



Freezer Meal Workshop

*“Food is our common ground,
a universal experience.”*

– JAMES BEARD



Thank you for ordering! I look forward to meeting you all!!!

Follow these steps to complete your meals:

1. Shop

Reference the included Grocery List and head to your local grocery store. Keep in mind, you can swap proteins for what you like or use what is already in your freezer. Don't like fish? Use chicken. Just remember, your cooking time may be different from the recipe. Remember you are going to have fantastic meals for less than \$3.50 a serving

2. Prep

Add the bag labels to your freezer bags. If the recipe calls for two bags, mark one bag A and the other B. Prepare ingredients according to the Prep Sheet and place in corresponding freezer bags. Once a bag is complete, refrigerate while you prepare remaining bags. Want to save time? Ask your butcher to cut up your meat or look for pre-cut veggies at your local grocer.

3. Freeze

After you have prepped all the freezer bags, squish to combine the ingredients and get as much air out as possible before sealing. Place each of your assembled Wildtree meals into a 2nd freezer bag to prevent any potential leaks. Put two of your assembled meals in the fridge and the remainder in your freezer.

4. Enjoy

With two meals in your fridge, you will start using your investment right away and can enjoy the others on an upcoming evening! Reference the recipes in this booklet to find any additional ingredients needed to cook each meal.



Family Favorites

Grocery List

Be sure to check your freezer and pantry for these items before you go shopping. Remember you can swap out proteins for what you already have or like.

PROTEIN

- 4 pounds boneless, skinless chicken breasts
 - o 2 pounds cut into thin strips for 2. Southwestern Chicken Casserole
 - o 2 pounds butterflied for 4. Rosemary Garlic Chicken with Vegetable Orzo
- 6 skinless chicken drumsticks
- 6 skinless chicken thighs
- 1 pound lean ground turkey
- 2 pounds lean ground beef
- 1 (3 pound) beef chuck roast
- 1½ pounds beef flank steak, thinly sliced
- 2 pounds steak tips
- 1 (2½ pound) boneless pork loin
- 6 (6 ounce) salmon fillets

PRODUCE

- 3 yellow onions
- 1 zucchini, chopped
- 1 summer squash, chopped
- 1 red bell pepper, diced
- 7 scallions, sliced

MISCELLANEOUS

- 1 (10 ounce) can diced tomatoes with green chilies, drained
- ½ cup brown sugar
- 1 (16 ounce) bag frozen pepper strips
- 2 eggs
- ½ cup shredded parmesan cheese
- 1 Box Gallon Freezer Bags – Some recipes call for more than one bag, be sure to review the Pre-Workshop Prep Chart for an exact count



Family Favorites

Pre-Workshop Prep

Bag # (Mark each bag)	Place these ingredients in corresponding bag	Freezer Meal
1	2 pounds lean ground beef 2 eggs ½ cup shredded parmesan cheese	Tuscan Spaghetti & Meatballs
2	2 pounds boneless, skinless chicken breasts, cut into thin strips 1 yellow onion, sliced 1 (16 ounce) bag frozen pepper strips 1 (10 ounce) can diced tomatoes with green chilies, drained	Southwestern Chicken Casserole
3	1 (2½ pound) boneless pork loin	Wicked Memphis Pulled Pork
4a	2 pounds boneless, skinless chicken breasts, butterflied	Rosemary Garlic Chicken with Vegetable Orzo
4b	1 zucchini, chopped 1 summer squash, chopped 1 red bell pepper, diced	Rosemary Garlic Chicken with Vegetable Orzo
5	6 skinless chicken drumsticks 6 skinless chicken thighs 4 scallions, sliced 2 tablespoons brown sugar	Asian Glazed Chicken
6	1 pound lean ground turkey 1 yellow onion, diced	Savory Homestyle Chili
7	1 (3 pound) beef chuck roast 1 yellow onion, sliced	Simple Family Pot Roast
8	6 (6 ounce) salmon fillets 2 tablespoons brown sugar	Wicked Good Salmon
9a	1½ pounds beef flank steak, thinly sliced	Mongolian Beef
9b	3 scallions, sliced ¼ cup brown sugar	Mongolian Beef
10	2 pounds steak tips	Rosemary Garlic Steak Tips with Roasted Vegetables



Easy Breezy Slow Cooker

Grocery List

Check your freezer and pantry for these items before you go shopping. Remember you can swap out proteins for what you already have or like.

