

My Family Meal Planner Slow Cooker Only Freezer Planner

This is a bonus Slow Cooker Freezer Planner to be used with the My Family Meal Planner Slow Cooker Only. I have seen the benefits of assembling lots of slow cooker meals in one day and putting them in gallon freezer zipper bags. I want to make it even easier on us. I have planned out 5 months of freezer menus using the recipes in the My Family Meal Planner Slow Cooker Only. This will only be the grocery list for the items that go in the slow cooker, no side dishes. I have chosen 10 recipes for each month and you will prepare 2 of each recipe. You will save money because you will be able to purchase the food in bulk instead of just for the one meal. Plus assembly will be easier. Your preparation session should only take a couple of hours, if that, and you will have 20 meals ready to go in your slow cooker each month. If that is not enough, take 2 monthly grocery lists with you and prepare 40 meals. I hope this will help you get dinner on the table for your family and skip the drive thru!

Month 1 Suggested sides are NOT included in the grocery list.

- 1 - Bacon Wrapped BBQ Chicken Suggested sides: green beans, mashed potatoes & bread
- 2 - Taco Soup Suggested sides: peaches & corn bread
- 3 - Chicken, Macaroni & Mushrooms Suggested sides: strawberries & peas
- 4 - Spaghetti and Meatballs Suggested sides: peas, banana & Italian bread
- 5 - Jambalaya Suggested sides: mandarin oranges
- 6 - BBQ Chicken Drumsticks Suggested sides: Tater Tots, carrots & crescent rolls
- 7 - Philly Cheese Steak Sandwiches Suggested sides: chips, pineapple & green beans
- 8 - Chicken Alfredo with Veggies Suggested sides: strawberries
- 9 - Dripped Beef Suggested sides: mashed potatoes, broccoli & bread
- 10 - Hamburgers Suggested sides: corn on the cob & French fries

Month 1 - Grocery List (The parenthesis tells you for which recipe you will use the ingredient)

Dairy

- 12 slices cheddar cheese (7)
- shredded cheddar cheese (optional for Taco Soup)(2)
- 2 cups milk (3)
- ½ cup fat free sour cream (3)

Meat

- 6 lbs lean ground beef (2,10)
- 2 lbs polish sausage (5)
- 7 lbs boneless skinless chicken breasts (1,5,8)
- 5 lbs chicken drumsticks (6)
- 4 lbs top round roast (7)
- 6 lbs chuck roast (9)
- 16 slices of bacon (1)

Canned Fruit

- 2 cups applesauce (1)

Canned Veggies

- 2 (14.5 oz) cans diced tomatoes (5)
- 6 (14.5 oz) cans stewed tomatoes (2)
- 2 (6 oz) cans tomato paste (5)
- 2 (10 oz) cans Rotel (2)
- 2 (15.5 oz) cans pinto beans (2)
- 2 (15.5 oz) cans red beans (2)
- 4 (15 oz) cans corn (2,8)
- 2 (4 oz) cans sliced mushrooms (3)

Soup

- 2 (10 ¾ oz) cans Campbell's 98% fat free cream of chicken soup (3)

Fresh Veggies

- 2 cups fresh mushrooms (8)
- 10 cups chopped onion (or 5 bags frozen chopped onions) (2,3,4,7,8)
- 1 cup chopped celery (5)
- 4 cloves minced garlic (5)

Seasonings

- 2 Tbsp dried parsley (5)
- 1 tsp cayenne pepper (5)

- 1 tsp dried oregano (5)
- 2 pkg taco seasoning (2)
- 2 pkg + 4 tsp ranch dressing mix (2,10)
- 1 tsp garlic salt (8)
- 2 tsp seasoned salt (9)
- 2 tsp white pepper (9)
- 2 Tbsp dried oregano (9)
- 2 Tbsp garlic powder (9)

Frozen

- 2 cups frozen peas (8)
- 2 lbs frozen cooked meatballs (4)

Condiments

- 5 cups BBQ sauce (1,6)

Noodles/Rice/Potatoes

- 2 2/3 cups elbow macaroni (3)
- 1 (16 oz) pkg spaghetti (4)
- 4 cups cooked rice (5)
- 1 (16 oz) pkg linguine (8)

Bread Products

- 12 French rolls (you may want to purchase this closer to the date you will be having this meal) (7)
- 8 hamburger buns (you may want to purchase this closer to the date you will be having this meal) (10)

