

# **Made Ahead, Shared with Love**

*Comfort Food Recipes for the Freezer and the  
Family Table*

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## Introduction: How to Use This Book

Hello, it's Amy!

I first started my YouTube channel years ago by sharing one of the things that saved my sanity as a busy mom: freezer meals. What began as a necessity quickly turned into a passion. With 10 kids to feed, I needed to stretch my time, my budget, and my energy as far as they would go.

Freezer cooking gave me that freedom — and it allowed me to put real, homemade meals on the table without being stuck in the kitchen all day. One of my freezer meal videos reached over **1.4 million views**, and I realized I wasn't the only one looking for practical, family-friendly food solutions. So many people are juggling full schedules, kids, and tight grocery budgets — and just like me, they want meals that taste good, save time, and don't come out of a box.

Life looks a little different now. We don't have all ten kids at home anymore, and I don't need to stockpile freezer meals on the same massive scale I once did. But we still use many of the same recipes today — just in smaller batches — and they continue to be a lifesaver during busy weeks, holidays, or when we're hosting family.

This cookbook is built on the meals that carried me through those years: hearty breakfasts, easy-to-grab snacks, and family-sized dishes that freeze beautifully. Every recipe has been tested in my own kitchen and is written specifically with the freezer in mind. That means you'll find clear directions not just for cooking, but also for wrapping, freezing, and reheating so your food tastes just as good weeks later as it does on the day you made it.

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# **Section 1**

Morning Comforts

Breakfasts to Start the Day

## Freezer Basics You Need to Know

### How Long Do Breakfast Foods Last in the Freezer?

- Muffins, breads, and baked goods: **2-3 months**
- Egg-based casseroles or sandwiches: **2 months**
- Pancakes, waffles, and French toast: **3 months**
- Smoothie packs or yogurt cups: **2-3 months**
- Cooked meats (sausage, bacon, patties): **3 months**

Always label each item with the name and date you froze it. A permanent marker on a freezer bag works perfectly.

### The Best Way to Wrap and Store

Freezer burn is the enemy! To keep your food fresh:

- Wrap individual portions in **plastic wrap or parchment** first.
- Then cover with **foil** or place inside a labeled freezer bag.
- For casseroles, use disposable foil pans, cover tightly with plastic wrap, then wrap again with foil.

This “double wrap” method locks out air and keeps food tasting fresh.

## Tips for Reheating Success

- **Microwave:** Quick and easy. Remove plastic before heating, and cover lightly with a paper towel.
- **Oven:** Best for sandwiches, casseroles, and baked items. Wrap in foil and bake until hot.
- **Air Fryer/Toaster Oven:** Great for waffles, pancakes, or anything that needs crisping.

Pro tip: Let frozen items sit on the counter for 5–10 minutes before reheating – they’ll warm more evenly.

## Rotate Your Freezer Stock (FIFO)

Use the **FIFO method: First In, First Out.**

When you add new items to your freezer, slide older meals toward the front. That way, nothing gets forgotten, and you always eat the oldest items first.

## How This Cookbook is Organized

Here’s how to move through the book:

1. **Start with the Master Grocery List and One-Day Prep Plan** – this helps you shop smart and get organized.
2. **Use the Recipes Section** – all the freezer-friendly breakfasts are listed clearly with step-by-step instructions.

3. **Track with the Freezer Inventory Sheet** — print or copy it to always know what's on hand.

By the end of your first cooking session, you'll have a stocked freezer, a calmer morning routine, and more time to enjoy your family instead of stressing about breakfast.

## How to Make and Freeze Breakfasts

### Freezer Basics

Freezer cooking works best when you follow a few simple rules:

- Always cool foods completely before freezing.
- Wrap tightly in plastic wrap, foil, or parchment to prevent freezer burn.
- Place wrapped foods in labeled freezer bags or airtight containers.
- Freeze flat whenever possible to save space and stack easily.
- Label with the recipe name and date. Most breakfasts keep well for 2–3 months.
- Reheat from frozen or thaw overnight in the refrigerator.

### Freezing and Reheating Guidelines

- **Sandwiches and Biscuits:** Wrap tightly in plastic, then foil. Freeze in bags. Reheat in microwave (1–2 minutes) or oven/air fryer (350°F for 10–15 minutes).

- **Muffins and Quick Bakes:** Cool completely, wrap individually, place in freezer bags. Reheat in microwave (20–45 seconds) or thaw overnight.
- **Casseroles:** Assemble but do not bake. Wrap dish in plastic and foil. Bake from frozen at 350°F for 60–70 minutes covered.
- **Pancakes, Waffles, French Toast:** Freeze in a single layer, then stack with parchment in freezer bags. Reheat in toaster, oven, or microwave.
- **Cups and Smoothies:** Freeze in individual portions (muffin tins, Dixie cups, or jars). Thaw overnight or microwave briefly.

## 5-Day Freezer Prep Plan

This plan is designed so you can fill your freezer in just five days, spreading the work out.

### Day 1 - Muffins and Quick Bakes

Banana Muffins, Blueberry Muffins, Pumpkin Chocolate Chip Muffins, Apple Cinnamon Muffins, Chocolate Chip Muffins, h Carrot Muffins.

### Day 2 - Casseroles and Bakes

Baked French Toast, Cinnamon Roll Casserole, Breakfast Casserole with Bread Cubes, Breakfast Casserole with Tater Tots, Ham and Cheese Croissant Bake, Breakfast Stromboli.

### Day 3 - Pancakes, Waffles, and Crepes

Mini Pancakes, Pancake Muffins, Waffles (classic, peanut butter chocolate chip), Crepes, French Toast Sticks.

### Day 4 - Sandwiches and Savories

Bagel Breakfast Sandwiches, English Muffin Sandwiches, Stuffed Biscuits, Everything Biscuit Bombs, Sausage Biscuits, Breakfast Sliders, Breakfast Burritos, Breakfast Quesadillas, Breakfast Tacos.

## **Day 5 - Grab-and-Go Cups and Extras**

Chocolate Chip Oatmeal Cups, Sausage Balls, Sausage Patties, Smoothie Cups, Smoothie Packs, Overnight Oats, Yogurt Cups with Granola, Egg Muffins, Hashbrown Egg Muffins, Mini Quiches, Granola Bars.

## **Master Grocery List**

This list covers the full five-day prep plan. Quantities can be adjusted to fit your family size.

### **Proteins**

- 7 dozen eggs
- 3 pounds sausage (bulk or links)
- 2 pounds bacon
- 1 pound Canadian bacon or ham
- 3 pounds shredded cheese (cheddar, mozzarella, Swiss, American, etc.)
- 2 pounds ground pork (for homemade sausage patties)
- 1 pound chorizo (optional, for tacos)

### **Dairy**

- 2 gallons milk
- 1 quart heavy cream
- 1 large tub plain yogurt
- 1 large tub flavored yogurt (vanilla or fruit)
- 2 pound butter
- 1 tub (8oz) Cool Whip

### **Grains & Breads**

- 2 loaves sandwich bread

- 2 packs bagels (12 total)
- 2 packs English muffins (12 total)
- 2-3 cans refrigerated biscuits
- 1 pack croissants (6 count)
- 2 packs pizza dough or puff pastry
- 1 large box oats (old-fashioned)
- 1 large bag pancake/waffle mix (or flour + baking supplies)
- 1 bag tater tots
- 1 bag frozen hashbrowns
- 1 pack Hawaiian rolls (12 count, for sliders)
- Granola (1-2 cups)

### **Produce**

- 10-12 bananas
- 2 pounds apples
- 2 pounds blueberries (fresh or frozen)
- 1 can pumpkin purée (or 2 if doubling muffins)
- 2 pounds carrots
- 2 onions
- 2 bell peppers
- 1 pound spinach (optional, for smoothies or egg muffins)
- 4 cups mixed frozen berries (for smoothies/packs)

### **Pantry**

- All-purpose flour (5-6 cups, for muffins, crepes, gravy)
- 1 jar peanut butter
- 1 jar honey

- 1 bag chocolate chips (3–4 cups, mini + regular for muffins, oatmeal cups, waffles, granola bars)
- 1 bag brown sugar
- 1 bag white sugar
- Baking powder & baking soda
- Ground cinnamon
- Vanilla extract
- Salt & pepper
- Garlic powder & onion powder
- Dried sage (for sausage patties)
- Maple syrup or maple extract (for pancakes/waffles)
- Everything bagel seasoning (for biscuit bombs)
- Bisquick or baking mix (for sausage balls)

## Daily Cooking Schedules for Freezer Breakfasts

### Day 1 - Muffins & Quick Bakes

**Goal:** Stock the freezer with 5-6 kinds of muffins in one efficient baking session.

#### Step 1 - Prep (20 min)

- Preheat oven to 350°F.
- Set out muffin tins, liners, bowls, measuring tools.
- Soften butter and bring eggs/milk to room temp.

#### Step 2 - Mix Base Batter (15 min)

Make 2 large bowls of muffin base batter. Divide into smaller bowls for flavoring.

#### Step 3 - Add Flavors (10 min each)

- Banana Muffins
- Blueberry Muffins
- Pumpkin Chocolate Chip Muffins
- Apple Cinnamon Muffins
- Peanut Butter Chocolate Chip Muffins

#### Step 4 - Bake (18-20 min per batch)

Rotate muffin pans so all bake evenly. Mix the next flavor while one batch bakes.

#### Step 5 - Cool & Freeze (30 min)

Cool completely on racks. Wrap each muffin, store in labeled bags.

**Result:** About 60 muffins, 5 flavors, ready for the freezer.

## **Day 2 - Casseroles & Bakes**

**Goal:** Prep hearty oven-baked dishes for family breakfasts or brunches.

### **Step 1 - Prep (15 min)**

- Grease 9x13 pans (or use foil pans for freezing).
- Preheat oven to 350°F.
- Chop onions, peppers, ham, or other mix-ins.

### **Step 2 - Assemble (15-20 min each)**

- Baked French Toast
- Cinnamon Roll Casserole
- Breakfast Casserole with Bread Cubes
- Breakfast Casserole with Tater Tots
- Ham & Cheese Croissant Bake

### **Step 3 - Freeze (15 min)**

Do **not** bake before freezing. Wrap tightly in plastic wrap, then foil.

### **Step 4 - Label & Store**

Stack casseroles flat in the freezer, labeled with name and date.

**Result:** 4-5 casseroles, each feeding 6-8 people.

## Day 3 – Pancakes, Waffles & Crepes

**Goal:** Batch cook griddle breakfasts that reheat perfectly.

### Step 1 – Prep (20 min)

- Heat griddle, waffle iron, and skillet.
- Make a large bowl of pancake/waffle batter.

### Step 2 – Cook in Batches

- Mini Pancakes (30 per batch, 2–3 rounds)
- Pancake Muffins (blueberry, sausage, or plain – bake 18–20 min)
- Waffles (12–16)
- Crepes (12 thin rounds)

### Step 3 – Cool & Freeze (30 min)

- Pancakes/Waffles: Flash freeze on baking sheet, stack with parchment, store in bags.
- Muffins: Wrap individually, freeze in bags.
- Crepes: Stack with parchment between, freeze flat in bag.

**Result:** About 60 pancakes, 12–16 waffles, 12 pancake muffins, 12 crepes.

## Day 4 – Sandwiches & Savories

**Goal:** Make hearty hand-held breakfasts that reheat quickly.

### Step 1 – Prep (30 min)

- Cook 2 dozen scrambled eggs on sheet pans.

- Cook bacon and sausage.
- Slice bagels, English muffins, biscuits, and rolls.

### **Step 2 – Assemble (15–20 min each)**

- Bagel Sandwiches (egg, cheese, bacon/sausage)
- English Muffin Sandwiches (egg, ham, cheese)
- Stuffed Biscuits (egg, cheese, meat tucked inside biscuit dough)
- Biscuit Bombs (sealed biscuit pockets with everything seasoning)
- Breakfast Sliders (Hawaiian rolls with egg, cheese, meat)
- Breakfast Burritos (egg, sausage, cheese, tortilla wraps)

### **Step 3 – Wrap & Freeze (30 min)**

Cool completely. Wrap each item in plastic, then foil. Store in bags.

**Result:** 25–30 sandwiches/wraps in assorted styles.

## **Day 5 – Grab & Go Cups & Extras**

**Goal:** Finish with individual cups and extras to fill in variety.

### **Step 1 – Prep (20 min)**

- Set out muffin tins, silicone liners, Dixie cups, freezer bags.

- Chop fruit for smoothies, oats, and yogurt cups.

### **Step 2 – Assemble (15–20 min each)**

- Chocolate Chip Oatmeal Cups
- Smoothie Cups (yogurt + fruit purée)
- Smoothie Packs (prepped fruit bags for blender)
- Overnight Oats (mason jars)
- Yogurt Cups with Granola
- Sausage Balls
- Sausage Patties

### **Step 3 – Freeze (30 min)**

- Oatmeal cups & sausage balls: freeze on trays, bag once solid.
- Smoothie cups/packs: freeze directly in cups or bags.
- Yogurt cups & overnight oats: freeze in jars or cups.

**Result:** 30+ grab-and-go items for quick variety.

When mornings hit, it's often the hardest meal to slow down and cook. Between getting kids ready, heading to work, or starting the day's to-do list, breakfast is the meal most likely to get skipped. That's where having freezer-ready muffins, casseroles, sandwiches, and grab-and-go options makes all the difference.

This plan is designed to give you 5 full days of prep that will leave your freezer stocked with breakfast foods you can grab, heat, and serve — no stress required.

The recipes are versatile and family-friendly, with plenty of variety so you can mix and match flavors. With this plan, you'll never wonder what's for breakfast again.

### **By the End of the 5-Day Breakfast Prep**

You'll have:

- **Muffins & Quick Bakes:** A variety of portable baked goods for busy mornings.
- **Casseroles & Bakes:** Hearty dishes perfect for family breakfasts or brunch.
- **Pancakes, Waffles & Crepes:** Batch-cooked griddle favorites that reheat beautifully.
- **Sandwiches & Savories:** Individually wrapped handhelds for hot breakfasts on the go.
- **Grab-and-Go Cups & Extras:** Smoothies, oats, patties, and protein cups for variety.

All together, this plan gives you **150+ portions of breakfast foods** ready in your freezer. That means weeks of stress-free mornings, whether you're feeding kids before school, grabbing something on the way to work, or just want a hearty meal without the mess and time of cooking from scratch.

## **Bagel Breakfast Sandwiches**

*Ingredients (makes 6 sandwiches)*

- 6 bagels
- 6 eggs
- 6 slices cheese (cheddar or American)
- 6 slices bacon or 6 sausage patties

*Directions*

Cook the bacon or sausage; set aside. Scramble or fry eggs in round molds. Lightly toast bagels. Assemble each sandwich with egg, cheese, and meat.

*Freezing Instructions*

Cool completely. Wrap each sandwich tightly in plastic wrap, then foil. Place in labeled freezer bag.

*Reheating Instructions*

Remove wrapping. Microwave 1–2 minutes or bake at 350°F for 10–12 minutes wrapped in foil.

## **Banana Muffins**

### *Ingredients (12 muffins)*

- 3 ripe bananas, mashed
- 1/3 cup melted butter
- 3/4 cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cups flour

### *Directions*

Preheat oven to 350°F. Mix wet ingredients. Stir in dry ingredients until combined. Scoop into lined muffin tins. Bake 18-20 minutes.

### *Freezing Instructions*

Cool completely. Wrap individually in plastic wrap. Place in freezer bag.

### *Reheating Instructions*

Microwave 20-30 seconds or thaw overnight at room temperature.

## **Baked French Toast**

### *Ingredients (1 pan)*

- 1 loaf bread, cubed
- 8 eggs
- 2 cups milk
- 1/2 cup sugar
- 2 teaspoons cinnamon
- 2 teaspoons vanilla extract

### *Directions*

Grease 9x13 dish. Spread cubed bread. In bowl, whisk eggs, milk, sugar, cinnamon, vanilla. Pour over bread. Cover and refrigerate overnight. Bake at 350°F for 45 minutes.

### *Freezing Instructions*

Assemble but do not bake. Wrap tightly in plastic wrap and foil. Freeze flat.

### *Reheating Instructions*

Thaw overnight in fridge. Bake 350°F for 45–50 minutes.

## **Breakfast Burritos**

*Ingredients (makes 12 burritos)*

- 12 tortillas
- 1 pound breakfast sausage
- 10 eggs, scrambled
- 1 1/2 cups shredded cheese
- Optional: peppers, onions, salsa

*Directions*

Cook sausage and scramble eggs. Mix with cheese and veggies. Place mixture in tortillas, roll tightly.

*Freezing Instructions*

Wrap each burrito in foil. Place all in freezer bag.

*Reheating Instructions*

Microwave 2-3 minutes or bake at 350°F for 20 minutes, wrapped in foil.

## **Breakfast Quesadillas**

*Ingredients (makes 6)*

- 6 flour tortillas
- 8 scrambled eggs
- 1 cup shredded cheese
- 1/2 cup cooked bacon or sausage

*Directions*

Place egg, cheese, and meat on half of each tortilla. Fold over. Cook in skillet until golden.

*Freezing Instructions*

Cool, cut in halves, and wrap in parchment. Store in freezer bags.

*Reheating Instructions*

Microwave 1–2 minutes or crisp in skillet for 3–4 minutes per side.

## **Breakfast Sliders**

### *Ingredients (12 sliders)*

- 12 Hawaiian rolls
- 8 scrambled eggs
- 6 slices cheese
- 6 slices ham or bacon
- 2 tablespoons melted butter

### *Directions*

Slice rolls in half, layer eggs, cheese, and meat. Top with roll tops. Brush with butter. Bake 350°F for 10 minutes.

### *Freezing Instructions*

Cool, wrap tightly in foil, then place in freezer bag.

### *Reheating Instructions*

Bake 350°F for 15–20 minutes in foil.