PROTEIN

- 12 pounds boneless, skinless chicken breasts
 - o 2 pounds for 1. Bacon Wrapped Apple BBQ Chicken
 - o 2 pounds for 5. Garlicky Chicken
 - o 2 pounds for 7. Bruschetta Chicken Pasta
 - o 2 pounds for 8. Savory Sweet Onion Chicken
 - o 2 pounds for 9. Golden BBQ Chicken Sliders
 - o 2 pounds for 10. Chipotle Citrus Chicken
- 2 pounds lean ground beef
- 2 pounds beef chuck roast, fat trimmed
- 4 pounds boneless pork loin
 - o 2 pounds for 4. Pork Carnitas
 - o 2 pounds for 6. Pork & Pineapple Rice Bowls
- 1 pound bacon

PRODUCE

- 4 red bell peppers
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 2 white onions
- 2 yellow onions
- 3 red onions

MISCELLANEOUS

- 1 (28 ounce) can diced tomatoes, no salt added
- 3 (20 ounce) cans pineapple chunks
- 1 (4 ounce) can diced green chilies
- 1 cup bread crumbs
- ¼ cup + 1 tablespoon brown sugar
- ½ cup honey
- ⅔ cup apple cider vinegar
- ¼ cup balsamic vinegar
- ½ cup + 2 tablespoons low sodium soy sauce
- 2 tablespoons Dijon mustard
- 1 cup orange juice
- ¾ cup applesauce
- 4½ teaspoons black pepper
- 1 egg
- 1 Box Gallon Freezer Bags – Some recipes call for more than one bag; be sure to review the Pre-Workshop Prep Chart for an exact count
- Measuring cups and spoons
- Cooler with ice or ice packs for transporting meals



Easy Breezy Slow Cooker

Pre-Workshop Prep

Bag # (Mark each bag)	Place these ingredients in corresponding bag	Freezer Meal
1	2 pounds boneless, skinless chicken breasts, 1 pound bacon, ¾ cup applesauce, ½ teaspoon black pepper, <i>Note: Wrap bacon slices around each chicken breast before placing in freezer bag</i>	Bacon Wrapped Apple BBQ Chicken
2	2 pounds beef chuck roast, fat trimmed, 1 red bell pepper, sliced, 1 white onion, sliced	Italian Beef Sandwich with Garlic Aioli
3a	2 pounds lean ground beef, 1 yellow onion, chopped, 1 egg, 1 cup bread crumbs, ½ teaspoon black pepper	Hawaiian Meatballs
3b	1 red onion, sliced, 1 red bell pepper, sliced, 1 yellow bell pepper, sliced, 1 green bell pepper, sliced, 1 (20 ounce) can pineapple chunks, undrained, ¼ cup brown sugar, ⅔ cup apple cider vinegar, 2 tablespoons low sodium soy sauce, ½ teaspoon black pepper	Hawaiian Meatballs
4	2 pounds boneless pork loin, 1 white onion, chopped, 1 (4 ounce) can diced green chilies, ¾ cup orange juice, ½ teaspoon black pepper	Pork Carnitas
5	2 pounds boneless, skinless chicken breasts, ¼ cup low sodium soy sauce, 2 tablespoons honey, ½ teaspoon black pepper	Garlicky Chicken
6	2 pounds boneless pork loin, 2 red bell peppers, chopped, 1 red onion, chopped, 2 (20 ounce) cans pineapple chunks, undrained, ¼ cup low sodium soy sauce, 1 tablespoon brown sugar	Pork & Pineapple Rice Bowls
7	2 pounds boneless, skinless chicken breasts, 1 (28 ounce) can diced tomatoes, no salt added, ¼ cup balsamic vinegar, ½ teaspoon black pepper	Bruschetta Chicken Pasta
8	2 pounds boneless, skinless chicken breasts, 1 red onion, sliced, 2 tablespoons Dijon mustard, ½ teaspoon black pepper	Savory Sweet Onion Chicken
9	2 pounds boneless, skinless chicken breasts, 1 yellow onion, sliced, 2 tablespoons honey, ½ teaspoon black pepper	Golden BBQ Chicken Sliders
10	2 pounds boneless, skinless chicken breasts, ¼ cup orange juice, ¼ cup honey, ½ teaspoon black pepper	Chipotle Citrus Chicken