Other

- 2/3 cup lemon juice (1)
- Fritos (optional for Taco Soup) (2)
- 2 (26 oz) jars spaghetti sauce (4)
- 2 (14.5 oz) cans beef broth (5)
- 2 (16 oz) jars banana peppers (7)
- 2 (16 oz) jars Alfredo sauce (8)
- 20 gallon size freezer Ziploc Bags
- Slow cooker liners if desired
- 1 pkg Avery 8164 or 5164 labels for your printer

Month 1 - Preparations

- Brown 4 lbs ground beef (2) (If I am browning a lot of ground beef all at once, I like to put it all in my slow cooker and cook it on high for 4 to 5 hours or until the ground beef is cooked. I chop it up and stir it about every ½ hour.)
- Chop 5 cups onions (2,3,4,8)
- Drain & rinse 2 cans pinto beans (2)
- Drain & rinse 2 cans red beans (2)
- Make 2 bags with 1 1/3 cups of uncooked macaroni. This will be added to the Chicken, Macaroni & Mushrooms meals the day that you cook them.
- Cut 3 lbs chicken into 1 inch cubes (3,5)
- Chop 1 cup of celery (5)
- Cut 2 lbs polish sausage into ½ inch slices (5)
- Slice 2 onions into rings (7)
- Drain 2 cans of corn (8)
- Slice 2 cups of mushrooms (if you did not purchase them pre-sliced) (8)
- Print labels on Avery 8164 or Avery 5164 label sheets (3 1/3" x 4" shipping label size) and stick them to 20 gallon size freezer bags

Now that you have all your prep work done, begin assembling the meals by putting all the ingredients in the appropriate Ziploc bag**. Remember you will make 2 of each recipe. After everything is assembled place them in your freezer. If you can lay them all flat, that works best and saves you space.

Before cooking let your frozen meal thaw out in the refrigerator before you put it in your slow cooker. (I have put my meals in my slow cooker frozen many times. I just caution you because it could make your crock crack. It will also take longer to cook the meal.)

**For meal 2, Taco Soup, combine all ingredients except the cheese and Fritos. For meal 3, Chicken, Macaroni & Mushrooms, keep the macaroni separate and then add the day you are cooking the meals. For meal 4, Spaghetti and Meatballs, do not put the spaghetti in the Ziploc bag. You will add that at the end the day you are cooking the meal. For meal 5, Jambalaya, do not add the rice. You will add that the day you are cooking the meal. For meal 7, Philly Cheese Steak Sandwiches, keep the French rolls and cheddar cheese separate from the meat and vegetables. For meal 8, Chicken Alfredo with Veggies, keep the linguine separate. You will cook that separate the day you are making your meal. For meal 10, Hamburgers, keep the hamburger buns separate.

Month 2 Suggested sides are NOT included in the grocery list.

- 1 - Breakfast Casserole Suggested sides: toast & pears
- 2 - Hearty Tomato Soup Suggested sides: banana & saltine crackers
- 3 - Baked Macaroni and Cheese Suggested sides: chicken nuggets, peas & pineapple
- 4 - Creamy Rice and Chicken Suggested side: grapes
- 5 - Meatloaf Suggested sides: green beans, mashed potatoes & bread
- 6 - Chicken Cordon Bleu Suggested sides: mashed potatoes, cantaloupe & bread
- 7 - Sweet N Spicy Kielbasa Suggested sides: rice, pineapple & broccoli
- 8 - Beef Fajitas Suggested side: peaches
- 9 - Chinese Pot Roast Suggested sides: rice, carrots & broccoli
- 10 - Upside Down Tater Tot Casserole Suggested sides: fruit cocktail & bread

Month 2 - Grocery List (The parenthesis tells you for which recipe you will use the ingredient)

Dairy

- 11 cups shredded cheddar cheese (1,2,3)
- 30 eggs (1,3,5)
- 9 cups skim milk (1,3,5,6,10)
- 2 blocks, low fat cream cheese (4)
- 8 slices mozzarella cheese (6)

Meat

- 5 lbs ground beef (2,5)
- 4 lbs boneless skinless chicken breasts (4,6)
- 8 slices of ham (6)
- 4 lbs kielbasa (or polish sausage) (7)
- 4 lbs stir fry beef (you can buy it cut already or buy a top sirloin steak and cut it yourself) (8)
- 4 cups cooked ham, cubed (1)
- 5 lbs pot roast (2 pot roasts, 2 ½ lbs each) (9)
- 2 lbs ground turkey (10)