## **Breakfast Tacos**

*Ingredients (12 tacos)*

- 12 small tortillas
- 1 pound chorizo or sausage
- 8 scrambled eggs
- 1 1/2 cups shredded cheese

*Directions*

Cook meat, scramble eggs. Fill tortillas with mixture.

*Freezing Instructions*

Wrap each taco individually in foil. Place in freezer bag.

*Reheating Instructions*

Microwave 1–2 minutes or bake 350°F for 10–15 minutes.

## **Breakfast Pizza**

### *Ingredients (1 pizza)*

- 1 pizza crust (store-bought or homemade)
- 1/2 cup sausage gravy or cream sauce
- 6 scrambled eggs
- 1 cup shredded cheese
- 1/2 cup cooked sausage or bacon

### *Directions*

Spread gravy over crust. Add eggs, meat, and cheese. Bake 425°F for 12–15 minutes.

### *Freezing Instructions*

Assemble unbaked pizza. Wrap in plastic and foil. Freeze flat.

### *Reheating Instructions*

Bake from frozen at 400°F for 20–25 minutes.

## **Breakfast Hashbrown Casserole**

*Ingredients (9x13 dish)*

- 1 bag frozen hashbrowns
- 1 pound sausage, cooked
- 8 eggs
- 2 cups shredded cheese
- 1 cup milk

*Directions*

Spread hashbrowns in dish. Top with cooked sausage and cheese. Whisk eggs and milk, pour over. Bake 350°F for 45 minutes.

*Freezing Instructions*

Assemble unbaked. Wrap tightly in plastic wrap and foil.

*Reheating Instructions*

Bake frozen at 350°F for 60–70 minutes, covered with foil.

## **Chocolate Chip Oatmeal Cups**

*Ingredients (12 cups)*

- 2 cups oats
- 1 cup milk
- 2 eggs
- 1/4 cup honey
- 1/2 cup chocolate chips

*Directions*

Mix ingredients. Scoop into muffin tin. Bake 350°F for 18–20 minutes.

*Freezing Instructions*

Cool, wrap individually, freeze in bag.

*Reheating Instructions*

Microwave 30–45 seconds.

## **Croissant Breakfast Sandwiches**

*Ingredients (6 sandwiches)*

- 6 croissants
- 6 scrambled or fried eggs
- 6 slices cheese
- 6 slices ham, bacon, or sausage

*Directions*

Assemble sandwiches with croissants, egg, cheese, and meat.

*Freezing Instructions*

Cool, wrap individually in plastic and foil.

*Reheating Instructions*

Microwave 1-2 minutes or bake 350°F for 12 minutes.

## **Everything Biscuit Bombs**

*Ingredients (12 bombs)*

- 2 cans refrigerated biscuits
- 6 scrambled eggs
- 1 cup cooked sausage or bacon
- 1 cup shredded cheese
- Everything bagel seasoning

*Directions*

Flatten biscuits. Fill with egg, meat, cheese. Seal edges. Brush tops with butter, sprinkle seasoning. Bake 375°F for 15–18 minutes.

*Freezing Instructions*

Cool, freeze on baking sheet, transfer to freezer bag.

*Reheating Instructions*

Microwave 45–60 seconds or bake 350°F for 10 minutes.

## **Hunter Biscuits**

*Ingredients (12 biscuits)*

- 12 biscuits, baked
- 1 pound sausage, browned
- 2 cups sausage gravy
- Optional cheese

*Directions*

Slice biscuits. Fill with sausage and gravy.

*Freezing Instructions*

Wrap individually in foil and freeze.

*Reheating Instructions*

Microwave 2 minutes or bake 350°F for 15 minutes.

## **Overnight Oats Cups**

*Ingredients (makes 6 jars)*

- 3 cups oats
- 3 cups milk
- 1 cup yogurt
- 1/4 cup honey
- 1 cup fruit (berries, bananas, apples)

*Directions*

Combine oats, milk, yogurt, honey. Stir in fruit.

Divide into jars.

*Freezing Instructions*

Freeze jars with lids.

*Reheating Instructions*

Thaw overnight in refrigerator. Eat cold or warm briefly in microwave.

## **Pancake Muffins**

*Ingredients (12 muffins)*

- 2 cups pancake batter
- 1/2 cup blueberries or cooked sausage pieces
- Maple syrup for serving

*Directions*

Mix pancake batter. Pour into muffin tin. Add blueberries or sausage pieces. Bake 350°F for 15 minutes.

*Freezing Instructions*

Cool, wrap in plastic, place in freezer bag.

*Reheating Instructions*

Microwave 30–45 seconds.

## **Peanut Butter Chocolate Chip Waffles**

*Ingredients (12 waffles)*

- 2 cups waffle batter
- 1/2 cup peanut butter
- 1/2 cup chocolate chips

*Directions*

Mix peanut butter into batter. Stir in chocolate chips. Cook in waffle iron.

*Freezing Instructions*

Cool, lay flat on baking sheet to freeze, transfer to freezer bag.

*Reheating Instructions*

Toast in toaster or toaster oven until warm.

## **Sausage Balls**

*Ingredients (makes 24)*

- 1 pound sausage
- 2 cups baking mix (Bisquick)
- 2 cups shredded cheddar
- 1 pkg cream cheese

*Directions*

Mix all ingredients. Roll into 1-inch balls. Bake 350°F for 20 minutes.

*Freezing Instructions*

Cool, freeze on baking sheet, transfer to bag.

*Reheating Instructions*

Bake frozen at 350°F for 10 minutes.

## **Sausage Patties**

### *Ingredients*

- 2 pounds ground pork
- 2 teaspoons sage
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt, 1/2 teaspoon pepper

### *Directions*

Mix seasonings into pork. Form into patties. Cook until browned.

### *Freezing Instructions*

Cool completely. Flash freeze on tray, then bag.

### *Reheating Instructions*

Microwave 1-2 minutes or pan-fry until warm.

## **Smoothie Cups**

*Ingredients (12 cups)*

- 3 cups plain or vanilla yogurt
- 2 cups pureed fruit
- 1/4 cup sugar or honey

*Directions*

Mix yogurt, fruit puree, and sweetener. Divide into Dixie cups. Add popsicle sticks if desired.

*Freezing Instructions*

Freeze until solid. Store covered in freezer bag.

*Reheating Instructions*

Remove from freezer, let sit 5–10 minutes for slush texture.

## **Apple Cinnamon Muffins**

*Ingredients (12 muffins)*

- 2 cups flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 2 eggs
- 1 cup milk
- 1/2 cup oil
- 1 1/2 cups diced apples

*Directions*

Mix dry ingredients. Stir in wet ingredients until combined. Fold in apples. Bake at 350°F for 18–20 minutes.

*Freezing Instructions*

Cool completely. Wrap each muffin in plastic wrap and store in freezer bag.

*Reheating Instructions*

Microwave 30 seconds or thaw overnight at room temperature.

## **Blueberry Muffins**

*Ingredients (12 muffins)*

- 2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1/4 cup oil
- 2 eggs
- 1 cup blueberries

*Directions*

Mix dry ingredients. Add milk, oil, and eggs. Fold in blueberries. Bake 350°F for 20 minutes.

*Freezing Instructions*

Cool. Wrap individually and freeze.

*Reheating Instructions*

Microwave 20–30 seconds or thaw overnight.

## **Breakfast Casserole with Bread Cubes**

*Ingredients (9x13 dish)*

- 1 loaf bread, cubed
- 1 pound sausage, cooked
- 8 eggs
- 2 cups milk
- 1 cup shredded cheese

*Directions*

Grease dish. Layer bread, sausage, and cheese.

Whisk eggs and milk, pour over. Bake 350°F for 45 minutes.

*Freezing Instructions*

Assemble unbaked. Wrap tightly in foil and freeze.

*Reheating Instructions*

Bake from frozen at 350°F for 60–70 minutes covered.

## **Breakfast Casserole with Tater Tots**

*Ingredients (9x13 dish)*

- 1 bag tater tots
- 1 pound sausage, cooked
- 8 eggs
- 2 cups shredded cheese
- 1 cup milk

*Directions*

Layer tater tots in dish. Add sausage and cheese. Pour whisked eggs and milk over top. Bake 350°F for 45 minutes.

*Freezing Instructions*

Assemble unbaked. Wrap in foil. Freeze flat.

*Reheating Instructions*

Bake frozen 350°F for 60–70 minutes covered.

## **Breakfast Stromboli**

*Ingredients (2 loaves)*

- 2 pizza doughs
- 1/2 pound sausage, cooked
- 6 scrambled eggs
- 2 cups shredded cheese

*Directions*

Roll dough into rectangles. Layer sausage, eggs, and cheese. Roll up tightly. Bake 375°F for 20 minutes.

*Freezing Instructions*

Cool completely. Wrap whole stromboli in foil. Freeze.

*Reheating Instructions*

Bake from frozen at 350°F for 25–30 minutes.

## **Carrot Muffins**

*Ingredients (12 muffins)*

- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 eggs
- 1/2 cup oil
- 3/4 cup sugar
- 1 1/2 cups grated carrots

*Directions*

Mix dry and wet ingredients separately, then combine. Fold in carrots. Bake 350°F for 18–20 minutes.

*Freezing Instructions*

Cool, wrap, and bag.

*Reheating Instructions*

Microwave 20–30 seconds.

## **Chocolate Chip Muffins**

### **Ingredients (12 muffins)**

- 2 cups flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup butter, melted
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

### **Directions**

1. Preheat oven to 350°F. Line a 12-cup muffin tin.
2. In a bowl, mix dry ingredients: flour, sugar, baking powder, baking soda, salt.
3. In another bowl, whisk eggs, milk, melted butter, and vanilla.
4. Stir wet ingredients into dry until just combined. Fold in chocolate chips.
5. Scoop batter into muffin cups. Bake 18–20 minutes until golden.

### **Freezing Instructions**

Cool completely. Wrap each muffin in plastic wrap and place in freezer bag.

### **Reheating Instructions**

Microwave 20–30 seconds or thaw overnight at room temperature.

## **Cinnamon Rolls (Baked and Frozen)**

*Ingredients (12 rolls)*

- 1 pound bread dough
- 1/2 cup butter
- 1/2 cup brown sugar
- 2 tablespoons cinnamon

*Directions*

Roll dough into rectangle. Spread with butter, sugar, and cinnamon. Roll and slice into 12 rolls. Place in greased pan, let rise. Bake 375°F for 20 minutes.

*Freezing Instructions*

Cool baked rolls completely. Wrap individually and freeze.

*Reheating Instructions*

Microwave 30 seconds or warm at 300°F for 10 minutes.

## **Cinnamon Roll Casserole**

### **Ingredients (9x13 dish)**

- 2 cans refrigerated cinnamon rolls (with icing packets)
- 6 eggs
- 1/2 cup heavy cream
- 1/4 cup maple syrup
- 2 teaspoons cinnamon
- 2 teaspoons vanilla extract

### **Directions**

1. Grease a 9x13 baking dish. Cut cinnamon rolls into quarters and spread evenly in the dish.
2. In a bowl, whisk eggs, cream, maple syrup, cinnamon, and vanilla.
3. Pour mixture evenly over cinnamon roll pieces.
4. Drizzle one icing packet over top. Cover with foil.

### **Freezing Instructions**

Wrap tightly in plastic wrap, then foil. Freeze unbaked.

### **Reheating Instructions**

Thaw overnight in refrigerator. Bake 350°F for 40-45 minutes. Drizzle remaining icing packet over warm casserole before serving.

## **Cinnamon Roll Bites**

*Ingredients (makes 24)*

- 1 can refrigerated biscuits
- 1/2 cup sugar
- 2 teaspoons cinnamon
- 1/4 cup melted butter

*Directions*

Cut biscuits into quarters. Toss in butter, then cinnamon sugar. Place in muffin cups. Bake 350°F for 15 minutes.

*Freezing Instructions*

Cool, wrap in foil, store in freezer bag.

*Reheating Instructions*

Bake at 325°F for 10 minutes or microwave 30 seconds.

## **Crepes**

### *Ingredients (12 crepes)*

- 1 cup flour
- 2 eggs
- 1 1/4 cups milk
- 1 tablespoon melted butter

### *Directions*

Whisk all ingredients until smooth. Cook thin rounds on nonstick skillet until set.

### *Freezing Instructions*

Layer cooled crepes with parchment between each. Freeze in gallon bag.

### *Reheating Instructions*

Microwave 15–20 seconds or warm in skillet.

## **Egg Muffins**

*Ingredients (12 muffins)*

- 12 eggs
- 1 cup diced peppers
- 1/2 cup cooked bacon or sausage
- 1 cup cheese

*Directions*

Whisk eggs. Stir in peppers, meat, and cheese. Pour into muffin tin. Bake 350°F for 20 minutes.

*Freezing Instructions*

Cool, wrap each muffin, store in freezer bag.

*Reheating Instructions*

Microwave 45–60 seconds.

## **English Muffin Sandwiches**

### **Ingredients (makes 6 sandwiches)**

- 6 English muffins
- 6 eggs
- 6 slices cheese (cheddar or American)
- 6 slices ham, bacon, or sausage patties

### **Directions**

1. Cook bacon or sausage and set aside.
2. Scramble or fry eggs in round molds for sandwich shape.
3. Toast English muffins lightly.
4. Assemble with egg, cheese, and meat.

### **Freezing Instructions**

Cool completely. Wrap each sandwich in plastic wrap, then foil. Place in labeled freezer bag.

### **Reheating Instructions**

Remove wrapping. Microwave 1-2 minutes or bake at 350°F for 10-12 minutes wrapped in foil.

## **French Toast Sticks**

*Ingredients (8 servings)*

- 8 slices bread
- 4 eggs
- 1 cup milk
- 2 teaspoons cinnamon

*Directions*

Whisk eggs, milk, cinnamon. Cut bread into strips. Dip and cook on griddle until golden.

*Freezing Instructions*

Cool, flash freeze on baking sheet, then bag.

*Reheating Instructions*

Microwave 1 minute or bake 350°F for 10 minutes.

## **Granola Bars (Homemade)**

*Ingredients (12 bars)*

- 2 cups oats
- 1/2 cup peanut butter
- 1/2 cup honey
- 1/2 cup mini chocolate chips

*Directions*

Melt peanut butter and honey. Stir in oats. Press into pan. Sprinkle with chips. Chill until firm, then cut.

*Freezing Instructions*

Wrap individually in plastic and freeze in bag.

*Reheating Instructions*

Eat straight from freezer or thaw 10 minutes.

## **Granola Yogurt Parfaits**

*Ingredients (6 servings)*

- 3 cups yogurt
- 2 cups granola
- 2 cups fruit

*Directions*

Layer yogurt, granola, and fruit in jars.

*Freezing Instructions*

Assemble in freezer-safe jars or cups. Freeze.

*Reheating Instructions*

Thaw in fridge overnight.

## **Ham and Cheese Croissant Bake**

*Ingredients (9x13 dish)*

- 6 croissants, cubed
- 1 cup diced ham
- 1 cup shredded cheese
- 6 eggs
- 2 cups milk

*Directions*

Layer croissants, ham, and cheese. Whisk eggs and milk, pour over. Bake 350°F for 40 minutes.

*Freezing Instructions*

Assemble unbaked. Wrap and freeze.

*Reheating Instructions*

Bake frozen at 350°F for 60 minutes covered.

## **Hashbrown Egg Muffins**

*Ingredients (12 muffins)*

- 2 cups shredded hashbrowns
- 12 eggs
- 1/2 cup diced ham
- 1/2 cup shredded cheese

*Directions*

Press hashbrowns into muffin tin bottoms. Bake 10 minutes at 400°F. Add whisked eggs, ham, cheese. Bake 350°F for 20 minutes.

*Freezing Instructions*

Cool, wrap each muffin, freeze in bag.

*Reheating Instructions*

Microwave 45–60 seconds.

## **Mini Pancakes**

*Ingredients (30 mini pancakes)*

- 2 cups pancake batter

*Directions*

Cook small spoonfuls of batter on griddle until golden.

*Freezing Instructions*

Cool, stack with parchment between. Bag and freeze.

*Reheating Instructions*

Microwave 30 seconds or warm in toaster.

## **Mini Quiches**

*Ingredients (12 quiches)*

- 6 eggs
- 1/2 cup milk
- 1/2 cup cheese
- 1/2 cup diced ham or spinach

*Directions*

Whisk eggs and milk. Stir in fillings. Pour into greased muffin tin. Bake 350°F for 20 minutes.

*Freezing Instructions*

Cool. Wrap each quiche and freeze.

*Reheating Instructions*

Microwave 45–60 seconds.

## **Overnight French Toast Cups**

### *Ingredients (12 cups)*

- 6 slices bread, cubed
- 4 eggs
- 1 cup milk
- 1/2 teaspoon cinnamon
- 1/4 cup sugar

### *Directions*

Layer bread cubes in muffin cups. Whisk eggs, milk, sugar, cinnamon. Pour over bread. Chill overnight. Bake 350°F for 20 minutes.

### *Freezing Instructions*

Cool baked cups. Wrap and bag.

### *Reheating Instructions*

Microwave 30–45 seconds.

## **Pumpkin Chocolate Chip Muffins**

*Ingredients (12 muffins)*

- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 cup sugar
- 1 cup pumpkin puree
- 1/2 cup oil
- 2 eggs
- 1/2 cup chocolate chips

*Directions*

Mix wet and dry ingredients separately. Combine. Fold in chips. Bake 350°F for 20 minutes.

*Freezing Instructions*

Cool. Wrap and bag.

*Reheating Instructions*

Microwave 20–30 seconds.

## **Sausage Biscuits**

### **Ingredients (makes 12 biscuits)**

- 12 baked biscuits (homemade or canned)
- 12 cooked sausage patties
- Optional: 6 slices cheese

### **Directions**

1. Bake biscuits according to package directions (or use homemade). Let cool slightly.
2. Slice each biscuit in half.
3. Place one cooked sausage patty inside each biscuit. Add cheese if desired.
4. Close biscuits to form sandwiches.

