze flat.
2. Put chicken and seasonings in crockpot from frozen, cook on low 6-8 hours or on high 3-4 hours until chicken is done. I recommend cooking the green beans separate.  
OR
3. Thaw chicken overnight in fridge, and put over frozen green beans in a greased 9x13 pan. Bake covered for 45-50 minutes until chicken is done.



# Lemon Garlic Chicken and Green Beans



6-8 servings



15 minutes hands on prep

This bright, simple freezer meal can go straight into the Crock-Pot or the oven, making it a true weeknight saver. The lemon, garlic, and herbs meld together as it cooks, giving you tender chicken and perfectly seasoned green beans with almost no effort.

While it works beautifully in the slow cooker, I often prefer baking it covered with foil for a slightly firmer, roasted texture.

Keep it Fuel Pull by serving it with cauli rice or non-starchy veggies. For an E option, pair it with brown rice or quinoa and a salad.

## INGREDIENTS

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- 1 pork tenderloin (1.5–2 lbs, may use 2 if small)
- 1/4 cup Dijon mustard
- 2 tbsp apple cider vinegar
- 1 tbsp Gentle Sweet
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp black pepper
- Optional: sliced onions or a handful of baby carrots

## INSTRUCTIONS

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1. Place pork tenderloin in a labeled freezer bag. Whisk remaining ingredients together, pour over the meat, add optional veggies if desired, seal, and freeze flat.
2. Slow cooker low 6–8 hours (this option is best for shredding)  
OR
3. Thaw overnight in the fridge and bake 375° for 40–50 minutes.



## Tangy Dijon Pork Tenderloin



4–6 servings



15 minutes hands on prep

This Honey Mustard Pork Tenderloin is a rich, flavorful freezer meal that requires almost no hands-on time. The simple marinade infuses the pork as it cooks, giving you tender, slightly sweet, perfectly seasoned meat with very little effort. It shreds beautifully for easy serving, or you can slice it after baking for a more elegant plate.

Serve with cauli mash or roasted veggies for an S option, or shred over sweet potatoes or brown rice for a gentle E meal.

## INGREDIENTS

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- 2 lbs beef stew meat
- 8 oz sliced mushrooms
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup beef broth
- 2 tbsp Dijon mustard
- 1 tsp salt
- 1/2 tsp pepper
- 1 block 1/3-less-fat cream cheese OR 1 cup Greek yogurt (added at the end)

## INSTRUCTIONS

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1. Prep Instructions: Add everything except cream cheese/yogurt to a freezer bag. Freeze flat.
2. Place frozen meal in slow cooker on low 8-10 hours until tender.
3. Stir in cream cheese or Greek yogurt before serving.
4. For an S meal, serve over cauliflower rice, dreamfields noodles, or zucchini noodles. For a delicious XO serve over roasted golden potatoes or lentil pasta.



## Beef & Mushroom Stroganoff



6-8 servings



15 minutes hands on prep

This Beef & Mushroom Stroganoff is a cozy, flavorful freezer meal that slow-cooks into tender, melt-in-your-mouth beef with almost no hands-on effort. As it cooks, the mushrooms, onions, and Dijon build a rich, savory base that feels perfect for a winter dinner. A little Greek yogurt or cream cheese stirred in at the end gives it that classic creamy finish.

Keep it an S meal by serving over cauliflower rice, zucchini noodles, or Dreamfields.

For a hearty crossover, spoon it over baked potatoes or serve it with a lentil or chickpea-based pasta for added healthy carbs.

# Grocery List for 4 meals:

## PROTEINS

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- 2lbs Chicken Breast
- 2lbs Chicken Breast or Thighs
- 1 Package Pork Tenderloin (~2lbs)
- 2lbs Beef Stew Meat

## DAIRY

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- ½ less fat cream cheese (optional)
- ½ less fat cream cheese OR 1 cup nonfat Plain Greek Yogurt

## PRODUCE

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- 1 lb green beans
- 3-4 lemons
- 8 oz mushrooms
- 2 onions
- Garlic: 8-10 cloves total (or jarred)

## PANTRY STAPLES

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- Dijon mustard (¾ c needed)
- Apple cider vinegar
- Olive oil
- Chili powder
- Cumin
- Italian seasoning
- Salt
- Pepper
- Garlic powder
- On-plan sweetener

## CANS AND JARS

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- 1 jar salsa (check for added sugars)
- 1 can Beef Broth

## NOTES:

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# Grocery List for 8 meals:

## PROTEINS

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- 4lbs Chicken Breast
- 4lbs Chicken Breast or Thighs
- 2 Packages Pork Tenderloin (~2lbs)
- 4lbs Beef Stew Meat

## DAIRY

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- 2 - ½ less fat cream cheese (optional)
- 2 - ½ less fat cream cheese OR 1 cup nonfat Plain Greek Yogurt

## PRODUCE

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- 2 lb green beans - Frozen
- 6 lemons
- 16 oz mushrooms
- 4 onions
- Garlic: 2 bulbs (or jarred)

## PANTRY STAPLES

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- Dijon mustard (1.5 c needed)
- Apple cider vinegar
- Olive oil
- Chili powder
- Cumin
- Italian seasoning
- Salt
- Pepper
- Garlic powder
- On-plan sweetener

## CANS AND JARS

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- 2 jars salsa (check for added sugars)
- 2 cans or 1 carton Beef Broth

## NOTES:

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