Soup

- 2 (10.75 oz) cans Campbell's 98% fat free cream of chicken soup (6)
- 2 cans cream of mushroom soup (10)
- 2 cans cheddar cheese soup (10)

Canned Veggies

- 2 cans Rotel (4)
- 4 (8 oz) cans tomato sauce (2)

Fresh Veggies

- 2 onions, cut in 4 quarters (9)
- 2 cups chopped onion + 2 small onions (1,7,8)
- 2 red bell peppers (8)
- 2 green bell peppers (8)
- 1 cup green pepper, diced (1)

Seasonings

- 2 env fajita seasoning mix (8)
- 4 Tbsp + 4 tsp dried minced onions (2,5)
- 1 tsp rubbed sage (5)
- 4 Tbsp dried minced onions (2)
- 4 chicken bouillon cubes (2)
- 1 ½ tsp garlic salt (2)
- 2 Tbsp ginger (9)

Condiments

- ½ cup Dijon mustard (7)
- ½ cup ketchup (5)
- 2 tsp mustard (5)
- 1 tsp + 2 dashes of Worcestershire sauce (3,5)
- 1 cup soy sauce, low sodium (9)

Frozen

- 4 cups frozen green beans (10)
- 2 (32 oz) pkg tater tots (10)
- 2 (32 oz) pkg frozen southern style hash browns (1)

Noodles/Rice/Potatoes

- 6 ½ cups dry elbow macaroni (2,3)
- 4 cups cooked rice (4)

Bread Products

- 16 (6 inch) fajita sized flour tortillas (8)

Other

- 2 (12 oz) cans fat free evaporated milk (3)
- 1 1/3 cups seasoned bread crumbs (5)
- 4 Tbsp brown sugar (5)
- 2 ½ cups brown sugar, packed (7,9)
- Your favorite fajita toppings (8)
- 20 gallon size freezer Ziploc Bags
- Slow cooker liners if desired
- 1 pkg Avery 8164 or 5164 labels for your printer

Month 2 - Preparations

- Cube 4 cups of cooked ham (1)
- Dice 2 cups onion (1,7)
- Slice 2 small onions (8)
- Cut 2 onions in 4 quarters each (9)
- Dice 1 cup green pepper (1)
- Slice 2 green peppers (8)
- Brown 2 lbs ground beef (2) (If I am browning a lot of ground beef all at once, I like to put it all in my slow cooker and cook it on high for 4 to 5 hours or until the ground beef is cooked. I chop it up and stir it about every ½ hour.)
- Flatten 8 chicken breasts (6)
- Slice 4 lbs kielbasa (or polish sausage) ½ inch thick
- If you purchased top sirloin steak instead of stir fry beef, you will need to slice it (8)
- Slice 2 red peppers (8)
- Brown 2 lbs ground turkey (10)
- Print labels on Avery 8164 or Avery 5164 label sheets (3 1/3" x 4" shipping label size) and stick them to 20 gallon size freezer bags

Now that you have all your prep work done, begin assembling the meals by putting all the ingredients in the appropriate Ziploc bag**. Remember you will make 2 of each recipe. After everything is assembled place them in your freezer. If you can lay them all flat, that works best and saves you space.

Before cooking let your frozen meal thaw out in the refrigerator before you put it in your slow cooker. (I have put my meals in my slow cooker frozen many times. I just caution you because it could make your crock crack. It will also take longer to cook the meal.)

**For meal 1, the Breakfast Casserole, go ahead and mix everything together right away. You don't need to worry about pouring the egg mixture over the hashbrown. For meal 2, Hearty Tomato Soup, do not mix the macaroni and cheese in the large Ziploc bag. Put them in separate bags to add them after the rest of the soup is done cooking (see label for instructions). For meal 3, Baked Macaroni and Cheese, keep the macaroni & the cheese separate and add them the day of cooking. For meal 4, Creamy Rice and Chicken, you will not add the rice to the bag. That will be cooked the day you are eating the meal. For meal 5, Meatloaf, mix the first 7 ingredients together in a large Ziploc bag. In a smaller Ziploc bag mix the next 4 ingredients together to use as a topping. For meal 8, Beef Fajitas, do not put the tortillas in the bag, they will be used the day you are cooking the meal. For meal 10, Upside Down Tater Tot Casserole, keep the tater tots separate until the day you are cooking the meal.

Month 3 Suggested sides are NOT included in the grocery list.