### **Freezing Instructions**

- Allow biscuits and sausage to cool completely.
- Wrap each sandwich individually in plastic wrap, then a layer of foil.
- Place wrapped biscuits into a labeled freezer bag.

### **Reheating Instructions**

- Microwave: Remove wrapping, cover lightly with a paper towel, and heat for 1-2 minutes.
- Oven/Air Fryer: Wrap in foil and heat at 350°F for 12-15 minutes until warmed through.

## **Smoothie Packs**

*Ingredients (makes 6 packs)*

- 3 bananas
- 2 cups berries
- 1 cup spinach (optional)
- 1 cup yogurt or milk (add later)

*Directions*

Portion fruit into freezer bags.

*Freezing Instructions*

Freeze flat in bags.

*Reheating Instructions*

Blend straight from frozen with yogurt or milk.

## **Waffles**

*Ingredients (12 waffles)*

- 2 cups waffle batter

*Directions*

Cook in waffle iron until golden.

*Freezing Instructions*

Cool. Freeze in single layer on baking sheet, then bag.

*Reheating Instructions*

Toast in toaster or bake 350°F for 8 minutes.

## **Yogurt & Cool Whip Freezer Cups**

### **Ingredients (12 cups)**

- 2 cups vanilla yogurt (or plain, sweetened to taste)
- 1 cup Cool Whip (thawed)
- 1 cup fruit puree or diced fruit (strawberries, blueberries, peaches, etc.)
- Optional: granola or crushed graham crackers for topping

### **Directions**

1. In a bowl, fold Cool Whip gently into yogurt until well combined.
2. Place silicone muffin liners on a baking sheet for stability.
3. Spoon mixture into liners, filling about halfway.
4. Add a spoonful of fruit puree or diced fruit on top. Sprinkle with granola or crushed graham crackers if desired.
5. Freeze until solid.

### **Freezing Instructions**

Leave in silicone liners for easy release. Once frozen, transfer cups to a labeled freezer bag for storage.

### **Reheating/Serving Instructions**

Remove from freezer and let sit at room temperature for 5-10 minutes until slightly softened. Eat straight from the liner like a frozen yogurt treat.

## Keeping Track of Your Freezer Meals

One of the best ways to stay on top of what you've prepped is to keep a simple list posted where you can see it. You might tape it to the freezer door, hang it on the inside of your pantry, or even slip it into a clear page protector and use a dry erase marker. The idea is to write down everything you've stocked — like “12 breakfast burritos” or “2 pans of French toast casserole” — and then cross off or adjust the number as your family uses them.

This doesn't have to be fancy. A notebook page, a chalkboard, or even a sticky note can work just as well as a printable sheet. What matters is that you always know what's in your freezer without having to dig through bags and containers. It saves time, prevents food waste, and gives you a quick glance at what breakfasts are ready to go.



Section 2  
Midday Gatherings  
Lunches for Sharing

## Freezer Basics You Need to Know

### How Long Do Lunch Foods Last in the Freezer?

- Soups & stews: 3–4 months
- Sandwich fillings & handhelds: 2–3 months
- Pasta & rice casseroles: 2–3 months
- Cooked chicken or beef: 3–4 months
- Grain bowls & wraps: 2–3 months

Always label each item with the name and date you froze it. A permanent marker on a freezer bag works perfectly.

### The Best Way to Wrap and Store

Freezer burn is the enemy! To keep your food fresh:

- Soups: Freeze flat in labeled bags or freezer-safe containers with 1 inch of headspace.
- Sandwiches: Wrap tightly in plastic wrap or parchment first, then foil, and store in bags.
- Casseroles: Assemble unbaked in foil pans, cover tightly with plastic wrap, then foil.
- Bowls: Freeze grains and proteins in containers, add fresh toppings when serving.

### Tips for Reheating Success

- **Soups & Stews:** Thaw overnight in fridge or heat from frozen on stovetop, stirring often.
- **Sandwiches/Handhelds:** Oven 350°F (15–20 min) wrapped in foil, or microwave 1–2 minutes unwrapped.

- **Bowls:** Microwave grain/protein base, then add fresh veggies/dressings.

- **Casseroles:** Bake covered at 350°F until hot (add 15–20 min if baking from frozen).

**Pro tip:** Let frozen items sit out for 5–10 minutes before reheating — they'll heat more evenly.

### **Rotate Your Freezer Stock (FIFO)**

Use the FIFO method: First In, First Out.

When you add new items to your freezer, slide older meals to the front. That way, nothing gets forgotten, and you always eat the oldest first.

### **How This Cookbook is Organized**

Here's how to move through this section:

1. Start with the Master Grocery List and One-Day Prep Plan — this keeps shopping simple.
2. Use the Recipes Section — all freezer-friendly lunches are clearly listed with freezing/reheating steps.
3. Track with the Freezer Inventory Sheet — always know what you've got ready to go.

By the end of these 5 days, your freezer will be stocked with hearty lunches, ready to heat and serve.

## How to Make and Freeze Lunches

### Freezer Basics

- Always cool soups, meats, and casseroles completely before freezing.
- Wrap tightly in plastic wrap, foil, or parchment to prevent freezer burn.
- Store in labeled freezer bags or airtight containers.
- Freeze soups flat, casseroles in foil pans, and sandwiches individually wrapped.
- Label everything with the recipe name and date. Most lunches keep well for 2–3 months.

### Freezing and Reheating Guidelines

- **Soups:** Freeze flat in bags. Thaw overnight or simmer from frozen.
- **Sandwiches/Handhelds:** Wrap individually in plastic + foil. Reheat in microwave (1–2 min) or oven (350°F for 15–20 min).
- **Casseroles:** Assemble but do not bake. Wrap in plastic + foil. Bake from frozen at 350°F for 60–70 minutes covered.
- **Bowls & Wrap Kits:** Freeze proteins and grains. Add lettuce, dressings, or toppings fresh at serving.

## **5-Day Freezer Prep Plan - Lunches**

This plan is designed so you can stock your freezer with lunches in just five days.

### **Day 1 - Soups & Stews**

Creamy Tomato Soup, Cabbage Vegetable Soup, Vegetable Beef Soup, Chicken Noodle Soup, Chili, Potato Soup with Bacon & Cheese

### **Day 2 - Sandwiches & Hot Pockets**

Sloppy Joe Meat, BBQ Pulled Chicken Sandwiches, Stroganoff Sandwiches, Ham & Cheese Pockets, Pizza Pockets, Poor Boy Subs

### **Day 3 - Wraps & Handhelds**

Chicken Quesadillas, Meatball Subs, Taco Hand Pies, Mini Calzones, Asian Lettuce Wrap Kits, Grilled Chicken Sandwiches

### **Day 4 - Bowls & Salads (Freeze Components)**

Taco Salad Kits, Chicken Caesar Salad Kits, Greek Bowls, Teriyaki Chicken & Rice Bowls, Southwest Quinoa Bowls, Egg Roll in a Bowl

### **Day 5 - Hot Lunches & Skillet Meals**

Shepherd's Pie, Enchilada Casserole, Chicken Pot Pie Hand Pies, Broccoli Rice Casserole, Chicken Alfredo Pasta Bake, BBQ Meatloaf Muffins

## **Master Grocery List - Lunches**

This list covers the full five-day lunch prep plan. Quantities can be adjusted to fit your family size.

### **Proteins**

- 6 pounds ground beef (soups, chili, meatballs, casseroles)
- 4 pounds chicken breasts (soups, casseroles, sandwiches, bowls)
- 2 pounds chicken thighs (teriyaki bowls, pot pie)
- 2 pounds sausage (egg roll in a bowl, pasta bakes)
- 2 pounds deli ham (subs, sandwiches)
- 1 pound salami (poor boy subs)
- 1 pound bacon (potato soup, casseroles)
- 2 pounds shredded cheese (cheddar, mozzarella, provolone, Parmesan)

### **Dairy**

- 1 gallon milk (soups, casseroles, sauces)
- 1 pint heavy cream (tomato soup, potato soup, Alfredo)
- 2 blocks cream cheese (poor boy subs, pasta bake)
- 1 pound butter (soups, sauces, sandwiches)

### **Grains & Breads**

- 2 loaves sandwich bread
- 2 packs sub rolls or hoagie buns (12 total)
- 1 pack hamburger buns (8 count)
- 1 pack Hawaiian rolls (12 count, for sliders)
- 1-2 packs tortillas (20 count, for wraps, quesadillas)

- 2 cans crescent roll or pizza dough (for pockets, hand pies, calzones)
- 1 box elbow macaroni (for chili mac or casseroles)
- 1 box penne or ziti pasta (for Alfredo bake, casseroles)
- 1 bag rice (5 lb – used in bowls and casseroles)
- 1 bag quinoa (optional, for Southwest bowls)

### **Produce**

- 2 onions (soups, casseroles)
- 2 bell peppers (soups, casseroles, subs)
- 3 carrots (soups, casseroles)
- 3 stalks celery (soups)
- 1 small head cabbage (cabbage soup, egg roll in a bowl)
- 2–3 potatoes (potato soup, shepherd's pie)
- 1 small bag frozen mixed vegetables (cabbage soup, pot pie)
- 1 small bag frozen broccoli (broccoli rice casserole)
- 1 bag shredded lettuce (for taco/Caesar salad kits – use fresh at serving)
- 1 bag spinach (optional, bowls, casseroles)
- 1 lemon (for Greek bowls, dressing)

### **Pantry**

- 2 cans diced tomatoes
- 2 cans tomato sauce
- 1 large can crushed tomatoes
- 2 cans cream of mushroom soup
- 2 cans cream of chicken soup

- 1 can corn (for bowls/casseroles)
- 1 can black beans (for quinoa bowls, tacos)
- 1 jar pasta sauce (Alfredo or marinara)
- 1 jar salsa (quinoa bowls, taco salad)
- 1 jar mustard (for poor boy subs spread)
- 1 jar mayonnaise (for chicken salad wraps, Caesar kits)
- 1 jar Worcestershire sauce
- 1 jar soy sauce or teriyaki sauce
- 1 jar beef or chicken bouillon
- 1 jar Italian seasoning
- 1 jar chili powder/cumin/paprika (for chili, taco, egg roll in a bowl)
- 1 jar garlic powder & onion powder
- Salt & pepper

## Daily Cooking Schedules for Freezer Lunches

### Day 1 - Soups & Stews

**Goal:** Stock the freezer with a variety of hearty soups in one efficient cooking session.

#### Step 1 - Prep (20 min)

- Set out large soup pots and cutting boards.
- Chop onions, carrots, celery, cabbage, potatoes, and peppers.
- Cook and drain ground beef or sausage as needed.
- Gather broth, tomato products, and seasonings.

#### Step 2 - Cook Soups (20-30 min each)

- Creamy Tomato Soup
- Cabbage Vegetable Soup
- Vegetable Beef Soup
- Chicken Noodle Soup
- Chili (beef or turkey)
- Potato Soup with Bacon & Cheese

#### Step 3 - Cool & Freeze (30 min)

Cool completely. Ladle into quart freezer bags or containers. Lay bags flat to freeze, then stack upright.

**Result:** 25-30 servings of soup, ready to thaw and heat for quick lunches.

### Day 2 - Sandwiches & Hot Pockets

**Goal:** Prep hearty hot sandwiches and freezer-friendly handhelds.

### **Step 1 – Prep (20 min)**

- Cook ground beef for Sloppy Joes.
- Cook and shred chicken for BBQ sandwiches.
- Prepare stroganoff filling with beef and gravy.
- Set out dough, buns, and rolls.

### **Step 2 – Assemble (15–20 min each)**

- Sloppy Joe Meat (freeze filling in bags)
- BBQ Pulled Chicken Sandwiches
- Stroganoff Sandwiches
- Ham & Cheese Pockets
- Pizza Pockets
- Poor Boy Subs (cream cheese–mustard spread, layered meats, wrapped and frozen)

### **Step 3 – Wrap & Freeze (30 min)**

Cool completely. Wrap each in plastic wrap, then foil. Store in labeled freezer bags.

**Result:** 20–25 hearty sandwiches and pockets, ready to heat and serve.

## **Day 3 – Wraps & Handhelds**

**Goal:** Fill the freezer with easy-to-grab wraps and subs.

### **Step 1 – Prep (20 min)**

- Cook chicken for quesadillas and grilled sandwiches.
- Prepare meatballs and sauce for subs.
- Cook taco meat for hand pies.
- Roll out dough for calzones.

### **Step 2 - Assemble (15-20 min each)**

- Chicken Quesadillas
- Meatball Subs
- Taco Hand Pies
- Mini Calzones
- Asian Lettuce Wrap Kits (freeze filling only)
- Grilled Chicken Sandwiches

### **Step 3 - Wrap & Freeze (30 min)**

Wrap individually in foil or bag by portions. Label clearly.

**Result:** 20+ wraps and handhelds for quick, filling lunches.

### **Day 4 - Bowls & Salads (Freeze Components)**

**Goal:** Prep mix-and-match bowls with freezer-friendly bases.

#### **Step 1 - Prep (20 min)**

- Cook proteins (chicken, beef, sausage).
- Cook rice and quinoa.
- Portion out taco meat and stir-fry bases.

#### **Step 2 - Assemble (15-20 min each)**

- Taco Salad Kits (meat + beans + cheese; add lettuce fresh; chips can be frozen crushed if needed)
- Chicken Caesar Salad Kits (chicken + dressing; add lettuce fresh)
- Greek Bowls (chicken, rice, seasoning; add cucumber/tomato fresh)
- Teriyaki Chicken & Rice Bowls
- Southwest Quinoa Bowls

- Egg Roll in a Bowl (cabbage + sausage skillet filling)

### **Step 3 – Package (20 min)**

Freeze grain + protein bases in containers. Note toppings to add fresh.

**Result:** 15–20 lunch bowls, easy to reheat and top with fresh ingredients.

## **Day 5 – Hot Lunches & Skillet Meals**

**Goal:** Prepare family-style casseroles and individual hot lunches.

### **Step 1 – Prep (20 min)**

- Cook meats and chop vegetables.
- Boil pasta or rice for casseroles.
- Grease foil pans or muffin tins.

### **Step 2 – Assemble (15–20 min each)**

- Shepherd’s Pie
- Enchilada Casserole
- Chicken Pot Pie Hand Pies
- Broccoli Rice Casserole
- Chicken Alfredo Pasta Bake
- BBQ Meatloaf Muffins

### **Step 3 – Wrap & Freeze (30 min)**

Cover casseroles tightly in plastic wrap, then foil. Freeze meatloaf muffins on trays before bagging.

**Result:** 6 hearty family-sized meals plus several  
**Freezer Lunches Made Simple**

When lunchtime hits, it's often the hardest meal to stop and prepare. Whether you're working, homeschooling, or running errands, having freezer-ready soups, sandwiches, wraps, bowls, and hot meals makes all the difference.

This plan is designed to give you **5 full days of prep** that will leave your freezer stocked with lunch options you can grab, heat, and serve – no stress required.

The recipes are versatile and family-friendly, so you can mix and match to fit your taste. With this plan, you'll never wonder what's for lunch again.

## **By the End of the 5-Day Lunch Prep**

You'll have:

- **Soups & Stews:** A variety of comforting options for quick warm-ups.
- **Sandwiches & Hot Pockets:** Individually wrapped, heat-and-serve handhelds.
- **Wraps & Handhelds:** Quick grab-and-go meals for busy days.
- **Bowls & Salads:** Bases ready to reheat, with fresh toppings added at serving.
- **Hot Lunches & Skillet Meals:** Casseroles and hearty meals perfect for family portions.

All together, this plan gives you **100+ portions of lunch foods** ready in your freezer. That means weeks of stress-free meals, whether you're feeding kids at home, packing work lunches, or just want a quick and hearty option without extra cooking.

## **Creamy Tomato Soup**

### **Ingredients**

- 2 tbsp butter
- 2 tbsp flour
- 1 tbsp sugar
- 1/8 tsp baking soda
- 2 cups milk
- 1 can (15 oz) tomato sauce
- 1/2 tsp dried basil
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Salt & pepper, to taste

### **Directions**

1. In a saucepan, melt butter. Stir in flour and cook 1-2 minutes.
2. Add sugar and baking soda. Slowly whisk in milk until smooth.
3. Stir in tomato sauce and spices. Simmer 10-15 minutes, stirring often.

### **Freezing Instructions**

Cool completely. Portion into quart freezer bags or containers, freeze flat.

### **Reheating**

Thaw overnight. Warm gently on the stovetop, adding a splash of milk if too thick.

## **Cabbage Vegetable Soup**

### **Ingredients**

- 1 tbsp olive oil
- 1/2 head cabbage, chopped
- 2 cups frozen mixed vegetables
- 1 can (15 oz) diced tomatoes
- 6 cups broth (chicken or vegetable)
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt, pepper, and paprika to taste

### **Directions**

1. Heat oil in a large pot. Add cabbage and cook 5 minutes.
2. Add mixed veggies, tomatoes, broth, and seasonings.
3. Simmer 25–30 minutes until cabbage is tender.

### **Freezing Instructions**

Cool soup completely. Portion into containers or freezer bags. Lay flat to freeze.

### **Reheating**

Thaw in fridge overnight. Warm on stovetop until heated through.

## **Vegetable Beef Soup**

### **Ingredients**

- 1 lb ground beef (or stew meat, browned)
- 1 onion, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 can (15 oz) diced tomatoes
- 6 cups beef broth
- 2 cups frozen mixed vegetables
- 1 tsp Italian seasoning
- Salt & pepper, to taste

### **Directions**

1. Brown beef with onion in a large pot. Drain excess grease.
2. Add carrots, celery, tomatoes, broth, and seasoning. Simmer 20 minutes.
3. Stir in frozen vegetables and cook another 10-15 minutes.

### **Freezing Instructions**

Cool completely. Freeze in portioned bags or containers.