One Stop Crock

Grocery List

Check your freezer and pantry for these items before you go shopping. Remember you can swap out proteins for what you already have or like.

PROTEIN

- 6 pounds boneless, skinless chicken breasts
 - o 2 pounds for 7. Buffalo Chicken Sliders
 - o 2 pounds for 8. Honey Hoisin Chicken Wraps
 - o 2 pounds for 10. Pollo Asada Rice Bowls
- 1 pound boneless, skinless chicken thighs
- 1 (3 pound) turkey breast
- 1 pound lean ground beef
- 1½ pounds beef stew meat
- 3 pounds country-style boneless pork ribs
- 5 pounds pork tenderloin
 - o 2½ pounds for 2. Apple Balsamic Pork Tenderloin
 - o 2½ pounds for 3. Enchilada Pork Tacos

PRODUCE

- 3 yellow onions, diced
- 3 stalks celery, diced
- ½ tablespoon lime juice

FROZEN

- 2 cups frozen cubed butternut squash
- 2 cups frozen corn

MISCELLANEOUS

- 2 (15 ounce) cans diced tomatoes, no salt added
- 1 (8 ounce) can tomato sauce, no salt added
- 2 (29 ounce) cans tomato sauce, no salt added
- 2 (6 ounce) cans tomato paste
- 1 (10 ounce) can diced tomatoes with green chilies
- 1 (4 ounce) can diced green chilies
- 2 (15 ounce) cans low sodium black beans
- 1 (15 ounce) can low sodium white beans
- 1 (8 ounce) can pineapple chunks
- 1½ cups applesauce, unsweetened
- 3 tablespoons brown sugar
- 2 tablespoons honey
- 1 tablespoon butter
- 1½ teaspoons black pepper
- 1 Box Gallon Freezer Bags – Some recipes call for more than one bag; be sure to review the Pre-Workshop Prep Chart for an exact count
- Measuring cups and spoons
- Cooler with ice or ice packs for transporting meals



One Stop Crock

Pre-Workshop Prep

Bag # <i>(Mark each bag)</i>	Place these ingredients in corresponding bag	Freezer Meal
1	3 pounds country-style boneless pork ribs, 1 (8 ounce) can pineapple chunks, undrained	Hawaiian Style Country Ribs
2	2½ pounds pork tenderloin, 1½ cups applesauce, unsweetened, 3 tablespoons brown sugar	Apple Balsamic Pork Tenderloin
3	2½ pounds pork tenderloin, 1 (8 ounce) can tomato sauce, no salt added, 1 (4 ounce) can diced green chilies	Enchilada Pork Tacos
4a	1 pound lean ground beef, ½ yellow onion, diced, 1 teaspoon black pepper	Slow Cooker Lasagna
4b	1 (29 ounce) can tomato sauce, no salt added, 1 (6 ounce) can tomato paste	Slow Cooker Lasagna
5	1 pound boneless, skinless chicken thighs, 1 yellow onion, diced, 1 cup frozen corn, 1 (15 ounce) can low sodium black beans, drained and rinsed, 1 (15 ounce) can low sodium white beans, drained and rinsed, 1 (10 ounce) can diced tomatoes with green chilies	Ranch Chicken Chili
6	1½ pounds beef stew meat, 1 yellow onion, diced, 3 stalks celery, diced, 2 cups frozen cubed butternut squash, 1 (29 ounce) can tomato sauce, no salt added, 1 (15 ounce) can diced tomatoes, no salt added, ½ teaspoon black pepper	Beef Enchilada Stew
7	2 pounds boneless, skinless chicken breasts, 1 (6 ounce) can tomato paste, 1 tablespoon butter	Buffalo Chicken Sliders
8	2 pounds boneless, skinless chicken breasts, 2 tablespoons honey	Honey Hoisin Chicken Wraps
9	1 (3 pound) turkey breast	Ranch Roasted Turkey Breast
10	2 pounds boneless, skinless chicken breasts, ½ yellow onion, diced, 1 (15 ounce) can diced tomatoes, no salt added, 1 (15 ounce) can low sodium black beans, drained and rinsed, 1 cup frozen corn, ¼ cup water, ½ tablespoon lime juice	Pollo Asada Rice Bowls



