

Healthy Freezer Crockpot Meals List

Two freezer bags of Crockpot Balsamic Beef Roast with Carrots-Two freezer bags of Crockpot Lime Shredded Pork-Two freezer bags of Crockpot Chicken Teriyaki

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 2-pound boneless beef chuck shoulder roast x2
- 2.5 pound bone-in pork shoulder – sometimes labeled “Boston butt” or “pork butt” (You can sub beef chuck shoulder roast if you don’t eat pork) x2
- 2 pounds boneless skinless chicken breasts

PRODUCE

- 4 pounds carrots
- 2 small onions
- 4 limes
- 1 orange
- 2-inch ginger root (1/2 teaspoon dried ginger)
- 8 large garlic cloves

SEASONINGS

- 1 teaspoon ground cayenne red pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon pepper
- 2.5 teaspoons salt

FROZEN

- Bag of broccoli stir fry vegetables x2 (Mine were each 14.4 oz) **or** sub fresh vegetables, use one sliced red pepper, one sliced green pepper, and 2 peeled and sliced carrots

MISC

- 2 cups + 2 tablespoons honey
- 1 cup + 2 tablespoons low sodium soy sauce
- 1/2 cup rice wine vinegar (I subbed red wine vinegar)
- 1/2 cup balsamic vinegar
- 6 gallon-sized plastic freezer bags



Crockpot Balsamic Beef Roast with Carrots

Yields: One gallon-sized bag of Balsamic Beef Roast with 4-6 servings.

ITEMS NEEDED FOR DAY-OF COOKING

- 4 cups of beef broth
- Side dishes, optional

INGREDIENTS

- 2 pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and cut into bite-sized pieces
- 1/2 cup honey
- 1/4 cup balsamic vinegar
- 1 tablespoon low sodium soy sauce
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 cloves of garlic, minced
- Zest of 1/2 an orange
- 2 cups of beef broth – NOT NEEDED UNTIL DAY OF COOKING

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. Freezer bag - add all ingredients except beef broth. Add beef roast to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on "low" setting for 8-12 hours, or until beef shreds easily and carrots are soft.
4. Shred beef and serve.

Crockpot Lime Shredded Pork

Yields: One gallon-sized bag of Lime Shredded Pork with 4-6 servings.

INGREDIENTS

- 2.5lb bone-in pork shoulder roast (sometimes labeled as a “Boston butt” or “pork butt”)
- The juice from two limes
- 1 tablespoon honey
- 1/2 teaspoon ground cayenne red pepper
- 1/4 teaspoon salt

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label freezer bag.
2. To your freezer bag, add lime juice, honey, cayenne pepper, salt, and pork shoulder. (Add the pork shoulder to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on “low” setting for 8-12 hours, or until pork is cooked through and falls off the bone.
3. Remove pork meat from the bone.
4. Shred and serve with tortillas or rice.

Crockpot Chicken Teriyaki

Yields: One gallon-sized bag of chicken teriyaki with 3 servings.

INGREDIENTS

- One pound boneless skinless chicken breasts
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar (I subbed red wine vinegar)
- 1 small onion, diced
- 1 large clove garlic, minced
- 1-inch ginger root, peeled and minced
- 1/4 teaspoon black pepper
- One bag frozen stir fry vegetable

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through.