### **Reheating**

Thaw overnight. Warm on stovetop until hot.

# Chicken Noodle Soup

## Ingredients

- 1 lb chicken breast, cooked & shredded
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 6 cups chicken broth
- 2 cups egg noodles, cooked just until tender
- 1 tsp garlic powder
- 1 tsp dried parsley
- Salt & pepper, to taste

## Directions

1. In a large pot, sauté onion, carrot, and celery until softened.
2. Add chicken, broth, garlic powder, parsley, salt & pepper.
3. Simmer 20 minutes. Stir in noodles just before serving or before freezing.

## Freezing Instructions

Cool completely. If freezing, keep noodles separate to avoid mushiness. Freeze broth + chicken + veggies together.

## Reheating

Thaw overnight. Heat soup and add cooked noodles when serving.

## Chili

### Ingredients

- 1 lb ground beef or turkey
- 1 onion, diced
- 2 cans (15 oz) diced tomatoes
- 1 can (15 oz) kidney beans, drained (optional)
- 1 can (8 oz) tomato sauce
- 1 cup beef broth
- 2 tbsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt & pepper, to taste

### Directions

1. Brown meat and onion in a large pot. Drain grease.
2. Add tomatoes, beans (if using), tomato sauce, broth, and spices.
3. Simmer 30–40 minutes until thick.

### Freezing Instructions

Cool completely. Freeze in quart-size bags or containers.

### Reheating

Thaw overnight. Reheat on stovetop or in slow cooker until bubbling.

## Potato Soup with Bacon & Cheese

### Ingredients

- 4 medium potatoes, peeled & diced
- 1 onion, diced
- 4 cups chicken broth
- 1 cup milk or cream
- 1 cup shredded cheddar cheese
- 4 slices bacon, cooked & crumbled
- 1 tsp garlic powder
- Salt & pepper, to taste

### Directions

1. In a large pot, combine potatoes, onion, and broth. Simmer 20 minutes until potatoes are soft.
2. Mash some potatoes in the pot for creaminess.
3. Stir in milk, cheese, bacon, garlic powder, salt & pepper. Heat through.

### Freezing Instructions

Cool completely. Portion into containers. Potato soups may separate slightly but stir well when reheating.

### Reheating

Thaw overnight. Heat gently on stovetop, adding extra milk if needed.

## Sloppy Joe Meat

### Ingredients

- 1 lb ground beef
- 1 small onion, diced
- 1/2 cup ketchup
- 2 tbsp brown sugar
- 1 tbsp mustard
- 1 tbsp Worcestershire sauce
- Salt & pepper, to taste

### Directions

1. Brown ground beef with onion. Drain grease.
2. Stir in ketchup, brown sugar, mustard, Worcestershire, salt & pepper. Simmer 10 minutes.

### Freezing Instructions

Cool completely. Portion filling into freezer bags, freeze flat.

### Reheating

Thaw overnight. Reheat in skillet. Serve on buns.

## **BBQ Pulled Chicken Sandwiches**

### **Ingredients**

- 2 chicken breasts (1 lb)
- 1/2 cup BBQ sauce
- 1/2 cup chicken broth
- 1 tsp garlic powder
- 1 tsp onion powder

### **Directions**

1. Cook chicken in slow cooker with broth, BBQ sauce, and seasonings (4–6 hrs on low).
2. Shred and stir into sauce.

### **Freezing Instructions**

Cool and portion into freezer bags. Freeze flat.

### **Reheating**

Thaw and warm in skillet or microwave. Serve on buns.

## Stroganoff Sandwiches

### Ingredients

- 1 lb ground beef or steak strips
- 1 small onion, diced
- 1 can cream of mushroom soup
- 1/2 cup sour cream
- 1/2 tsp garlic powder
- Salt & pepper, to taste
- Hamburger buns

### Directions

1. Brown beef with onion. Drain grease.
2. Stir in soup, sour cream, garlic, salt, and pepper. Simmer 5 minutes.
3. Spoon onto hamburger buns.

### Freezing Instructions

Cool filling completely. Freeze filling in bags.

Assemble on buns after reheating, or freeze whole sandwiches wrapped individually.

### Reheating

Thaw filling, reheat, and serve on buns. If freezing sandwiches assembled, reheat wrapped in foil at 350°F until hot.

## **Ham & Cheese Pockets**

### **Ingredients**

- 1 tube pizza dough or crescent rolls
- 8 slices ham
- 8 slices cheese (cheddar or Swiss)

### **Directions**

1. Roll out dough and cut into rectangles.
2. Place ham and cheese in center, fold dough over, and seal edges.
3. Bake at 375°F for 12-15 minutes until golden.

### **Freezing Instructions**

Cool completely. Wrap individually in plastic, then foil.

### **Reheating**

Thaw or bake from frozen at 350°F for 20 minutes.

## **Pizza Pockets**

### **Ingredients**

- 1 tube pizza dough
- 1/2 cup pizza sauce
- 1 cup shredded mozzarella
- Pepperoni or cooked sausage

### **Directions**

1. Cut dough into rectangles.
2. Add sauce, cheese, and toppings. Fold over and seal.
3. Bake at 375°F for 12-15 minutes.

### **Freezing Instructions**

Cool and wrap individually in plastic + foil.

### **Reheating**

Bake from frozen at 350°F for 20 minutes or microwave 2 minutes.

## **Poor Boy Subs**

### **Ingredients**

- Sub buns (6-8)
- 1 pkg cream cheese (8 oz)
- 1/2 stick butter, softened
- 1 tbsp mustard
- Sliced ham, salami, and provolone cheese

### **Directions**

1. Mix cream cheese, butter, and mustard into a spread.
2. Spread on buns. Layer ham, salami, and provolone.
3. Wrap tightly in foil.

### **Freezing Instructions**

Freeze assembled sandwiches wrapped in foil, then bagged.

### **Reheating**

Bake wrapped in foil at 350°F for 20 minutes, or until heated through.

## **Chicken Quesadillas**

### **Ingredients**

- 2 cups cooked, shredded chicken
- 1 cup shredded cheese
- 1/2 cup salsa or diced peppers/onions
- 8 flour tortillas

### **Directions**

1. Place chicken, cheese, and salsa between tortillas.
2. Cook on skillet until golden and cheese is melted.
3. Cut into wedges.

### **Freezing Instructions**

Cool completely. Wrap each quesadilla in plastic, then foil. Freeze in a bag.

### **Reheating**

Bake at 375°F for 10–12 minutes or heat in a skillet until crisp.

## **Meatball Subs**

### **Ingredients**

- 1 lb frozen meatballs
- 2 cups marinara sauce
- 6 sub rolls
- 1 cup shredded mozzarella

### **Directions**

1. Heat meatballs in marinara sauce.
2. Spoon into rolls, top with mozzarella.
3. Wrap in foil.

### **Freezing Instructions**

Cool completely. Wrap each sub tightly in foil and freeze in a bag.

### **Reheating**

Bake wrapped at 350°F for 25 minutes or until hot.

## **Taco Hand Pies**

### **Ingredients**

- 1 lb ground beef
- 1 packet taco seasoning
- 1 can crescent roll or biscuit dough
- 1 cup shredded cheese

### **Directions**

1. Cook beef with taco seasoning.
2. Place spoonfuls of meat and cheese inside dough squares.
3. Fold and pinch edges. Bake at 375°F for 12–15 minutes.

### **Freezing Instructions**

Cool. Wrap each hand pie in plastic, then foil.

### **Reheating**

Bake from frozen at 350°F for 20 minutes.

## **Mini Calzones**

### **Ingredients**

- 1 tube pizza dough
- 1/2 cup pizza sauce
- 1 cup mozzarella
- Fillings: pepperoni, sausage, or veggies

### **Directions**

1. Cut dough into circles.
2. Fill with sauce, cheese, and toppings.
3. Fold and seal edges. Bake at 375°F for 15 minutes.

### **Freezing Instructions**

Cool, wrap individually, and store in bags.

### **Reheating**

Bake at 350°F for 20 minutes from frozen.

## Asian Lettuce Wrap Filling

### Ingredients

- 1 lb ground chicken or pork
- 2 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1 tsp garlic powder
- 1 tsp ginger
- 1/2 cup shredded carrots
- 1/2 cup diced onion

### Directions

1. Cook ground meat with onion until browned.
2. Stir in carrots, soy sauce, hoisin, garlic, and ginger. Cook 5 minutes.

### Freezing Instructions

Cool and freeze filling in bags. Do not freeze lettuce.

### Reheating

Warm filling in skillet and serve in fresh lettuce leaves.

## **Grilled Chicken Sandwiches**

### **Ingredients**

- 2 lbs chicken breast, marinated (Italian dressing or preferred marinade)
- 1 tbsp olive oil
- Buns and toppings (add fresh later)

### **Directions**

1. Grill or pan-cook chicken until fully cooked.
2. Cool completely. Slice or leave whole.

### **Freezing Instructions**

Wrap each chicken breast individually in plastic and foil. Freeze in bags.

### **Reheating**

Thaw overnight. Reheat in skillet or oven. Assemble sandwiches fresh with buns and toppings.

## Taco Salad Kits

### Ingredients

- 1 lb ground beef or turkey
- 1 packet taco seasoning
- 1 can black beans, drained (optional)
- 1 cup shredded cheese
- Crushed tortilla chips (optional, freeze if you worry they'll get eaten early)

### Directions

1. Cook beef with seasoning. Add beans if using.
2. Cool completely and portion into freezer bags.
3. Package cheese and chips separately.

### Freezing Instructions

Freeze taco meat flat. Cheese and crushed chips can be frozen separately. Lettuce should be added fresh.

### Reheating

Warm taco meat in skillet. Assemble salad with fresh lettuce, thawed cheese, and chips.

## **Chicken Caesar Salad Kits**

### **Ingredients**

- 2 chicken breasts, cooked and diced
- 1/4 cup Caesar dressing (store-bought or homemade)
- 1/2 cup shredded parmesan cheese
- Croutons (added fresh)

### **Directions**

1. Cook chicken and cool completely.
2. Portion chicken and cheese into freezer bags.
3. Keep dressing in a small container.

### **Freezing Instructions**

Freeze chicken and cheese. Add lettuce and croutons fresh.

### **Reheating**

Thaw chicken overnight. Reheat if desired or serve chilled. Toss with lettuce, dressing, and croutons.

## **Greek Bowls**

### **Ingredients**

- 2 cups cooked chicken (marinated in lemon/oregano)
- 2 cups cooked rice
- 1/2 cup kalamata olives
- 1/2 cup feta cheese
- Cucumber and tomato (added fresh)

### **Directions**

1. Cook chicken and rice. Cool completely.
2. Portion into freezer containers with olives and feta.

### **Freezing Instructions**

Freeze bowls without cucumber/tomato.

### **Reheating**

Thaw overnight. Microwave until warm. Add fresh cucumber and tomato before serving.

## **Teriyaki Chicken & Rice Bowls**

### **Ingredients**

- 2 cups cooked chicken breast or thighs
- 2 cups cooked rice
- 1/2 cup teriyaki sauce
- 1 cup frozen stir-fry vegetables

### **Directions**

1. Cook chicken and chop. Mix with teriyaki sauce.
2. Portion chicken, rice, and veggies into bowls.

### **Freezing Instructions**

Freeze flat in containers.

### **Reheating**

Microwave from frozen or thawed until hot. Stir and serve.

## Southwest Quinoa Bowls

### Ingredients

- 2 cups cooked quinoa
- 1 cup cooked chicken or turkey
- 1 can black beans, drained
- 1 cup corn
- 1/2 cup shredded cheese
- Salsa (fresh at serving)

### Directions

1. Cook quinoa and protein.
2. Mix with beans, corn, and cheese.
3. Portion into freezer containers.

### Freezing Instructions

Freeze in meal-size portions. Add salsa fresh when serving.

### Reheating

Thaw overnight or microwave straight from freezer until hot.

## **Egg Roll in a Bowl**

### **Ingredients**

- 1 lb sausage or ground pork
- 1/2 head cabbage, shredded (or bagged coleslaw mix)
- 1 tbsp soy sauce
- 1 tsp garlic powder
- 1 tsp ginger
- 1/2 cup shredded carrots

### **Directions**

1. Cook sausage in skillet until browned.
2. Add cabbage, carrots, soy sauce, garlic, and ginger. Stir-fry 5-7 minutes until cabbage is tender.

### **Freezing Instructions**

Cool completely. Freeze filling in bags flat.

### **Reheating**

Thaw overnight and reheat in skillet. Serve as-is or wrapped in lettuce leaves.

## **Mac & Cheese Cups**

### **Ingredients**

- 1 box macaroni
- 2 cups shredded cheddar
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk
- Salt & pepper to taste

### **Directions**

1. Cook macaroni and drain.
2. Make cheese sauce: melt butter, whisk in flour, add milk, stir until thick. Add cheese.
3. Mix pasta with cheese sauce. Spoon into muffin tins for individual cups.

### **Freezing Instructions**

Freeze cups on baking sheet until solid, then store in freezer bags.

### **Reheating**

Microwave 1–2 minutes or bake at 350°F for 10 minutes.

## **Baked Ziti**

### **Ingredients**

- 1 lb pasta (ziti or penne)
- 2 cups marinara sauce
- 1 cup ricotta or cottage cheese
- 2 cups shredded mozzarella
- 1/2 cup parmesan

### **Directions**

1. Cook pasta and drain.
2. Mix pasta with marinara and ricotta.
3. Spread in baking dish, top with mozzarella and parmesan.

### **Freezing Instructions**

Cover tightly with plastic wrap and foil. Freeze before baking.

### **Reheating**

Bake from frozen at 350°F for 60 minutes, covered.

## Chicken Pot Pie Filling

### Ingredients

- 2 cups cooked chicken, diced
- 1 onion, diced
- 2 cups frozen mixed veggies
- 1 can cream of chicken soup
- 1 cup milk
- 1 tsp garlic powder
- Salt & pepper to taste
- 1 prepared pie crust (or puff pastry, added later)

### Directions

1. Sauté onion until softened.
2. Stir in chicken, veggies, soup, milk, and seasonings. Simmer 10 minutes.

### Freezing Instructions

Cool and freeze filling in bags. Freeze pie crust separately.

### Reheating

Thaw filling, place in crust, and bake at 375°F for 35–40 minutes.

## **Beef & Rice Skillet**

### **Ingredients**

- 1 lb ground beef
- 1 onion, diced
- 2 cups cooked rice
- 1 can diced tomatoes
- 1 cup shredded cheese
- 1 tsp garlic powder
- Salt & pepper to taste

### **Directions**

1. Brown beef with onion. Drain grease.
2. Stir in rice, tomatoes, and seasonings.
3. Top with cheese before serving.

### **Freezing Instructions**

Cool and portion into freezer containers.

### **Reheating**

Microwave or warm in skillet until hot.

## **Chicken Fried Rice**

### **Ingredients**

- 2 cups cooked rice
- 1 cup diced chicken
- 1 cup frozen peas & carrots
- 2 eggs, scrambled
- 2 tbsp soy sauce
- 1 tsp sesame oil

### **Directions**

1. Stir-fry chicken and vegetables.
2. Add rice, soy sauce, and sesame oil. Stir well.
3. Mix in scrambled eggs.

### **Freezing Instructions**

Cool completely. Portion into freezer bags flat.

### **Reheating**

Microwave or stir-fry until hot.

## **Lasagna Roll-Ups**

### **Ingredients**

- 8 lasagna noodles, cooked
- 1 cup ricotta cheese
- 1 cup mozzarella
- 1/2 cup parmesan
- 2 cups marinara sauce

### **Directions**

1. Spread ricotta on each noodle, sprinkle with mozzarella and parmesan.
2. Roll up noodles and place in baking dish with marinara sauce.
3. Top with extra sauce and cheese.

### **Freezing Instructions**

Cover dish with plastic wrap and foil. Freeze before baking.

### **Reheating**

Bake from frozen at 350°F for 60 minutes, covered.

## **Burritos**

### **Ingredients**

- 1 lb ground beef, chicken, or beans
- 1 packet taco seasoning
- 2 cups cooked rice
- 1 cup shredded cheese
- 8 large flour tortillas

### **Directions**

1. Cook protein with seasoning.
2. Lay out tortillas, fill with rice, protein, and cheese.
3. Roll tightly and wrap in foil.

### **Freezing Instructions**

Freeze burritos individually wrapped in foil, then bag.

### **Reheating**

Bake at 375°F for 25 minutes or microwave 2–3 minutes.

## **Stromboli**

### **Ingredients**

- 1 tube pizza dough
- 1/2 cup marinara sauce
- 1 cup shredded mozzarella
- Fillings: pepperoni, ham, sausage, or veggies

### **Directions**

1. Roll out dough. Spread sauce, cheese, and fillings.
2. Roll up jelly-roll style and pinch edges.
3. Bake at 375°F for 20–25 minutes.

### **Freezing Instructions**

Cool and wrap whole stromboli in foil, then bag.

### **Reheating**

Bake wrapped at 350°F for 30 minutes or slice and reheat.

## Chicken Wraps

### Ingredients

- 2 cups cooked chicken, diced
- 1/2 cup ranch or Caesar dressing
- 1 cup shredded cheese
- 6 flour tortillas

### Directions

1. Mix chicken, dressing, and cheese.
2. Fill tortillas and wrap tightly.

### Freezing Instructions

Wrap each in plastic wrap, then foil. Freeze in bags.

### Reheating

Microwave 2 minutes or bake at 350°F for 15 minutes.

## **Shepherd's Pie Cups**

### **Ingredients**

- 1 lb ground beef
- 2 cups frozen mixed veggies
- 1 packet brown gravy mix
- 3 cups mashed potatoes

### **Directions**

1. Cook beef and drain. Add veggies and gravy.
2. Spoon into muffin tins. Top with mashed potatoes.
3. Bake at 375°F for 20 minutes.

### **Freezing Instructions**

Freeze cups on tray, then bag.

