



Thank you so much for downloading my Freezer Meal Plan.

Meal Planning has saved my health, finances, marriage and more.

I have been meal planning for over 10 years now. It's something that just comes second nature. Yet I have learned how to meal plan effectively so my grocery budget can always be shrunk based on any life events that try to tear us down.

The thing I love about meal planning is that it can be as simple or complex as you want. It can always change.

This meal plan is great for beginners or those of us who just want to pull dinner out of the freezer but know it is going to taste great without and extra junk added to it.

So many of these ingredients are pantry items. Your cost could be very minimal if you have chicken stock and diced tomatoes in it.

I Hope you enjoy,

- **Tasia**

For more recipes, meal planning tips and deals please visit [www.mybjswholesale.com](http://www.mybjswholesale.com)

## What's Included

Shopping List

Pantry List

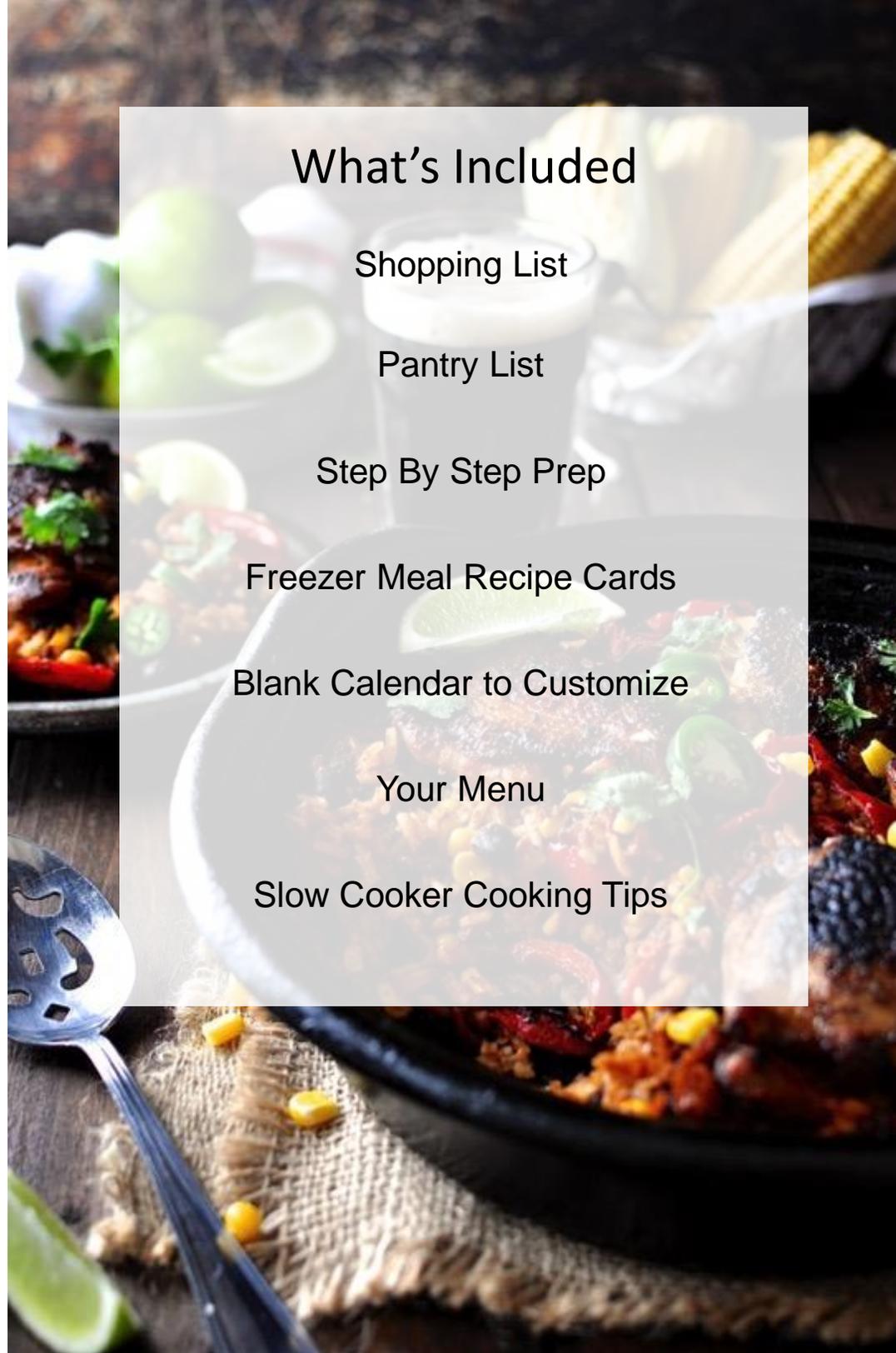
Step By Step Prep

Freezer Meal Recipe Cards

Blank Calendar to Customize

Your Menu

Slow Cooker Cooking Tips



# Shopping List

## MEAT

- Bone-In Chicken Breasts- \$1.79/lb. average 5-6 lbs.
- Ground Beef \$2.99/lb. average 4 lbs.
- Wellsley Farms Bacon 3 pk. \$9.39

## CANNED GOODS

- 1 Hunts Diced Tomatoes 8 pk. \$5.99
- 1 Goya Black Beans 8pk. \$5.99
- 2 Bean and Bacon Soup ( NLA at BJs use local grocery store)

## DAIRY

- 1 Heavy Whipping Cream Quart \$4.99