- 1 - Quick Easy Chili Suggested sides: mandarin oranges & cinnamon rolls
- 2 - Almost Rotisserie Chicken Suggested sides: strawberries & bread
- 3 - Brisket Suggested sides: mashed potatoes, peaches & bread
- 4 - Basil Chicken Suggested sides: side salad, banana & bread
- 5 - Lemon Chicken Tacos Suggested sides: shredded lettuce & strawberries
- 6 - Cowboy Stew Suggested sides: apple wedges & corn bread
- 7 - Ham and Potato Scallop Suggested sides: grapes & bread
- 8 - Chicken Teriyaki Suggested sides: side salad
- 9 - Swiss Steak Suggested sides: mashed potatoes & bread
- 10 - Chicken Pot Pie Suggested sides: mandarin oranges

Month 3 - Grocery List (The parenthesis tells you for which recipe you will use the ingredient)

Dairy

3 cups milk (7,10)

Meat

2 lbs lean ground beef (1)

2 lbs ground beef (6)

2 lb boneless skinless chicken thighs (2)

9 lbs boneless skinless chicken breast
(4,5,8,10)

2 (3 lbs each) beef brisket (3)

4 cups cooked ham, diced (7)

4 lbs tenderized round steak (9)

Canned Veggies

2 cans kidney beans (1)

2 (14.5 oz) cans diced tomatoes, no salt
added (1)

2 (15 oz) cans tomato sauce (1)

2 (28 oz) cans Baked beans in BBQ sauce (6)

Canned Fruit

2 (20 oz) cans pineapple chunks (8)

Fresh Veggies

3 cups diced onion (1,7,9)

8 cloves garlic, minced (1,8)

16 medium potatoes (2,6)

1 green bell pepper, sliced (4)

½ cup chopped green bell pepper (7)

2 (15.25 oz) cans corn (7)

2 (8 oz) cans tomato sauce (9)

7 cups baby carrots (8,9)

1 cup chopped red onion (8)

1 cup chopped celery (9)

Soup

2 (10.75 oz) cans cream of celery soup (4)

2 (10 ¾ oz) cans cheddar cheese soup (7)

Seasonings

7 Tbsp chili powder (1,5)

2 Tbsp seasoned salt (2)

2 env onion soup mix (3)

1 tsp basil (4)

Condiments

2 cups ketchup (3)

½ cup grape jelly (3)

4 Tbsp BBQ sauce (6)

1 cup teriyaki sauce (8)

1 tsp Worcestershire sauce (9)

Frozen

2 (32 oz) bag frozen southern style hash
browns (7)

12 frozen Pillsbury Grands! Southern Style
biscuits (10)

4 cups frozen peas and carrots (10)

Noodles/Rice/Potatoes

4 cups cooked rice (8)

Bread Products

24 (6 inch) flour tortillas (5)

Other

6 Tbsp lemon juice (5)

2 cups chunky salsa (5)

Your favorite taco toppings (5)

½ cup + 4 Tbsp flour (7,9)

4 (10.5 oz) cans Campbell's chicken gravy
(10)

20 gallon size freezer Ziploc Bags

Slow cooker liners if desired

1 pkg Avery 8164 or 5164 labels for your
printer

Month 3 - Preparations

- If you prefer to brown the ground beef for the chili before you put it in the slow cooker, you will need to brown 2 lbs (1) (If I am browning a lot of ground beef all at once, I like to put it all in my slow cooker and cook it on high for 4 to 5 hours or until the ground beef is cooked. I chop it up and stir it about every ½ hour.)
- Brown 2 lbs ground beef (6)
- Dice 3 cups of onions (1,6,7,8)
- Mince 8 cloves of garlic (1,8)
- Wash 8 potatoes and cover them in foil (2)
- Peel and dice 8 potatoes (6)
- Slice one green pepper (4)
- Drain 2 cans of corn (7)
- Chop ½ cup green bell pepper (7)
- Dice 4 cups cooked ham (7)
- Dice 7 cups baby carrots (8,9)
- Chop 1 cup red onion (8)
- Dredge 4 lbs tenderized round steak in flour (9)
- Chop 1 cup of celery (9)
- Print labels on Avery 8164 or Avery 5164 label sheets (3 1/3" x 4" shipping label size) and stick them to 20 gallon size freezer bags

Now that you have all your prep work done, begin assembling the meals by putting all the ingredients in the appropriate Ziploc bag**. Remember you will make 2 of each recipe. After everything is assembled place them in your freezer. If you can lay them all flat, that works best and saves you space.