### **Reheating**

Microwave 1-2 minutes or bake at 350°F for 15 minutes.

## **BBQ Meatloaf Muffins**

### **Ingredients**

- 1 lb ground beef or turkey
- 1/2 cup breadcrumbs
- 1 egg
- 1/4 cup BBQ sauce
- 1 tsp garlic powder, salt, pepper

### **Directions**

1. Mix ingredients. Scoop into muffin tin.
2. Top with extra BBQ sauce.
3. Bake at 375°F for 20–25 minutes.

### **Freezing Instructions**

Cool and freeze on tray, then bag.

### **Reheating**

Microwave 1–2 minutes or bake at 350°F for 15 minutes.

## **Enchilada Casserole**

### **Ingredients**

- 1 lb ground beef or shredded chicken
- 2 cups enchilada sauce
- 6 corn tortillas, torn
- 1 cup shredded cheese
- 1 can black beans (optional)

### **Directions**

1. Layer tortillas, meat, sauce, beans, and cheese in baking dish.
2. Repeat layers until dish is full. Top with cheese.

### **Freezing Instructions**

Wrap dish in plastic wrap, then foil. Freeze before baking.

### **Reheating**

Bake from frozen at 350°F for 60 minutes, covered.



Section 3  
Around the Table  
Suppers & Dinner Favorites

## Freezer Basics You Need to Know – Dinners

### How Long Do Dinner Foods Last in the Freezer?

- **Casseroles & pasta bakes:** 3 months
- **Cooked meats (beef, chicken, sausage, meatballs):** 3–4 months
- **Rice & grain bowls:** 3 months
- **Twice-baked potatoes & stuffed shells:** 2–3 months
- **Marinated raw chicken or beef (in freezer bags):** 4 months

Always label each item with the name and date you froze it. A permanent marker on a freezer bag works perfectly.

### The Best Way to Wrap and Store

Freezer burn is the enemy! To keep your food fresh:

- Wrap casseroles tightly in **plastic wrap**, then cover with foil or use foil pans with lids.
- Portion meats, sauces, and fillings into **flat freezer bags** so they stack neatly.
- For stuffed shells or twice-baked potatoes, flash-freeze on trays first, then bag.
- Label with recipe name and date before freezing.

## Tips for Reheating Success

- **Casseroles:** Bake from frozen, covered, at 350°F for 60–75 minutes, uncover last 10 for browning.
- **Meats & sauces:** Thaw overnight in fridge; reheat on stovetop with a splash of broth or water.
- **Pasta or rice dishes:** Reheat in oven or microwave with a sprinkle of cheese or broth to keep moist.
- **Skillet meals:** Best reheated stovetop, medium heat, stirring often.

*Pro tip:* Let frozen items sit on the counter for 10 minutes before baking or reheating. They'll cook more evenly.

## Rotate Your Freezer Stock (FIFO)

Use the FIFO method: *First In, First Out*.

When you add new dinners to your freezer, slide older meals toward the front. That way, nothing gets forgotten, and you always eat the oldest meals first.

## How This Cookbook is Organized

Here's how to move through the Dinner section:

1. Start with the **Master Grocery List** and **5-Day Prep Plan** – this helps you shop smart and organize your cooking days.

2. Use the **Recipes Section** — all freezer-friendly dinners are listed with step-by-step instructions.
3. Track with the **Freezer Inventory Sheet** — print or copy it to always know what's on hand.

By the end of your first cooking session, you'll have a stocked freezer, calmer evenings, and more time to enjoy dinner without stress.

## **5-Day Freezer Prep Plan - Dinners**

This plan is designed so you can stock your freezer with hearty, family-style dinners in just five days. Each day focuses on one category so you can batch-prepare efficiently without getting overwhelmed.

### **Day 1 - Pasta & Italian Favorites**

Spaghetti with Meat Sauce, Pizza Casserole, Deep Dish Pizza Pasta, Baked Ziti, Lasagna Roll-Ups, Pizza-Stuffed Shells

### **Day 2 - Casseroles & Comfort Meals**

Shepherd's Pie, Burrito Casserole, Chicken & Broccoli Rice Bake, Cheesy Hashbrown Ham Casserole, Enchilada Casserole, Creamy Chicken Stuffing Bake

### **Day 3 - Meatballs & Meatloaves**

Italian Meatballs, Swedish Meatballs, Porcupine Meatballs, BBQ Meatballs, Classic Meatloaf, Cheeseburger Meatloaf, Gyro Burgers

### **Day 4 - Chicken Dinners**

Chicken Enchiladas, Hawaiian Haystacks, Chicken Chimichangas, Crack Chicken, Parmesan Chicken Bake, Jambalaya-Style Chicken & Sausage, Ranch Chicken Bites

## **Day 5 - Extras & Family Favorites**

Cabbage Rolls, Twice-Baked Potatoes, Chicken Pillows, Stromboli, Pan Pizza, Shredded Chicken Packs (for salads, wraps, or casseroles), Slow Cooker Beef Dip

By the end of these 5 prep days, you'll have **50+ hearty dinner options** stocked in your freezer – everything from casseroles and pastas to chicken favorites and comfort classics.

That means weeks of stress-free evenings, whether you're feeding a hungry family after school activities, serving a crowd, or just want a home-cooked meal without the work.

## Master Grocery List - Dinners

This list covers the full five-day dinner prep plan. Quantities can be adjusted depending on your family size and how many pans/portions you want to stock.

### Proteins

- 10 lbs ground beef (spaghetti, casseroles, meatballs, meatloaf, tacos)
- 6 lbs chicken breasts (enchiladas, casseroles, shredded chicken packs)
- 3 lbs chicken thighs (jambalaya, slow-cooker meals, crack chicken)
- 2 lbs Italian sausage (pizza casseroles, pasta bakes, jambalaya)
- 2 lbs deli ham (hashbrown casseroles, pizza pasta)
- 1 lb salami/pepperoni (pizza bakes, stromboli)
- 1 lb bacon (cheeseburger pasta, toppings, potatoes)
- 2 lbs shredded cheese (cheddar, mozzarella, provolone, Swiss, Parmesan, feta)
- 1 lb cream cheese (stuffed shells, creamy casseroles)

### Dairy

- 1 gallon milk (casseroles, sauces)
- 1 pint heavy cream (Alfredo, creamy pastas)
- 1 lb sour cream (enchiladas, casseroles)
- 2 lbs butter (sauces, casseroles, potatoes)

## Grains & Breads

- 2 loaves sandwich bread (garlic bread, sides)
- 2 packs tortillas (enchiladas, chimichangas, burritos)
- 2 packs crescent roll or pizza dough (chicken pillows, pan pizza, stromboli)
- 2 lbs spaghetti noodles
- 3 lbs pasta (ziti, penne, shells for bakes/stuffed shells)
- 5 lbs rice (casseroles, jambalaya, haystacks)
- 1 bag hashbrowns (ham casserole, cheesy bakes)
- 1 bag tater tots (optional swaps for casseroles)

## Produce

- 4 onions (meatballs, casseroles, sauces)
- 2 bell peppers (casseroles, jambalaya, pasta)
- 2 carrots (sauces, casseroles)
- 3 stalks celery (jambalaya, casseroles)
- 1 head cabbage (cabbage rolls, stir fry base)
- 6 potatoes (twice-baked, shepherd's pie)
- 1 bag frozen broccoli (casseroles, Alfredo bake)
- 1 lemon (Greek chicken, dressings)
- Fresh parsley (optional garnish)

## Pantry

- 3 cans tomato sauce
- 3 cans diced tomatoes
- 1 large can crushed tomatoes
- 2 jars pasta sauce (marinara & Alfredo)

- 2 cans cream of mushroom soup
- 2 cans cream of chicken soup
- 2 cans enchilada sauce
- 1 can black beans (Mexican bakes, haystacks)
- 1 can corn (casseroles, haystacks)
- 1 jar salsa (Mexican chicken, shells)
- 1 jar Worcestershire sauce (meatloaf, burgers)
- 1 jar soy sauce (bulgogi, sesame chicken)
- 1 bottle BBQ sauce (meatballs, meatloaf, chicken)
- 1 jar beef bouillon or base
- Italian seasoning blend
- Chili powder, cumin, paprika
- Garlic powder & onion powder
- Salt & pepper

## Daily Cooking Schedules for Freezer Dinners

### Day 1 - Pasta & Italian Classics

**Goal:** Stock the freezer with versatile pasta dishes and sauces that reheat beautifully.

#### Step 1 - Prep (30 min)

- Brown ground beef and Italian sausage.
- Cook large pots of pasta (spaghetti, penne, shells).
- Chop onions, garlic, and bell peppers.

#### Step 2 - Assemble (20-30 min each)

- Spaghetti with Meat Sauce (extra bags of sauce for variety)
- Pizza Pasta Bake
- Deep Dish Pizza Pasta (with pepperoni, Canadian bacon, bacon crumbles)
- Pizza-Stuffed Shells
- Mexican Chicken Stuffed Shells
- Garlic Beef Enchiladas (with chicken alongside)

#### Step 3 - Wrap & Freeze (30 min)

Cool completely. Place casseroles in foil pans, wrap tightly with plastic and foil. Bag sauces flat.

**Result:** 8-10 family-sized pans + 4-5 bags of sauce, ready to bake or reheat.

### Day 2 - Meatballs & Loaves

**Goal:** Batch-prepare hearty proteins that can be served multiple ways.

**Step 1 - Prep (30 min)**

- Mix 8-10 lbs of ground beef with binders (eggs, breadcrumbs, seasoning).
- Dice onions, parsley, garlic.

**Step 2 - Assemble (15-20 min each)**

- Italian Mozzarella-Stuffed Meatballs
- Porcupine Meatballs (with rice)
- BBQ Meatballs (classic or grape jelly)
- Swedish Meatballs (with creamy gravy)
- Cheeseburger Meatloaf (with pickles, cheese, ketchup/mustard topping)
- Classic Meatloaf with BBQ glaze
- Gyro Patties (beef + spinach + feta)

**Step 3 - Wrap & Freeze (30 min)**

Flash-freeze meatballs on trays, then bag. Wrap meatloaves tightly in foil pans.

**Result:** 6-7 loaves + 6-8 bags of meatballs (≈15-20 meals).

**Day 3 - Chicken Favorites**

**Goal:** Fill the freezer with versatile chicken-based dinners.

**Step 1 - Prep (30 min)**

- Cook and shred chicken breasts (instant pot or slow cooker).
- Dice onions, peppers, and broccoli.
- Pre-cook rice for casseroles/bowls.

### **Step 2 – Assemble (15–20 min each)**

- Chicken Enchiladas
- Chicken Wet Burritos
- Creamy Chicken Casserole (with stuffing)
- Chicken, Broccoli & Rice Nacho Cheese Casserole
- Crack Chicken (cream cheese, bacon, shredded chicken)
- Chicken Pillows (crescent roll bake)
- Sesame Honey Chicken (soy, honey, garlic)
- Ranch or Honey Dijon Chicken Bites
- Grilled/Marinated Chicken (bagged with Italian, Caesar, Honey Mustard marinades)

### **Step 3 – Wrap & Freeze (30 min)**

Bag shredded chicken flat, freeze casseroles in foil pans, portion marinated chicken in freezer bags.

**Result:** 12–14 chicken meals in a variety of styles.

## **Day 4 – Casseroles & Comfort Classics**

**Goal:** Prepare hearty, crowd-pleasing freezer meals.

### **Step 1 – Prep (30 min)**

- Cook ground beef, ham, and bacon.
- Dice potatoes and veggies.
- Grate cheese.

### **Step 2 – Assemble (15–20 min each)**

- Shepherd’s Pie / Cottage Pie
- Burrito Casserole (with refried beans)
- Ham, Hashbrown & Cheese Casserole

- Cheesy Hashbrown Ham Bake (with nacho cheese + veggies)
- Twice-Baked Potatoes (bacon, ranch, Doritos topping variations)
- Jambalaya-Style Chicken & Sausage
- Hawaiian Haystacks

### **Step 3 - Wrap & Freeze (30 min)**

Use foil pans for casseroles. Wrap potatoes individually in foil and bag.

**Result:** 8-10 hearty casseroles + 12-16 stuffed potatoes.

## **Day 5 - Family Favorites & Global Flavors**

**Goal:** Round out the freezer stash with variety and international meals.

### **Step 1 - Prep (30 min)**

- Cook beef for bulgogi, taco meat, and enchiladas.
- Chop cabbage, carrots, and onions.
- Pre-make sauces (bulgogi, enchilada, BBQ).

### **Step 2 - Assemble (15-20 min each)**

- Bulgogi Beef (marinated with soy, garlic, Sprite/Pepsi)
- Taco Meat (bagged with beans)
- Cabbage Rolls (stuffed with rice, beef, sauerkraut)
- Chicken Chimichangas
- Parmesan Chicken (breaded, baked with marinara + cheese)

- Pan Pizza (assemble in foil pans with toppings)
- Slow Cooker Beef Dip (bags of shredded beef + au jus for French dips)

### **Step 3 - Wrap & Freeze (30 min)**

Freeze meats in bags flat. Assemble pizzas in pans, wrap tightly. Bag cabbage rolls layered with sauce.

**Result:** 10-12 meals that bring variety to your dinner rotation.

## **Freezer Dinners Made Simple**

Dinner is the meal that often takes the most time and energy – and it usually comes at the end of a long day when you're tired and just want something quick and filling. That's why having a freezer stocked with ready-to-bake casseroles, flavorful pastas, chicken dishes, and hearty family-style meals can be a total lifesaver.

This plan is designed to give you 5 full days of prep that will leave your freezer stocked with dinners you can pull out, heat, and serve – no stress required.

The recipes are versatile and family-friendly, with a mix of classic comfort foods, global flavors, and creative twists on favorites. You can easily double or triple recipes to feed a crowd, or keep them portioned for smaller families. With this plan, you'll never wonder what's for dinner again.

### **By the End of the 5-Day Dinner Prep**

You'll have:

- **Pasta & Italian Favorites:** Spaghetti, lasagna roll-ups, pizza bakes, and stuffed shells ready to bake.
- **Meatballs & Meatloaf:** A variety of classic and flavored options, from Swedish to BBQ to porcupine.
- **Chicken Meals:** Shredded chicken bases, casseroles, enchiladas, and skillet-style dinners.
- **Casseroles & Family Bakes:** Hearty all-in-one pans like shepherd's pie, burrito casserole, and creamy chicken.
- **Global Flavors & Specialties:** Dishes like bulgogi, jambalaya, and Hawaiian haystacks for variety.
- **Pan Pizzas & Comfort Foods:** Deep dish pizza pasta, loaded potatoes, and homemade bakes everyone loves.

All together, this plan gives you **100+ portions of dinners** ready in your freezer. That means weeks of stress-free evenings, whether you're feeding a family after work, hosting guests, or just want a hot, hearty meal without the effort.

## Spaghetti with Meat Sauce

### Ingredients

- 1 lb ground beef or sausage
- 1 onion, diced
- 2 cloves garlic, minced
- 1 jar (24 oz) marinara sauce or homemade
- 1 box spaghetti
- 1 tsp Italian seasoning
- Salt & pepper to taste

### Directions

1. Brown beef with onion and garlic. Drain.
2. Stir in marinara and seasonings. Simmer 15 minutes.
3. Cook pasta until al dente. Toss with sauce.

### Freezing Instructions

Cool sauce completely. Freeze sauce in quart freezer bags. Cook pasta fresh when serving.

### Reheating

Thaw sauce overnight. Warm on stovetop and serve over fresh pasta.

## **Pizza Casserole**

### **Ingredients**

- 1 lb ground beef
- 1 jar (24 oz) pizza sauce
- 1 box pasta (penne or rotini)
- 1 cup pepperoni
- 2 cups mozzarella
- 1/2 cup Parmesan

### **Directions**

1. Cook pasta and drain.
2. Brown beef, then add pizza sauce.
3. Layer pasta, beef mixture, pepperoni, and cheeses in baking dish.

### **Freezing Instructions**

Assemble unbaked casserole in foil pan. Cover tightly with plastic wrap + foil.

### **Reheating**

Bake from frozen at 350°F for 60 minutes, covered. Uncover last 10 min to brown cheese.

## **Deep Dish Pizza Pasta (Variations: plain, Canadian bacon, bacon crumbles, pepperoni)**

### **Ingredients**

- 1 lb pasta (ziti or penne)
- 1 jar (24 oz) marinara or pizza sauce
- 2 cups mozzarella
- 1/2 cup Parmesan
- 1 cup toppings (choose bacon, ham, pepperoni, or plain)

### **Directions**

1. Cook pasta. Toss with sauce.
2. Layer into baking dish with cheese and toppings.
3. Top with extra cheese.

### **Freezing Instructions**

Freeze unbaked. Wrap in plastic + foil.

### **Reheating**

Bake from frozen at 350°F for 60 minutes.

## **Cheeseburger Pasta**

### **Ingredients**

- 1 lb ground beef
- 1/2 lb bacon, cooked & crumbled
- 1 onion, diced
- 1 tbsp mustard
- 1 can (15 oz) diced tomatoes
- 1 cup shredded cheddar
- 8 oz pasta (macaroni or rotini)

### **Directions**

1. Cook pasta.
2. Brown beef and onion, drain. Stir in mustard and tomatoes.
3. Mix in pasta, bacon, and cheese.

### **Freezing Instructions**

Cool and freeze in foil pan or containers.

### **Reheating**

Thaw and bake at 350°F for 25 minutes or microwave portions.

## Lasagna Roll-Ups

### Ingredients

- 8 lasagna noodles, cooked
- 1 cup ricotta
- 1 cup mozzarella
- 1/2 cup Parmesan
- 2 cups marinara

### Directions

1. Spread ricotta over noodles. Sprinkle with cheeses.
2. Roll up and place in dish with sauce.
3. Top with more sauce + cheese.

### Freezing Instructions

Assemble but do not bake. Wrap tightly.