- 1 Wellsley Farms Cheddar Cheese 3 lbs. \$8.49
- 1 Wellsley Farms Mozzarella Cheese 4 lbs. \$8.99

## DRY GOODS

- 1 Barilla Dry Pasta 8 pk. \$7.49
- 1 Progresso Chicken Stock 6 pk. \$9.99
- 1 Swanson Beef Stock 3 pk. \$6.99

## FROZEN

- 1 Bag of Wellsley Farms Vegetable Medley 4 lbs. \$7.99
- 1 Bag of Wellsley Farms Corn 4 lbs. \$6.99
- 1 Bag of Frozen Mixed Veggies 4 lbs. \$6.99
- 1 Bag of Pillsbury Buttermilk Biscuits \$5.99 ( or fresh)

## PRODUCE

- 1 Cabbage \$1.19
- 1 Pack of Celery \$1.59
- 1 Bag of Idaho Potatoes 5 lb. \$2.79
- 1 bag of Wellsley Farms Yellow Onions 3 lbs. \$1.99

The total cost of the ingredients mentioned at BJ's is \$116.64. You can make many more meals using the remainder of your ingredients. I have a sheet of meal ideas included for you.

The cost of just the recipes in this meal plan is \$89.68.

Each meal costs \$6.40. If you are a family of 6 it is \$1.06 per person.

These meals can feed a family of 8 which will cost \$0.80 per person.

If you are a family of four- you will for sure have leftovers.

# Pantry List

This is a list of items you will need from your pantry. I do not add pantry items into the final cost of the meal.

If you are new to cooking and not sure what to have in your pantry please see my Ultimate List of Pantry Items [here](#).

## SPICES/DRY GOODS

Bay Leaves  
Thyme  
Basil  
Oregano  
Garlic  
Salt  
Pepper  
All Purpose Flour  
Sugar  
Balsamic Vinegar  
Olive Oil  
Chicken Bouillon Cubes  
Parmesan Cheese