Simply Wholesome

Grocery List

Be sure to check your freezer and pantry for these items before you go shopping. Remember you can swap out proteins for what you already have or like.

PROTEIN

- 3½ pounds boneless, skinless chicken breasts
 - o 1½ pounds cut for skewers for 1. Garlic Balsamic Chicken
 - o 2 pounds butterflied for 9. Garlic Pepper Chicken
- 1 whole chicken, broken down
- 1 pound ground turkey
- 2½ pounds lean ground beef
 - o 1 pound for 4. Homestyle Meatloaf
 - o 1½ pounds for 5. Italian Burgers
- 2 (1 pound) sirloin steaks
- 2 pounds beef flank steak, thinly sliced
- 2 pounds thin-cut boneless pork chops
- 2 pounds large shrimp, peeled and deveined
- 6 (6 ounce) white fish fillets (cod, tilapia, etc.)

PRODUCE

- 2 red bell peppers, cut for skewers
- 1 green bell pepper, cut for skewers
- 5 yellow onions
- 1 red onion, chopped
- 1 pint cherry tomatoes, halved
- 2 summer squash, sliced
- 8 ounces sliced mushrooms
- 8 ounces sliced baby bella mushrooms
- 1 carrot, peeled and thinly sliced
- 1½ tablespoons lemon juice

MISCELLANEOUS

- 1 (14 ounce) can artichoke hearts, drained and quartered
- ¼ cup Kalamata olives, chopped
- 5 tablespoons coconut flour

2 eggs

1 Box Gallon Freezer Bags – Some recipes call for more than one bag, be sure to review the Pre-Workshop Prep Chart for an exact count



Simply Wholesome

Pre-Workshop Prep

Bag # (Mark each bag)	Place these ingredients in corresponding bag	Freezer Meal
1	1½ pounds boneless, skinless chicken breasts, cut for skewers 1 red bell pepper, cut for skewers 1 green bell pepper, cut for skewers 1 yellow onion, cut for skewers	Garlic Balsamic Chicken
2	6 (6 ounce) white fish fillets (cod, tilapia, etc.)	Baked Cajun Fish
3a	2 pounds thin-cut boneless pork chops	Tuscan Pork Chops
3b	1 red onion, chopped 1 pint cherry tomatoes, halved 1 (14 ounce) can artichoke hearts, drained and quartered ¼ cup Kalamata olives, chopped	Tuscan Pork Chops
4	1 pound ground turkey 1 pound lean ground beef 1 yellow onion, chopped 5 tablespoons coconut flour 2 eggs	Homestyle Meatloaf
5	1½ pounds lean ground beef	Italian Burgers
6	2 pounds large shrimp, peeled and deveined 1 red bell pepper, cut for skewers 1 tablespoon lemon juice	California Style Shrimp
7a	2 (1 pound) sirloin steaks	One Pan Steak & Vegetables
7b	1 yellow onion, sliced 8 ounces sliced mushrooms 1 carrot, peeled and thinly sliced	One Pan Steak & Vegetables
8	1 whole chicken, broken down 1 yellow onion, roughly chopped 2 summer squash, sliced	Roasted Cajun Chicken
9	2 pounds boneless, skinless chicken breasts, butterflied ½ tablespoon lemon juice	Garlic Pepper Chicken
10	2 pounds beef flank steak, thinly sliced 1 yellow onion, thinly sliced 8 ounces sliced baby bella mushrooms	Slow Cooker Flank Steak