### Reheating

Bake from frozen at 350°F for 60 minutes, covered.

## **Italian Meatballs (mozzarella-stuffed)**

### **Ingredients**

- 2 lbs ground beef
- 1 egg
- 1/2 cup breadcrumbs
- 1/4 cup Parmesan
- 1 tsp Italian seasoning
- 1 cup mozzarella cubes

### **Directions**

1. Mix beef, egg, breadcrumbs, Parmesan, and seasoning.
2. Form balls, stuffing each with a mozzarella cube.
3. Bake at 375°F for 20 minutes.

### **Freezing Instructions**

Cool completely. Flash freeze on baking sheet, then bag.

### **Reheating**

Simmer in marinara sauce 20 minutes or bake at 350°F for 15 minutes.

## **Porcupine Meatballs (with rice inside)**

### **Ingredients**

- 1 lb ground beef
- 1/2 cup uncooked rice
- 1 egg
- 1 can (15 oz) tomato sauce
- 1 tsp garlic powder

### **Directions**

1. Mix beef, rice, egg, and seasoning.
2. Shape into balls and place in baking dish.
3. Pour tomato sauce over top.

### **Freezing Instructions**

Assemble unbaked in foil pan. Wrap tightly.

### **Reheating**

Bake from frozen at 350°F for 1 hour, covered.

## **BBQ Meatballs**

### **Ingredients**

- 1 lb ground beef
- 1 egg
- 1/2 cup breadcrumbs
- 1/2 cup BBQ sauce

### **Directions**

1. Mix beef, egg, breadcrumbs, and form balls.
2. Bake at 375°F for 20 minutes.
3. Toss in BBQ sauce.

### **Freezing Instructions**

Cool, then bag with sauce.

### **Reheating**

Heat in oven at 350°F for 20 minutes or simmer in skillet.

## Swedish Meatballs

### Ingredients

- 1 lb ground beef + 1 lb pork
- 1 egg
- 1/2 cup breadcrumbs
- 1/2 cup onion, minced
- 2 cups beef gravy (prepared)

### Directions

1. Mix meats, egg, breadcrumbs, onion.
2. Form balls, bake at 375°F for 20 minutes.
3. Simmer in gravy 15 minutes.

### Freezing Instructions

Cool, freeze meatballs separately or with gravy in bags.

### Reheating

Reheat in skillet with gravy until heated through.

## **BBQ Grape Jelly Meatballs**

### **Ingredients**

- 1 bag frozen meatballs (or homemade)
- 1 cup BBQ sauce
- 1 cup grape jelly

### **Directions**

1. Mix BBQ and jelly in slow cooker.
2. Add meatballs, simmer 2 hours.

### **Freezing Instructions**

Freeze cooked meatballs in sauce in bags.

### **Reheating**

Reheat in slow cooker or stovetop until bubbling.

## **Classic Meatloaf (with BBQ/ketchup topping)**

### **Ingredients**

- 2 lbs ground beef
- 1 cup breadcrumbs
- 2 eggs
- 1 onion, minced
- 1/2 cup ketchup or BBQ sauce

### **Directions**

1. Mix beef, eggs, breadcrumbs, onion.
2. Shape into loaf. Spread ketchup/BBQ on top.
3. Bake at 350°F for 1 hour.

### **Freezing Instructions**

Freeze unbaked loaf wrapped in plastic + foil.

### **Reheating**

Bake from frozen at 350°F for 1.5 hours, covered.

## **Chicken Enchiladas**

### **Ingredients**

- 3 cups cooked shredded chicken
- 2 cups shredded cheese
- 1 can cream of chicken soup
- 1 cup sour cream
- 1 cup salsa or enchilada sauce
- 8-10 tortillas

### **Directions**

1. Mix chicken, 1 cup cheese, soup, and sour cream.
2. Roll filling in tortillas, place seam side down in pan.
3. Cover with salsa/enchilada sauce and remaining cheese.

### **Freezing Instructions**

Assemble unbaked in foil pan. Wrap tightly in plastic wrap, then foil.

### **Reheating**

Bake from frozen at 350°F for 50-60 minutes, covered.

## **Chicken Pillows (Crescent Roll Bake)**

### **Ingredients**

- 2 cups cooked chicken, shredded
- 4 oz cream cheese
- 2 Tbsp butter
- 1 can crescent rolls
- 1/2 cup shredded cheddar

### **Directions**

1. Mix chicken, cream cheese, butter, and cheddar.
2. Roll up filling inside crescent dough.
3. Place in baking dish.

### **Freezing Instructions**

Freeze assembled but unbaked. Wrap tightly.

### **Reheating**

Bake from frozen at 350°F for 35–40 minutes.

## **Hawaiian Haystacks**

### **Ingredients**

- 3 cups shredded chicken
- 1 can cream of chicken soup
- 1 cup sour cream
- 2 cups cooked rice
- Toppings: pineapple, chow mein noodles, cheese, green onions (add fresh later)

### **Directions**

1. Mix chicken, soup, and sour cream into creamy sauce.
2. Portion chicken mixture into freezer containers.

### **Freezing Instructions**

Freeze chicken sauce and rice separately.

### **Reheating**

Thaw, reheat on stovetop. Serve with fresh toppings.

## Chicken Stuffed Shells

### Ingredients

- 12 jumbo pasta shells, cooked
- 2 cups shredded chicken
- 1 cup cream cheese
- 1 cup mozzarella
- 1 cup Alfredo or cream sauce

### Directions

1. Mix chicken, cream cheese, and mozzarella.
2. Stuff into cooked shells.
3. Spread sauce in pan, arrange shells on top, and drizzle extra sauce.

### Freezing Instructions

Assemble in foil pan, wrap tightly.

### Reheating

Bake covered at 350°F for 50–60 minutes from frozen.

## **Crack Chicken (cream cheese + bacon)**

### **Ingredients**

- 3 cups shredded chicken
- 1 block cream cheese
- 1 packet ranch seasoning
- 1 cup shredded cheddar
- 1/2 cup cooked bacon bits

### **Directions**

1. Mix all ingredients in a bowl.
2. Portion into freezer bags or pans.

### **Freezing Instructions**

Freeze in quart bags flat.

### **Reheating**

Thaw and reheat on stovetop or bake covered at 350°F for 25 minutes.

## **Parmesan Chicken Bake**

### **Ingredients**

- 4 chicken breasts (or thighs)
- 2 cups marinara sauce
- 1 ½ cups shredded mozzarella
- ½ cup Parmesan cheese
- 1 cup breadcrumbs

### **Directions**

1. Place chicken in a greased foil pan.
2. Top with marinara, then mozzarella + Parmesan.
3. Sprinkle breadcrumbs on top.

### **Freezing Instructions**

Assemble but do not bake. Wrap in plastic wrap, then foil.

### **Reheating**

Bake from frozen at 375°F for 45–55 minutes, covered. Remove foil last 10 minutes to brown.

## **Ranch Chicken Bites**

### **Ingredients**

- 2 lbs chicken breast, cubed
- 1 packet ranch seasoning
- 1 cup shredded cheddar
- ½ cup breadcrumbs

### **Directions**

1. Toss chicken cubes with ranch seasoning, cheddar, and breadcrumbs.
2. Spread on lined baking sheet to freeze individually, then bag.

### **Freezing Instructions**

Flash freeze bites, then transfer to a labeled freezer bag.

### **Reheating**

Air fry or bake at 400°F for 15–18 minutes.

## Jen's Yellow Rice Chicken

### Ingredients

- 3 cups shredded chicken
- 3 cups cooked yellow rice (turmeric-based)
- 1 can black beans
- 1 cup salsa
- 1 cup shredded cheese

### Directions

1. Mix chicken, rice, beans, salsa, and cheese.
2. Portion into meal prep containers.

### Freezing Instructions

Freeze flat in quart bags or in containers.

### Reheating

Microwave or reheat covered in oven at 350°F for 25–30 minutes.

## **Chicken, Veggie & Stuffing Bake (Pot Pie Style)**

### **Ingredients**

- 3 cups shredded chicken
- 1 bag frozen mixed vegetables
- 1 can cream of chicken soup
- 1 box stuffing mix

### **Directions**

1. Mix chicken, veggies, and soup in pan.
2. Top with dry stuffing mix.

### **Freezing Instructions**

Assemble unbaked in foil pan. Wrap tightly.

### **Reheating**

Bake from frozen at 350°F for 50–60 minutes.

## Sesame Honey Chicken

### Ingredients

- 2 lbs chicken breast, cubed
- ¼ cup soy sauce
- 3 Tbsp honey
- 2 tsp sesame oil
- 2 cloves garlic, minced
- 1 Tbsp sesame seeds

### Directions

1. Mix marinade ingredients.
2. Toss chicken in marinade and portion into freezer bags.

### Freezing Instructions

Freeze flat in bags.

### Reheating

Thaw and stir-fry in skillet until chicken is cooked. Serve with rice.

## **Cheeseburger Meatloaf**

### **Ingredients**

- 2 lbs ground beef
- 1 cup shredded cheddar
- 1 egg
- ½ cup breadcrumbs
- 2 Tbsp ketchup
- 1 Tbsp mustard
- ¼ cup chopped pickles

### **Directions**

1. Mix all ingredients.
2. Shape into loaf in foil pan.
3. Spread ketchup + mustard swirl on top.

### **Freezing Instructions**

Wrap pan in plastic wrap, then foil.

### **Reheating**

Bake from frozen at 375°F for 1 hour.

## Gyro Patties

### Ingredients

- 2 lbs ground beef
- 1 cup spinach
- 1 cup feta cheese
- 1 tsp onion powder

### Directions

1. Mix beef, spinach, feta, and seasonings.
2. Form into patties and flash freeze.

### Freezing Instructions

Store in freezer bags with parchment between layers.

### Reheating

Grill, bake, or skillet fry from frozen until cooked through.

## **Mexican Stuffed Shells**

### **Ingredients**

- 1 box jumbo pasta shells
- 1 lb ground beef
- 1 cup cream cheese
- 1 cup salsa
- 1 cup shredded cheddar
- 1 cup crushed Doritos (optional topping)

### **Directions**

1. Cook pasta shells.
2. Mix beef, cream cheese, salsa, and cheddar.
3. Stuff shells and place in baking dish. Top with crushed Doritos if desired.

### **Freezing Instructions**

Wrap tightly in plastic wrap + foil.

### **Reheating**

Bake from frozen at 350°F for 45–50 minutes.

## **Pizza Stuffed Shells**

### **Ingredients**

- 1 box jumbo pasta shells
- 1 lb ground beef
- 1 cup diced Canadian bacon
- 1 cup bacon crumbles
- 1 cup diced veggies (mushrooms, peppers, onions)
- 2 cups pizza sauce
- 2 cups mozzarella cheese

### **Directions**

1. Cook pasta shells.
2. Mix beef, meats, veggies, and 1 cup sauce.
3. Stuff shells, place in pan, top with sauce + cheese.

### **Freezing Instructions**

Assemble and wrap tightly.

### **Reheating**

Bake covered at 350°F for 50–60 minutes.

## **Mexican Chicken Stuffed Shells**

### **Ingredients**

- 1 box jumbo shells
- 2 cups shredded chicken
- 1 cup salsa
- 1 cup black beans
- 1 cup corn
- 1 cup shredded cheddar

### **Directions**

1. Cook shells.
2. Mix chicken, salsa, beans, corn, and cheese.
3. Stuff shells and cover with salsa + more cheese.

### **Freezing Instructions**

Assemble unbaked, wrap in plastic + foil.

### **Reheating**

Bake from frozen at 350°F for 50–60 minutes.

## **Chicken Stuffed Shells (Creamy)**

### **Ingredients**

- 1 box jumbo shells
- 2 cups shredded chicken
- 1 can cream of chicken soup
- ½ cup mayonnaise
- 1 cup shredded mozzarella

### **Directions**

1. Cook pasta shells.
2. Mix chicken, soup, mayo, and cheese.
3. Stuff shells, place in baking dish, cover with more soup or sauce.

### **Freezing Instructions**

Assemble and wrap tightly.

### **Reheating**

Bake from frozen at 350°F for 50–60 minutes.

## **Enchiladas (Chicken or Beef)**

### **Ingredients**

- 2 cups shredded chicken *or* 2 lbs cooked ground beef
- 1 pack tortillas
- 2 cups enchilada sauce
- 2 cups shredded cheese

### **Directions**

1. Roll meat and cheese inside tortillas.
2. Place in baking dish, cover with enchilada sauce + cheese.

### **Freezing Instructions**

Cover pan with plastic wrap and foil.

### **Reheating**

Bake from frozen at 350°F for 45–55 minutes.

## **Chicken Wet Burritos**

### **Ingredients**

- 2 cups shredded chicken
- 1 cup refried beans
- 1 cup shredded cheese
- 1 pack tortillas
- 1 can enchilada sauce

### **Directions**

1. Fill tortillas with chicken, beans, and cheese. Roll up.
2. Place in dish, pour enchilada sauce over, sprinkle more cheese.

### **Freezing Instructions**

Cover with foil, freeze flat.

### **Reheating**

Bake from frozen at 350°F for 50–60 minutes.

## **Ham, Hashbrown & Cheese Casserole**

### **Ingredients**

- 1 bag frozen hashbrowns
- 2 cups diced ham
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 2 cups shredded cheddar

### **Directions**

1. Mix all ingredients in a large bowl.
2. Spread into greased 9x13 pan.

### **Freezing Instructions**

Cover with plastic wrap + foil.

### **Reheating**

Bake from frozen at 350°F for 1 hour, covered.

## **Cheesy Hashbrown Ham Bake (Veggie Version)**

### **Ingredients**

- 1 bag frozen hashbrowns
- 1 cup diced ham
- 1 cup mixed vegetables
- 1 can nacho cheese soup
- 1 can cream of chicken soup

### **Directions**

1. Stir all ingredients together.
2. Spread into 9x13 pan.

### **Freezing Instructions**

Wrap tightly with foil and plastic.

### **Reheating**

Bake from frozen at 350°F for 60–70 minutes.

## **Twice Baked Potatoes**

### **Ingredients**

- 6 large baking potatoes
- 1 cup bacon crumbles
- 1 cup shredded cheddar
- ½ cup ranch dressing
- 1 cup sour cream

### **Directions**

1. Bake potatoes until tender. Scoop out centers.
2. Mix with cheese, bacon, ranch, sour cream.
3. Refill skins and top with extra cheese.

### **Freezing Instructions**

Flash freeze on tray, then wrap individually.

### **Reheating**

Bake from frozen at 375°F for 30–35 minutes.

## **Chicken & Broccoli Rice Nacho Cheese Casserole**

### **Ingredients**

- 2 cups shredded chicken
- 2 cups cooked rice
- 2 cups broccoli florets
- 1 can nacho cheese soup
- 1 cup shredded cheddar

### **Directions**

1. Mix all ingredients in large bowl.
2. Spread into 9x13 pan.

### **Freezing Instructions**

Wrap in plastic wrap + foil.

### **Reheating**

Bake from frozen at 350°F for 1 hour.

## **Creamy Chicken Casserole (Stuffing Top)**

### **Ingredients**

- 2 cups shredded chicken
- 1 can cream of chicken soup
- ½ cup sour cream
- 2 cups prepared stuffing

### **Directions**

1. Mix chicken, soup, and sour cream.
2. Spread into pan, top with stuffing.

### **Freezing Instructions**

Wrap tightly with foil + plastic.

### **Reheating**

Bake from frozen at 350°F for 50–60 minutes.

## **French Dip Beef (Slow Cooker)**

### **Ingredients**

- 3 lbs chuck roast
- 1 packet onion soup mix
- 2 cups beef broth
- 2 tsp Worcestershire sauce
- 1 onion, sliced
- 6 hoagie rolls
- 6 slices provolone cheese

### **Directions**

1. Place roast, onion soup mix, broth, Worcestershire, and onion in slow cooker.
2. Cook on low 8 hours, shred meat.
3. Serve on rolls with provolone, using cooking juices for dipping.

### **Freezing Instructions**

Freeze cooked beef with juices in quart bags.

### **Reheating**

Thaw and heat in slow cooker or stovetop.

Assemble into sandwiches when serving.

## **Taco Casserole**

### **Ingredients**

- 2 lbs ground beef
- 1 packet taco seasoning
- 1 can black beans
- 1 can corn
- 1 can Rotel tomatoes
- 2 cups shredded cheddar
- 1 bag tortilla chips (crushed)

### **Directions**

1. Cook beef with taco seasoning.
2. Stir in beans, corn, and Rotel.
3. Layer beef mixture, crushed chips, and cheese in pan.

### **Freezing Instructions**

Assemble but do not bake. Wrap in plastic + foil.

### **Reheating**

Bake covered at 350°F for 45–50 minutes.

## Jambalaya (Chicken & Sausage)

### Ingredients

- 1 lb chicken breast, cubed
- 1 lb smoked sausage, sliced
- 1 bell pepper, chopped
- 1 onion, chopped
- 2 ribs celery, chopped
- 1 can diced tomatoes
- 2 cups cooked rice
- 2 tsp Cajun seasoning

### Directions

1. Cook chicken and sausage with veggies until browned.
2. Stir in tomatoes, rice, and Cajun seasoning.
3. Mix well and portion into containers.

### Freezing Instructions

Freeze cooled jambalaya flat in quart bags.

### Reheating

Thaw and reheat on stovetop or microwave.

## **Ham & Potato Au Gratin Casserole**

### **Ingredients**

- 4 cups thinly sliced potatoes
- 2 cups diced ham
- 1 onion, diced
- 2 cups shredded cheddar
- 1 can cream of mushroom soup
- 1 cup milk

### **Directions**

1. Mix potatoes, ham, onion, soup, and milk.
2. Spread into greased 9x13 pan, top with cheese.

### **Freezing Instructions**

Assemble unbaked in foil pan. Wrap tightly.

### **Reheating**

Bake from frozen at 350°F for 1-1.5 hours until potatoes are tender.