## FRIDGE

Eggs  
Worcestershire sauce  
Butter  
Parmesan Cheese



# Step by Step Prep

- It took me one hour to prepare my Freezer Meals.
- First Heat up a skillet to cook your ground beef. If you have a pan big enough to cook the entire pack you can do so otherwise you may need to use two pans. ( should cook for about 15-20 minutes until brown)
- Turn on your oven to 350°- to cook one pack of bacon. Cook for 20-30 mins until cooked through
- Then start chopping.
- Chop 7 Onions
- Chop 5 Celery
- Check your meat stir.
- Chop 1 Cabbage
- Slice 4 cups of Potatoes- thin ( 1 bag)
- Place sliced Potatoes in a bowl with cold water and a teaspoon of salt. (*This will help preserve the color of the potatoes*)
- Meat should be done
- Drain Beef let cool.
- Pull out bacon and let it drain on a plate with paper towel.
- Next Get your Freezer Bags all labeled.
- You can write with a sharpie the ingredients on the bag or use the included printable and packing tape to stick to each bag.
- Label 3 Bags of Minestrone
- Label 3 Bags for Black Bean Soup
- Label 2 Bags for Chicken Stew
- Label 3 Bags for Harvest Hamburger
- Label 2 Bags for Creamy Veggie Pasta
- Label One Bag for your choice with ground beef and onions. I used mine for sloppy joes in the slow cooker.

# Prep Steps for Minestrone

- Add 4 slices of cooked bacon into each bag of Minestrone. \_ Note it is totally ok to just grab handfuls of each of the produce. Nothing has to be exact. You can add more onions in if you like onions etc. Let it be customized to you.
- Add ½ cup onions to each bag.
- Add 1 and ½ cups chopped celery to each bag.
- Split up Cabbage between the three bags and add to it.
- Open One Bag of Wellsley Farms Vegetable Medley and add to the bag.
- Seal and store in freezer.
  
- **Tips for Sealing Your Bag:**
- Roll Bag up to get all the air out.
- Lay bag flat in the freezer.
- Try to avoid laying it on a wire shelf. If you have wire shelving lay flat on a cookie sheet until completely frozen. Then remove sheet and store as you see fit.
- Do not add these items to the freezer door.
- Add bag to the top shelf of the freezer until completely frozen. This will cool the product down the quickest while using the least amount of energy to do so.

# Prep Steps for Black Bean Soup

- Add in ½ cup chopped onion to the bag
  - Add in 16 oz. of Wellsley Farms Frozen Corn into each bag
  - Label Bag and write the ingredients you need to add to the crockpot on the front or use the printable here
- 
- Tips for Sealing Your Bag:
  - Roll Bag up to get all the air out.
  - Lay bag flat in the freezer.
  - Try to avoid laying it on a wire shelf. If you have wire shelving lay flat on a cookie sheet until completely frozen. Then remove sheet and store as you see fit.
  - Do not add these items to the freezer door.
  - Add bag to the top shelf of the freezer until completely frozen. This will cool the product down the quickest while using the least amount of energy to do so

# Prep Steps for Chicken Stew

- Grab two Freezer Bags and Label Chicken Stew
- You can write the following ingredients to add on the front or use the printable.
- Add three chicken breasts to each bag.
- Add one chopped onion to each bag ( 1 cup each)
- Add 4 cups each of Frozen Mixed Veggies to each bag
- Add in 1 Stick ( 8 tbsps.) unsalted butter. Cut into tablespoons.
  
- **Tips for Sealing Your Bag:**
- Roll Bag up to get all the air out.
- Lay bag flat in the freezer.
- Try to avoid laying it on a wire shelf. If you have wire shelving lay flat on a cookie sheet until completely frozen. Then remove sheet and store as you see fit.
- Do not add these items to the freezer door.
- Add bag to the top shelf of the freezer until completely frozen. This will cool the product down the quickest while using the least amount of energy to do so

# Prep Steps for Creamy Veggie Pasta

- All you Need to Prep for this dish ahead is use the Wellsley Farms Vegetable Medley. You can open a bag and add it to a freezer bag but there really is no point. Just keep it in the bag and follow the directions when you are ready to make this dish. It is such a simple delicious recipe you are going to be amazed.
- You could write the steps and ingredients on the front of your freezer bag or use the printable.
- I personally just referenced my recipe when making this one.



# Chicken Stew with Biscuits



It helps to pull your chicken out of your slow cooker to shred. After shredding I cut into smaller pieces to make it more “Kid Friendly”

- 3 Whole Split Chicken Breasts, bone in
- 3 tbsp. olive oil
- 5 cups. Chicken stock
- 2 chicken bouillon cubes
- 1 cup chopped onions
- 8 tbsp. unsalted butter chopped (1 stick)
- $\frac{3}{4}$  cup flour
- $\frac{1}{4}$  cup heavy cream
- $\frac{1}{2}$  cup fresh parsley (garnish)
- 2 cups Frozen mixed veggies (or peas and carrots) mixed with a splash of water
- Store Bought Frozen or Fresh Buttermilk Biscuits

- 1 Add your Freezer bag ingredients all into crockpot.
- 2 Add in chicken broth, bouillon, butter, and flour.
- 3 Turn Slow cooker to low. Cook for 6-8 hours. In the last hour add heavy cream.
- 4 Serve with biscuits and garnish with fresh parsley.



# Harvest Hamburger



This dish is total comfort. My mom has been making it for us for 20+ years and now my kids love it too.

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1 lb. lean ground beef        | 1/3 cup flour                         |
| 1 cup. Minced onion           | 2 packs. (10 oz) frozen mixed veggies |
| 1 can (28 oz) stewed tomatoes | 1/2 cup. Shredded cheddar cheese      |
| 1 Tbsp. Worcestershire sauce  |                                       |
| 1 tsp salt                    |                                       |
| 2 Cups sliced potatoes        |                                       |

- 1 Refer to your Freezer Meal Prep Step.
- 2 Add the contents of your Harvest Hamburger bag to your slow cooker.
- 3 In a small bowl add your flour, Worcestershire sauce, salt and stir. Add to crockpot.
- 4 Add in your can of tomatoes .
- 5 Turn your slow cooker to low and leave for 6-8 hours.
- 6 10-15 mins. Before serving top with cheese and garnish with parsley ( optional) Enjoy!



# Black Bean Soup



This soup packs a delicious punch of protein. My husband wasn't thrilled at the name but he ended up LOVING it. So don't be fooled this is a family pleaser.

- 1 tsp. Olive oil
- 3 ¾ c. onions
- 2 cans black beans
- 1 ( 14 ½ Oz) Chicken Stock
- 1 (16 oz) bag of frozen corn
- 1 (14 ½ oz) can of tomatoes
- 3 bay leaves
- 1 tsp minced fresh garlic
- 1 tsp. thyme
- 1 tsp. balsamic vinegar
- ½ tsp. cumin

- Cheddar Cheese to sprinkle on top
- Sour Cream to garnish
- Tortilla Chips

- 1 Add your Freezer bag ingredients all into crockpot.
- 2 Add in chicken broth, corn, tomatoes in crockpot.,
- 3 Open cans of beans and add into bowl and mash until pasty.
- 4 Add in mashed beans to crockpot along with garlic, thyme, balsamic vinegar and cumin.
- 5 Turn crockpot on low 6-8 hours or high 4-5 hours.
- 6 Serve with sour cream, tortilla chips crumbled on top or to scoop with and cheddar cheese.



# The Best Minestrone Soup



This is the BEST minestrone soup I have ever had. I love recreating recipes like this that have been passed down in our family. It's a kid pleaser.

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 3 Slices Bacon                        | 1 tsp sugar                        |
| 1 cup Onion chopped                   | 1 tsp. Italian Seasonings          |
| 1 cup celery                          | ½ cup uncooked small pasta         |
| 2 Garlic cloves minced                | ½ tsp salt pepper to taste         |
| 1 tsp. basil leaves                   | Parmesan Cheese to sprinkle on top |
| 1 (15 oz) Beef Broth                  |                                    |
| 1 (15 oz) can of bean with bacon soup |                                    |
| 1(10 ½ oz) can tomato soup            |                                    |
| 1 ½ soup cans of water                |                                    |
| 1 (15 oz) can tomatoes                |                                    |
- 1 Add your Freezer bag ingredients all into crockpot.
  - 2 Add beef broth, soups, water, tomatoes, sugar, macaroni, salt, pepper in crockpot., .
  - 3 Turn crockpot on low 6-8 hours or high 4-5 hours.
  - 4 Serve with parmesan cheese on top.