## **BBQ Pulled Pork**

### **Ingredients**

- 3–4 lbs pork shoulder
- 1 bottle BBQ sauce
- 1 onion, sliced
- 1 cup chicken broth

### **Directions**

1. Place pork, onion, and broth in slow cooker. Cook low 8–10 hours.
2. Shred pork and mix with BBQ sauce.

### **Freezing Instructions**

Cool completely. Freeze in meal-sized bags.

### **Reheating**

Thaw and reheat in slow cooker or stovetop. Serve on buns.

## **Teriyaki Chicken Bowls**

### **Ingredients**

- 2 lbs chicken breast, cubed
- 1/2 cup soy sauce
- 1/4 cup honey or brown sugar
- 2 Tbsp rice vinegar
- 2 tsp garlic powder
- 1 tsp ginger
- 4 cups cooked rice (freeze separately)
- 2 cups steamed broccoli

### **Directions**

1. Mix marinade ingredients. Coat chicken.
2. Cook chicken in skillet. Add broccoli.
3. Portion into bowls with rice.

### **Freezing Instructions**

Freeze chicken & broccoli in quart bags. Freeze rice separately.

### **Reheating**

Microwave bowls or heat chicken and rice separately on stovetop.

## **Beef Stroganoff**

### **Ingredients**

- 1 1/2 lbs beef stew meat
- 1 onion, diced
- 1 can cream of mushroom soup
- 1 cup sour cream
- 1 cup beef broth
- 12 oz egg noodles (cook fresh when serving)

### **Directions**

1. Brown beef with onion.
2. Stir in soup, broth, and simmer until tender.
3. Add sour cream before serving.

### **Freezing Instructions**

Cool beef mixture, freeze in quart bags. Cook noodles fresh.

### **Reheating**

Thaw, reheat on stovetop. Serve over noodles.

## **Sweet & Sour Chicken**

### **Ingredients**

- 2 lbs chicken breast, cubed
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 onion, chopped
- 1 cup pineapple chunks
- 1 cup sweet & sour sauce (bottled or homemade)

### **Directions**

1. Toss chicken with cornstarch, pan-fry until golden.
2. Add peppers, onion, pineapple, and sauce.
3. Simmer until thickened.

### **Freezing Instructions**

Cool and freeze in meal-sized bags.

### **Reheating**

Thaw and stir-fry until hot. Serve with rice.

## **Chili Mac**

### **Ingredients**

- 1 lb ground beef
- 1 onion, diced
- 1 can diced tomatoes
- 1 can chili beans
- 1 box macaroni (cooked)
- 2 cups shredded cheddar

### **Directions**

1. Brown beef with onion. Add tomatoes and beans.
2. Stir in cooked macaroni.
3. Spread into pan, top with cheese.

### **Freezing Instructions**

Assemble unbaked. Wrap in plastic + foil.

### **Reheating**

Bake from frozen at 350°F for 45–50 minutes.

## **Bulgogi (Korean Beef)**

### **Ingredients**

- 2 lbs thinly sliced beef (flank or sirloin)
- 1 onion, thinly sliced
- 4 cloves garlic, minced
- 1/4 cup soy sauce
- 3 Tbsp brown sugar
- 2 Tbsp sesame oil
- 1/2 cup Sprite or Pepsi
- 1 tsp ginger

### **Directions**

1. Mix marinade ingredients and toss with beef + onion.
2. Marinate at least 1 hour.

### **Freezing Instructions**

Freeze beef and marinade together in a freezer bag.

### **Reheating**

Thaw, then stir-fry in skillet until beef is cooked. Serve with rice.

## Cabbage Rolls

### Ingredients

- 1 head cabbage (leaves separated & blanched)
- 1 lb ground beef or pork
- 1 cup cooked rice
- 1 egg
- 1 small onion, minced
- 1 jar sauerkraut (optional layer)
- 2 cups tomato sauce

### Directions

1. Mix meat, rice, egg, and onion.
2. Roll filling into cabbage leaves.
3. Layer in dish with sauerkraut and tomato sauce.

### Freezing Instructions

Assemble unbaked. Cover tightly.

### Reheating

Bake from frozen at 350°F for 75 minutes, covered.

## **Garlic Beef Enchiladas**

### **Ingredients**

- 2 lbs ground beef
- 1 onion, diced
- 1 Tbsp garlic, minced
- 2 cups enchilada sauce
- 2 cups shredded cheese
- 8-10 tortillas

### **Directions**

1. Cook beef with onion and garlic.
2. Roll filling into tortillas with cheese.
3. Place in pan, top with sauce + cheese.

### **Freezing Instructions**

Assemble in foil pan, wrap tightly.

### **Reheating**

Bake from frozen at 350°F for 50-60 minutes.

## **Chicken Bacon Ranch Twice-Baked Potatoes**

### **Ingredients**

- 6 large russet potatoes
- 2 cups shredded chicken
- 1 cup cooked bacon, crumbled
- 1 cup shredded cheddar
- 1/2 cup ranch dressing

### **Directions**

1. Bake potatoes, scoop out insides.
2. Mix with chicken, bacon, cheese, ranch.
3. Refill potato skins.

### **Freezing Instructions**

Freeze on tray, then wrap individually.

### **Reheating**

Bake from frozen at 375°F for 30–35 minutes.

## **Chicken Stromboli**

### **Ingredients**

- 1 lb pizza dough
- 2 cups shredded chicken
- 1 cup mozzarella
- 1/2 cup marinara sauce
- 1/4 cup Parmesan

### **Directions**

1. Roll out dough.
2. Spread with sauce, chicken, cheese.
3. Roll and tuck ends.

### **Freezing Instructions**

Freeze unbaked. Wrap tightly in plastic + foil.

### **Reheating**

Bake from frozen at 375°F for 40 minutes.

## Chicken Sausage Pasta

### Ingredients

- 12 oz chicken sausage
- 5 cups frozen mixed vegetables
- 2 cups frozen tortellini

### Garlic Sauce

- 1 cup half and half
- $\frac{1}{4}$  cup olive oil
- 2 tsp parsley, salt,
- $\frac{1}{2}$  tsp garlic powder

### Directions

1. Sauté sausage,
2. Combine sausage, tortellini and vegetables place in bag.
3. Whisk sauce and place in separate bag.
4. Freeze together.

### Reheating

Add tortellini, veggies, and sausage to pot with  $\frac{1}{2}$  cup water. Heat until boiling, then simmer 10 minutes. Remove lid and add sauce packet. Stir until no longer watery. Serve.

## **Pan Pizza Bake**

### **Ingredients**

- 2 cans refrigerated pizza dough
- 1 jar pizza sauce
- 2 cups mozzarella
- 1/2 cup Parmesan
- 1 cup toppings (pepperoni, ham, veggies)

### **Directions**

1. Press dough into greased 9x13 pan.
2. Layer sauce, cheese, toppings, second dough.
3. Top with more cheese.

### **Freezing Instructions**

Assemble unbaked, wrap in foil.

### **Reheating**

Bake from frozen at 375°F for 50–60 minutes.

## **Chicken Chimichangas (Oven-Baked)**

### **Ingredients**

- 3 cups shredded chicken
- 1 cup refried beans
- 1 cup shredded cheese
- 8 large tortillas

### **Directions**

1. Fill tortillas with chicken, beans, cheese.
2. Roll and tuck ends. Place seam down in pan.
3. Spray tops with oil.

### **Freezing Instructions**

Wrap each in foil, then bag.

### **Reheating**

Bake from frozen at 375°F for 30 minutes.

## **Parmesan Garlic Chicken Bites**

### **Ingredients**

- 2 lbs chicken breast, cubed
- 1/2 cup breadcrumbs
- 1/2 cup Parmesan
- 2 tsp garlic powder

### **Directions**

1. Toss chicken in breadcrumb + Parmesan mixture.
2. Spread on baking sheet.

### **Freezing Instructions**

Flash freeze, then bag.

### **Reheating**

Air fry or bake at 400°F for 15-18 minutes.

## **Taco Meat (for Tacos-in-a-Bag)**

### **Ingredients**

- 2 lbs ground beef
- 1 packet taco seasoning
- 1 can black beans
- 1/2 cup salsa

### **Directions**

1. Brown beef, drain.
2. Stir in seasoning, beans, and salsa.

### **Freezing Instructions**

Cool, bag flat.

### **Reheating**

Reheat on skillet. Serve with chips or tortillas.

## **Honey Dijon Chicken Bake**

### **Ingredients**

- 2 lbs chicken breasts
- 1/4 cup Dijon mustard
- 1/4 cup honey
- 1 Tbsp soy sauce
- 1 tsp garlic

### **Directions**

1. Mix glaze. Spread over chicken in pan.

### **Freezing Instructions**

Assemble unbaked. Wrap tightly.

### **Reheating**

Bake from frozen at 375°F for 50–55 minutes.

## **Ham & Cheese Croissant Bake**

### **Ingredients**

- 1 pack croissants (6 count)
- 2 cups diced ham
- 1 cup shredded Swiss
- 1 cup shredded cheddar
- 4 eggs + 1 cup milk

### **Directions**

1. Tear croissants into chunks. Layer with ham + cheeses.
2. Pour egg mixture on top.

### **Freezing Instructions**

Assemble unbaked in foil pan. Wrap well.

### **Reheating**

Bake from frozen at 350°F for 50–60 minutes.

## **Beef & Cheese Burrito Casserole**

### **Ingredients**

- 2 lbs ground beef
- 1 can refried beans
- 1 cup salsa
- 2 cups shredded cheese
- 6 tortillas

### **Directions**

1. Spread beef + bean mix in pan.
2. Layer tortillas, cheese, and salsa.

### **Freezing Instructions**

Assemble unbaked. Wrap tightly.

### **Reheating**

Bake at 350°F for 1 hour from frozen.

## Sesame Garlic Beef Stir-Fry

### Ingredients

- 2 lbs beef strips
- 1 cup broccoli
- 1 cup bell peppers
- 1/4 cup soy sauce
- 2 tsp sesame oil
- 2 garlic cloves, minced

### Directions

1. Stir-fry beef with garlic.
2. Add veggies and sauce.

### Freezing Instructions

Cool completely, bag in meal portions.

### Reheating

Stir-fry from thawed 8–10 minutes. Serve over rice.

Section 4  
Sweet Moments  
Treats and Desserts to Enjoy

## Treats & Sweets

There's something so comforting about knowing you have a dessert tucked away in the freezer. Whether it's a pan of brownies ready to become an ice cream sundae, a slice of apple dapple cake to share with a friend, or a simple dirt cup treat for the kids, these little sweets bring joy to everyday life.

I love having a balance of practical desserts – muffins for breakfasts, cookies for school lunches – alongside those special Mennonite and nostalgic recipes that remind me of family gatherings. Freezer desserts aren't just about convenience; they're about creating little moments of celebration whenever you need them.

This section includes everything from classic cookies and bars to frozen pies, ice cream desserts, and fun treats the kids can help make. Most of these can be made ahead, frozen in portions, and thawed when you need them. A few are even designed to be eaten straight from the freezer on a hot summer day.

So whether you're planning ahead for company, surprising your kids after school, or simply wanting something sweet for yourself – you'll find plenty of inspiration here.

## Chocolate Éclair Dessert

### Ingredients

- 2 boxes (3.4 oz each) instant vanilla pudding mix
- 3 cups milk
- 1 container (8 oz) Cool Whip
- 1 box graham crackers
- 1 can chocolate frosting (or homemade)

### Directions

1. In a large bowl, whisk pudding mixes with milk until thickened. Fold in Cool Whip.
2. In a 9x13 dish, layer graham crackers on the bottom. Spread half the pudding mixture over top.
3. Add another layer of graham crackers, then the remaining pudding mixture.
4. Finish with a top layer of graham crackers. Spread chocolate frosting evenly over the top.

### Freezing Instructions

Cover tightly with plastic wrap and foil. Freeze flat.

### Serving Notes

Thaw overnight in the refrigerator. Slice cold and serve chilled.

## **Apple Dapple Cake (Mennonite-style)**

### **Ingredients**

- 3 cups diced apples (peeled if desired)
- 2 cups sugar
- 1 cup oil
- 3 eggs
- 2 tsp vanilla
- 3 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 cup walnuts or pecans (optional)

### **Directions**

1. Preheat oven to 350°F. Grease a bundt pan or 9x13 dish.
2. Beat together sugar and oil. Add eggs and vanilla.
3. Stir in flour, baking soda, salt, and spices until just combined.
4. Fold in apples and nuts. Batter will be thick.
5. Pour into prepared pan and bake 55–65 minutes, until toothpick comes out clean.

### **Freezing Instructions**

Cool completely. Wrap whole cake in plastic wrap and foil, or cut into slices and freeze individually.

### **Serving Notes**

Thaw at room temperature. Wonderful plain or warmed slightly with a drizzle of caramel sauce.

## Banana Split Dessert

### Ingredients

- 2 cups graham cracker crumbs
- 1/2 cup butter, melted
- 2 bananas, sliced
- 1 quart Neapolitan ice cream, softened
- 1/2 cup hot fudge sauce (homemade or store-bought)
- 1/2 cup crushed pineapple (cooked with 1 Tbsp sugar + 1 tsp cornstarch to thicken)
- 1 cup strawberries (sliced + cooked with 2 Tbsp sugar until syrupy)
- 1 container (8 oz) Cool Whip
- Sprinkles, chopped nuts, cherries for garnish

### Directions

1. Mix graham crumbs with melted butter; press into 9x13 pan and bake 10 minutes at 350°F. Cool completely.
2. Spread softened ice cream over crust. Freeze until firm.
3. Spread hot fudge over ice cream. Layer pineapple and strawberry sauces on top.
4. Finish with Cool Whip. Garnish with sprinkles, nuts, and cherries.

### Freezing Instructions

Cover tightly with plastic wrap and foil. Keep frozen until serving.

### Serving Notes

Cut into squares straight from the freezer. Let sit 5-10 minutes before serving so it's easier to slice.

## **Ice Cream Cake (Brownie or Cookie Crust)**

### **Ingredients**

- 1 pan brownies (or 1 package chocolate chip cookies, crushed with 1/4 cup butter for crust)
- 1 half-gallon ice cream, softened
- 1/2 cup hot fudge sauce
- 1 container (8 oz) Cool Whip
- Optional toppings: crushed Oreos, sprinkles, candy bits

### **Directions**

1. Prepare brownies in a 9x13 pan or press cookie crust into dish. Cool completely.
2. Spread softened ice cream over crust. Freeze until firm.
3. Spread hot fudge over ice cream. Top with Cool Whip and desired toppings.

### **Freezing Instructions**

Cover tightly with foil or a lid. Store flat in freezer.

### **Serving Notes**

Remove from freezer 10 minutes before serving for easier cutting. Slice into squares.

## **Snickers Dessert**

### **Ingredients**

- 1 box (3.4 oz) chocolate pudding mix
- 1 cup milk
- 1/2 cup peanut butter
- 1 container (8 oz) Cool Whip
- 1/2 cup chopped Snickers bars (optional garnish)

### **Directions**

1. Whisk pudding mix with milk until smooth.
2. Stir in peanut butter until fully blended.
3. Fold in Cool Whip. Spread mixture into 8x8 or 9x9 dish.
4. Top with chopped Snickers if desired.

### **Freezing Instructions**

Cover tightly with plastic wrap and foil. Freeze flat.

### **Serving Notes**

Thaw in refrigerator 4–6 hours or overnight. Slice cold and serve like a mousse-style dessert.

## **Pistachio Ice Cream Dessert**

### **Ingredients**

- 2 cups graham cracker crumbs
- 1/2 cup butter, melted
- 1/2 gallon vanilla ice cream, softened
- 2 boxes (3.4 oz each) pistachio pudding mix
- 3 cups milk
- 1 container (8 oz) Cool Whip
- Chopped pistachios for garnish (optional)

### **Directions**

1. Mix graham crumbs with butter and press into 9x13 pan. Bake 10 minutes at 350°F. Cool.
2. Spread softened ice cream over crust. Freeze until firm.
3. Prepare pistachio pudding with milk, then fold in Cool Whip. Spread over ice cream layer.
4. Sprinkle with pistachios.

### **Freezing Instructions**

Cover tightly with plastic wrap and foil. Keep frozen until ready to serve.

### **Serving Notes**

Remove from freezer 10 minutes before slicing for easier cutting.

## **Key Lime Pie (Freezer Version)**

### **Ingredients**

- 1 1/2 cups graham cracker crumbs
- 1/3 cup sugar
- 6 Tbsp butter, melted
- 1 can (14 oz) sweetened condensed milk
- 1/2 cup lime juice (fresh if possible)
- 2 tsp lime zest
- 3 egg yolks
- Whipped cream (for topping)

### **Directions**

1. Mix graham crumbs, sugar, and butter. Press into 9-inch pie pan. Bake at 350°F for 10 minutes. Cool.
2. In a bowl, whisk condensed milk, lime juice, zest, and yolks. Pour into crust.
3. Bake 15 minutes until set. Cool completely.
4. Top with whipped cream.

### **Freezing Instructions**

Wrap entire pie tightly with plastic wrap and foil. Can also freeze individual slices in silicone liners.

### **Serving Notes**

Thaw in refrigerator before serving. Serve cold, not warm.

## **Oreo Dirt Cups**

### **Ingredients**

- 1 package Oreos, crushed
- 2 boxes (3.4 oz each) instant chocolate pudding mix
- 4 cups milk
- 1 container (8 oz) Cool Whip
- Gummy worms for garnish

### **Directions**

1. Make pudding with milk according to package directions.
2. Fold in Cool Whip.
3. Layer pudding mixture with crushed Oreos in clear cups.
4. Top with more Oreos and gummy worms.

### **Freezing Instructions**

Cover cups with plastic wrap and freeze flat.

### **Serving Notes**

Thaw in refrigerator 4 hours or overnight. Serve chilled.