# Creamy Vegetable Pasta



- 2 T Butter
  - 1 Bag of Wellesley Farms Mixed Vegetable Medley
  - 21 Clove Garlic minced
  - 1/2 tsp. basil
  - 1/2 tsp. salt
  - 1/4 tsp. pepper
  - 1 cup Grated Parmesan cheese
  - 1 cup Shredded Mozzarella Cheese
  - 1 cup Heavy Whipping Cream
  - 2 egg yolks
  - 4 Green Onions to garnish
  - Fresh Parsley to garnish
  - 1 box of pasta( your choice)
- 1 Rub half a teaspoon of butter around the inside of the crockpot.
  - 2 Add your Frozen Bag of Veggies all into crockpot.
  - 3 Add rest of butter, garlic, basil, salt, pepper, parmesan to crockpot.
  - 4 Turn crockpot on low 5 hours or high 2-3 hours.
  - 5 Cook Pasta according to package directions 15 minutes before serving dinner.
  - 6 Add pasta to the crockpot and mix with all ingredients.
  - 7 Add Mozzarella cheese the last 15 minutes or so before serving to get it melted.
  - 8 Garnish with green onions and fresh parsley on top.

## Meal Ideas Using the Rest of Your Ingredients

1. Sloppy Joes
2. Chili
3. Pizza
4. Cheesy Garlic Bread
5. Mexican Casserole
6. Chicken Noodle Soup
7. Grilled Cheese & Tomato Soup
8. Tacos
9. Chicken Dumplings ( use leftover chicken stew)
  
10. Black Bean Chicken Salad
11. Spaghetti
12. Black Bean Enchiladas
13. Homemade Mac and Cheese
14. Baked Ziti
15. Egg Cheese Quiche



# Tips for Slow Cooking

- Allow sufficient cooking time on “low setting”
- Liquids do not boil down as in conventional cooking. Most of the time there will be more liquid at the end of cooking instead of less.
- Cook with the cover on. Every time you peek that increases the cooking time.
- Vegetables do not overcook like they do when boiled. This is why everything can go into the slow cooker at the same time. There is an exception: when adding milk, sour cream or cream it gets added in the last half hour.
- Most uncooked meats will require 8-10 hours cooked on low.
- If a recipe calls for cooked noodles, cook these according to package directions before adding to slow cooker. Do not overcook because they will soften up when you add them to your slow cooker meal.
- If you want easier clean up you can purchase Oven Bags to fit inside your slow cooker.



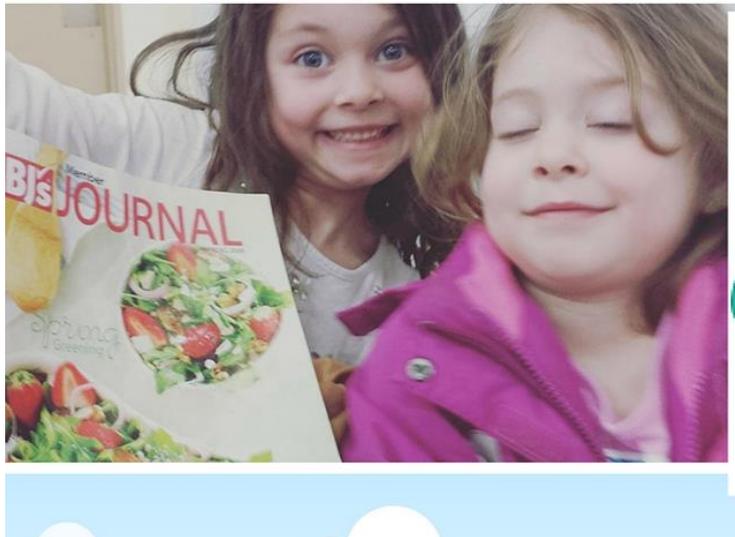
## I HOPE YOU ENJOY THIS FREEZER MEAL PLAN!

Meal Planning is near and dear to my heart. I love serving my family fresh affordable food that is packed with flavor and simplicity.

I would LOVE to hear your feedback. Please send me an email at [Mybjswholesale@gmail.com](mailto:Mybjswholesale@gmail.com) and visit me at

[www.mybjswholesale.com](http://www.mybjswholesale.com)

- Tasia



My **BJS**  
Wholesale