## **Dirt Cup Popsicles**

### **Ingredients**

- 1 box (3.4 oz) instant chocolate pudding mix
- 2 cups milk
- 1/2 container (4 oz) Cool Whip
- 1/2 cup crushed Oreos
- Gummy worms

### **Directions**

1. Prepare pudding with milk. Stir in Cool Whip and Oreos.
2. Spoon mixture into popsicle molds. Add a gummy worm into each.
3. Freeze until solid.

### **Freezing Instructions**

Keep popsicles in molds or transfer to freezer bags once frozen.

### **Serving Notes**

Serve straight from the freezer as a fun kid treat.

## **Root Beer Floats (Freezer Cups)**

### **Ingredients**

- 1 quart vanilla ice cream
- 2 cans root beer

### **Directions**

1. Scoop ice cream into freezer-safe cups.
2. Pour root beer over top.
3. Cover each with plastic wrap and freeze immediately.

### **Freezing Instructions**

Keep covered in freezer until ready to serve.

### **Serving Notes**

Let sit at room temperature 5 minutes before eating. Stir slightly for classic float texture.

## **Strawberry Lemonade Freeze Cups**

### **Ingredients**

- 1 quart lemonade
- 1 cup sliced strawberries

### **Directions**

1. Place strawberry slices into silicone muffin liners or small cups.
2. Pour lemonade over top.
3. Freeze until solid.

### **Freezing Instructions**

Cover tightly with foil or lids. Keep frozen.

### **Serving Notes**

Serve straight from the freezer on a hot day. Kids can eat with a spoon or let thaw slightly into a slushy.

## **Coconut Cream Pie (Mock Bakery Style)**

### **Ingredients**

- 1 baked pie crust
- 1 can (13.5 oz) coconut milk
- 1/2 cup sugar
- 1/4 cup cornstarch
- 1/4 tsp salt
- 4 egg yolks
- 1 Tbsp butter
- 1 tsp vanilla
- 1 cup shredded coconut
- Whipped cream for topping

### **Directions**

1. In saucepan, whisk coconut milk, sugar, cornstarch, and salt. Cook until thickened.
2. Temper yolks, add to mixture, and cook 2–3 minutes. Remove from heat, stir in butter, vanilla, and coconut.
3. Pour into baked crust. Cool completely.
4. Top with whipped cream and extra coconut.

### **Freezing Instructions**

Wrap whole pie tightly with plastic wrap and foil. Can also freeze individual slices.

### **Serving Notes**

Thaw in refrigerator overnight. Serve cold.

## **Whoopie Pies**

### **Ingredients**

- 2 cups flour
- 1/2 cup cocoa powder
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup sugar
- 1/2 cup butter, softened
- 1 egg
- 1 cup buttermilk
- 1 tsp vanilla
- Filling: 1/2 cup butter, 1 cup marshmallow fluff, 1 1/2 cups powdered sugar, 1 tsp vanilla

### **Directions**

1. Preheat oven to 350°F. Mix flour, cocoa, baking soda, and salt.
2. In separate bowl, beat butter and sugar. Add egg, vanilla, and buttermilk. Combine with dry ingredients.
3. Drop spoonfuls onto parchment-lined sheet. Bake 8–10 minutes until set. Cool.
4. Beat filling ingredients until fluffy. Spread between two cakes to make sandwiches.

### **Freezing Instructions**

Individually wrap whoopie pies in plastic wrap, then place in freezer bags.

### **Serving Notes**

Thaw at room temperature 30 minutes before serving.

## Classic Chocolate Chip Cookies

### Ingredients

- 1 cup butter, softened
- 1 cup brown sugar
- 1/2 cup white sugar
- 2 eggs
- 2 tsp vanilla
- 2 1/2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 2 cups chocolate chips

### Directions

1. Cream butter and sugars. Add eggs and vanilla.
2. Stir in flour, baking soda, and salt. Fold in chocolate chips.
3. Drop dough balls on a baking sheet. Bake at 350°F for 9–11 minutes.

### Freezing Instructions

- Freeze dough balls on a baking sheet, then transfer to bags.
- Or bake cookies, cool completely, and freeze in bags with parchment between layers.

### Serving Notes

Bake dough balls straight from frozen at 350°F for 10–12 minutes.

## **Oatmeal Raisin Cookies**

### **Ingredients**

- 1 cup butter, softened
- 1 cup brown sugar
- 1/2 cup white sugar
- 2 eggs
- 2 tsp vanilla
- 1 1/2 cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 3 cups oats
- 1 cup raisins

### **Directions**

1. Cream butter and sugars. Add eggs and vanilla.
2. Stir in flour, baking soda, and cinnamon. Fold in oats and raisins.
3. Drop dough balls on baking sheet. Bake at 350°F for 10–12 minutes.

### **Freezing Instructions**

Freeze dough balls on a tray, then bag. Or freeze baked cookies with parchment between layers.

### **Serving Notes**

Bake dough straight from freezer at 350°F for 12–14 minutes.

## **Peanut Butter Blossoms**

### **Ingredients**

- 1/2 cup butter, softened
- 1/2 cup peanut butter
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 egg
- 1 tsp vanilla
- 1 1/2 cups flour
- 1 tsp baking soda
- 1/4 tsp salt
- 24 Hershey's Kisses

### **Directions**

1. Cream butter, peanut butter, and sugars. Add egg and vanilla.
2. Stir in flour, baking soda, and salt. Roll dough into 1-inch balls, coat in sugar.
3. Bake at 350°F for 8–9 minutes. Press a Kiss into each cookie immediately after baking.

### **Freezing Instructions**

Freeze dough balls without the Kiss. Or bake, cool, then freeze cookies in layers with parchment.

### **Serving Notes**

Bake dough balls from frozen at 350°F for 10 minutes. Add Kiss after baking.

## **Snickerdoodles**

### **Ingredients**

- 1 cup butter, softened
- 1 1/2 cups sugar
- 2 eggs
- 2 tsp vanilla
- 2 3/4 cups flour
- 2 tsp cream of tartar
- 1 tsp baking soda
- 1/2 tsp salt
- 2 Tbsp sugar + 1 tsp cinnamon (for rolling)

### **Directions**

1. Cream butter and sugar. Add eggs and vanilla.
2. Stir in flour, cream of tartar, baking soda, and salt.
3. Roll dough into balls, coat in cinnamon sugar. Bake at 375°F for 8–10 minutes.

### **Freezing Instructions**

Freeze dough balls rolled in cinnamon sugar. Or freeze baked cookies with parchment layers.

### **Serving Notes**

Bake dough balls from frozen at 375°F for 9–11 minutes.

## **Brownies**

### **Ingredients**

- 1 cup butter, melted
- 2 cups sugar
- 4 eggs
- 2 tsp vanilla
- 1 cup flour
- 1/2 cup cocoa powder
- 1/2 tsp salt

### **Directions**

1. Preheat oven to 350°F. Grease 9x13 pan.
2. Mix butter and sugar. Add eggs and vanilla.
3. Stir in flour, cocoa, and salt. Spread in pan.
4. Bake 30–35 minutes until set.

### **Freezing Instructions**

Cool completely. Cut into squares, wrap individually, and freeze in bags.

### **Serving Notes**

Thaw at room temperature or microwave for a warm treat.

## **Blondies**

### **Ingredients**

- 1 cup butter, melted
- 2 cups brown sugar
- 2 eggs
- 2 tsp vanilla
- 2 cups flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup white chocolate chips or butterscotch chips (optional)

### **Directions**

1. Preheat oven to 350°F. Grease 9x13 pan.
2. Mix butter and sugar. Add eggs and vanilla.
3. Stir in flour, baking powder, and salt. Fold in chips.
4. Bake 25–30 minutes until golden.

### **Freezing Instructions**

Cool completely. Cut into bars, wrap individually, and freeze.

### **Serving Notes**

Thaw at room temperature or microwave for 10–15 seconds.

## Banana Muffins

### Ingredients

- 3 ripe bananas, mashed
- 1/3 cup melted butter
- 3/4 cup sugar
- 1 egg, beaten
- 1 tsp vanilla
- 1 tsp baking soda
- Pinch of salt
- 1 1/2 cups flour

### Directions

1. Preheat oven to 350°F. Line muffin tin.
2. Mix bananas, butter, sugar, egg, and vanilla.
3. Stir in baking soda, salt, and flour until just combined.
4. Divide into muffin cups and bake 18–20 minutes.

### Freezing Instructions

Cool completely. Wrap individually in plastic wrap, then place in a freezer bag.

### Serving Notes

Thaw at room temperature or microwave 20–30 seconds.

## **Blueberry Muffins**

### **Ingredients**

- 1/2 cup butter, softened
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk
- 1 1/2 cups blueberries (fresh or frozen)

### **Directions**

1. Preheat oven to 375°F. Line muffin tin.
2. Cream butter and sugar. Add eggs and vanilla.
3. Stir in flour, baking powder, and salt alternately with milk.
4. Fold in blueberries. Bake 20–22 minutes.

### **Freezing Instructions**

Cool muffins fully. Wrap each in plastic wrap and freeze in a bag.

### **Serving Notes**

Thaw overnight in the fridge or microwave briefly.

## **Pumpkin Muffins**

### **Ingredients**

- 1 3/4 cups flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 1 cup sugar
- 1/2 cup oil
- 2 eggs
- 1 cup pumpkin puree
- 1 tsp vanilla

### **Directions**

1. Preheat oven to 350°F. Line muffin tin.
2. Mix flour, baking soda, baking powder, spices, and salt.
3. In another bowl, whisk sugar, oil, eggs, pumpkin, and vanilla.
4. Combine mixtures until just blended.
5. Bake 20–22 minutes.

### **Freezing Instructions**

Cool completely, wrap in plastic wrap, and freeze in a large bag.

### **Serving Notes**

Warm slightly in microwave before serving for best flavor.

## **Zucchini Muffins**

### **Ingredients**

- 2 cups grated zucchini
- 1/2 cup oil
- 1/2 cup sugar
- 1/2 cup brown sugar
- 2 eggs
- 2 tsp vanilla
- 2 cups flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp salt

### **Directions**

1. Preheat oven to 350°F. Line muffin tin.
2. Mix oil, sugars, eggs, and vanilla.
3. Stir in flour, baking soda, baking powder, spices, and salt.
4. Fold in zucchini. Bake 20–22 minutes.

### **Freezing Instructions**

Cool completely. Wrap each muffin individually and freeze in freezer bags.

### **Serving Notes**

Thaw at room temperature or warm in oven for fresh taste.

## **Apple Cinnamon Muffins**

### **Ingredients**

- 1/2 cup butter, softened
- 1/2 cup sugar
- 1/2 cup brown sugar
- 2 eggs
- 1 tsp vanilla
- 1 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 cup milk
- 1 1/2 cups diced apples

### **Directions**

1. Preheat oven to 375°F. Line muffin tin.
2. Cream butter and sugars. Add eggs and vanilla.
3. Mix flour, baking powder, soda, salt, and cinnamon.
4. Alternate adding flour mixture with milk.
5. Fold in apples. Bake 20–22 minutes.

### **Freezing Instructions**

Cool, wrap individually, and freeze in bags.

### **Serving Notes**

Thaw overnight or microwave 20 seconds for a warm muffin.

## **Cinnamon Swirl Coffee Cake**

### **Ingredients**

- 2 cups flour
- 1 cup sugar
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1/2 cup butter, melted
- 2 eggs
- 2 tsp vanilla

### **Swirl Topping:**

- 1/2 cup butter, melted
- 1 cup brown sugar
- 2 Tbsp cinnamon

### **Glaze (optional):**

- 1 cup powdered sugar
- 2 Tbsp milk

### **Directions**

1. Preheat oven to 350°F. Grease a 9x13 pan.
2. Mix flour, sugar, baking powder, and salt. Stir in milk, melted butter, eggs, and vanilla until combined.
3. Pour batter into pan. Drizzle swirl topping over batter, then use a knife to marble it through.
4. Bake 30–35 minutes until golden. Cool and drizzle glaze if desired.

### **Freezing Instructions**

Cool completely. Cut into squares, wrap individually, and freeze in bags.

### **Serving Notes**

Thaw at room temperature or warm in microwave for 15 seconds.

## Texas Sheet Cake

### Ingredients

- 2 cups flour
- 2 cups sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup butter
- 1/4 cup cocoa powder
- 1 cup water
- 1/2 cup buttermilk
- 2 eggs
- 1 tsp vanilla

### Frosting:

- 1/2 cup butter
- 1/4 cup cocoa powder
- 1/3 cup milk
- 4 cups powdered sugar
- 1 tsp vanilla

### Directions

1. Preheat oven to 350°F. Grease a jelly roll pan (10x15).
2. Mix flour, sugar, baking soda, and salt.
3. In saucepan, melt butter, cocoa, and water. Pour over flour mixture.
4. Stir in buttermilk, eggs, and vanilla until smooth.
5. Bake 20–22 minutes.
6. For frosting: melt butter, cocoa, and milk. Stir in powdered sugar and vanilla. Pour warm frosting over hot cake.

### Freezing Instructions

Cool completely. Cut into squares, wrap individually, and freeze.

### Serving Notes

Serve thawed at room temperature or warm slightly.

## **Carrot Cake**

### **Ingredients**

- 2 cups flour
- 2 cups sugar
- 2 tsp baking soda
- 2 tsp cinnamon
- 1/2 tsp salt
- 1 cup oil
- 4 eggs
- 3 cups grated carrots
- 1/2 cup crushed pineapple, drained
- 1 cup walnuts or pecans (optional)

### **Cream Cheese Frosting (freeze separately):**

- 1/2 cup butter, softened
- 8 oz cream cheese, softened
- 4 cups powdered sugar
- 1 tsp vanilla

### **Directions**

1. Preheat oven to 350°F. Grease 9x13 pan.
2. Mix flour, sugar, baking soda, cinnamon, and salt.
3. Stir in oil and eggs until smooth. Fold in carrots, pineapple, and nuts.
4. Bake 40–45 minutes until toothpick comes out clean.
5. Frost with cream cheese frosting once cooled.

### **Freezing Instructions**

Cool completely. Freeze cake unfrosted, tightly wrapped. Freeze frosting separately in a container.

### **Serving Notes**

Thaw both cake and frosting overnight in fridge. Frost once thawed.

## **Lemon Bundt Cake**

### **Ingredients**

- 1 box yellow cake mix
- 1 box (3.4 oz) instant lemon pudding mix
- 4 eggs
- 1 cup sour cream
- 1/2 cup oil
- 1/2 cup water
- Zest of 1 lemon

### **Glaze:**

- 1 cup powdered sugar
- 2-3 Tbsp lemon juice

### **Directions**

1. Preheat oven to 350°F. Grease bundt pan.
2. Mix cake mix, pudding mix, eggs, sour cream, oil, water, and zest until smooth.
3. Pour into pan and bake 45-50 minutes.  
Cool in pan 10 minutes before removing.
4. Whisk glaze and drizzle over cooled cake.

### **Freezing Instructions**

Cool completely. Wrap whole cake in plastic wrap and foil, or freeze slices individually.

### **Serving Notes**

Thaw at room temperature. Glaze after thawing if freezing without it.

## **Classic Apple Pie**

### **Ingredients**

- 2 pie crusts (homemade or store-bought)
- 6 cups apples, peeled & sliced
- 3/4 cup sugar
- 2 Tbsp flour
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1 Tbsp lemon juice
- 2 Tbsp butter, cut in small pieces

### **Directions**

1. Preheat oven to 400°F. Place one crust in pie dish.
2. In a bowl, toss apples with sugar, flour, cinnamon, nutmeg, and lemon juice.
3. Pour into crust. Dot with butter.
4. Cover with top crust, seal edges, and cut small slits for steam.
5. Bake 45–50 minutes until golden.

### **Freezing Instructions**

Assemble unbaked pie. Wrap tightly with plastic wrap and foil. Freeze flat.

### **Serving Notes**

Bake from frozen at 400°F for 55–65 minutes, covering edges with foil if browning too quickly.

## **Frozen Cheesecake Bars**

### **Ingredients**

- 2 cups graham cracker crumbs
- 1/2 cup butter, melted
- 2 (8 oz) packages cream cheese, softened
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- 1 cup sour cream
- Optional: fruit topping, chocolate drizzle, or crushed Oreos

### **Directions**

1. Preheat oven to 325°F. Line 9x13 pan with foil.
2. Mix graham crumbs with butter, press into pan.
3. Beat cream cheese and sugar until smooth. Add eggs and vanilla. Mix well.
4. Spread over crust and bake 35–40 minutes. Cool.
5. Spread sour cream on top. Add toppings if desired.
6. Chill thoroughly before cutting into squares.

### **Freezing Instructions**

Wrap individual bars in plastic wrap, then freeze in a bag or container.

### **Serving Notes**

Thaw slices in refrigerator for several hours before serving.

## Closing Thoughts

As you come to the end of this cookbook, I hope you feel inspired and equipped — not just with recipes, but with ideas for making life at home a little easier, warmer, and more joyful. Freezer meals, simple breads, hearty dinners, and sweet treats aren't just about saving time or stretching your budget (though they certainly help with that). They're about building a rhythm of care — for your family, your home, and even for yourself.

Cooking ahead, freezing food, and pulling out a meal or dessert when you need it is like giving your future self a gift. On busy days, it's a sigh of relief. On hard days, it's a reminder that you're cared for too. On celebratory days, it's one less thing to think about so you can enjoy the people around your table.

Remember — food doesn't have to be fancy to be meaningful. Sometimes the simplest casserole, a pan of brownies, or a loaf of fresh bread says more than a thousand words ever could. It says, *"You're loved. You're welcome here. Sit down and rest awhile."*

From my kitchen to yours, I pray these recipes serve you well. May they fill your home with good smells, your table with good food, and your heart with the peace that comes from knowing you are doing well — caring for your family, and caring for yourself too.

So here's to many more shared meals, warm conversations, and freezer treasures that bless your days.

With love,

**Amy**

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