Before cooking let your frozen meal thaw out in the refrigerator before you put it in your slow cooker. (I have put my meals in my slow cooker frozen many times. I just caution you because it could make your crock crack. It will also take longer to cook the meal.)

**For meal 2, Almost Rotisserie Chicken, season the chicken with the seasoned salt & pepper and then place them in a Ziploc. You can also add your potatoes with the foil on them to the bag or just wait until you cook the meal and put them in the slow cooker first. For meal 5, Lemon Chicken Tacos, mix together the first 3 ingredients and put the salsa in a separate bag. Keep tortillas separate also. For meal 6, Cowboy Stew, mix all the ingredients together in a Ziploc bag. Don't worry about having the beans spread over the beef mixture. For meal 7, Ham and Potato Scallop, again don't worry about spreading the soup mixture over the potatoes. You can just mix it all together in the Ziploc bag. For meal 8, Chicken Teriyaki, do not add the rice to the Ziploc bag. You will cook that the day you are having the meal. For meal 10, Chicken Pot Pie, keep the biscuits separate. You will cook them the day you are making the meal.

Month 4 Suggested sides are NOT included in the grocery list.

- 1 - Red Beans & Rice Suggested sides: pineapple
- 2 - Vegetable Soup Suggested sides: banana & saltine crackers
- 3 - Steak and Gravy Suggested sides: green beans & dinner rolls
- 4 - Slow Cooker Cheeseburgers Suggested sides: strawberries, carrots & chips
- 5 - Bacon Ranch Chicken Suggested sides: side salad & pineapple
- 6 - Pineapple Ham Steaks Suggested sides: mashed potatoes, green beans & crescent rolls
- 7 - Tilapia Suggested sides: spaghetti & applesauce
- 8 - Slow Cooked Pork Chops Suggested sides: strawberries & bread
- 9 - Zippy Beef Tips Suggested sides: egg noodles, broccoli & pears
- 10 - Catalina Chicken Suggested sides: mashed potatoes, peas & bread

Month 4 - Grocery List (The parenthesis tells you for which recipe you will use the ingredient)

Dairy

- 16 oz Velveeta Light, diced (4)
- 2 cups low fat sour cream (5)

Meat

- 24 oz ground sausage (1)
- 2 lbs beef top round steak cut into bite size pieces (2)
- 4 lbs tenderized round steak (3)
- 3 lbs ground beef (4)
- 4 lbs boneless skinless chicken breasts (5,10)
- 4 Tbsp real bacon bits (found in the salad dressing aisle) (5)
- 8 thick slices of boneless ham, fully cooked (3/4" thick) (6)
- 2 lbs Tilapia (fresh or frozen) (7)
- 3 lbs boneless pork chops (8)
- 4 lbs beef stew meat (9)

Canned Veggies

- 4 (15 oz) cans red kidney beans (1)
- 2 (16 oz) cans diced tomatoes (1)
- 2 (14.5 oz) cans diced tomatoes (2)
- 2 (15 oz) cans tomato sauce (8)
- 4 cans French-cut green beans (8)

Canned Fruit

- 2 (20 oz) cans crushed pineapple (6)
- 2 (16 oz) cans whole berry cranberry sauce (10)

Fresh Veggies

- 2 ½ cups chopped onion + 2 medium onions, diced (1,2,4)
- 16 medium potatoes (2,3)
- 6 celery ribs, sliced (2)
- 4 carrots, sliced (2)
- 2 cups shredded cabbage (optional but included in nutritional analysis) (2)

- 3 cups diced green bell pepper (4,8)

- 6 cloves garlic, minced (4,8)

- 2 tsp minced garlic (5)

- 4 cups fresh sliced mushrooms (9)

Soup

- 2 (10 ¾ oz) cans 98% fat free cream of chicken soup (5)

- 2 (10 ¾ oz) cans cream of mushroom soup (9)

- 4 env dry onion soup mix (9,10)

Seasonings

- 3 tsp garlic powder (1,4)

- 3 tsp Cajun seasoning (1)

- 6 beef bouillon cubes (2)

- 2 pkg ranch dressing mix (5)

- 4 Tbsp Mrs. Dash (7)

Condiments

- 16 oz Catalina salad dressing (10)

Noodles/Rice/Potatoes

- 2 ½ cups uncooked brown rice (I used instant) (1)

- 16 oz egg noodles (5)

Bread Products

- 12 hamburger buns (4)

Other

- 6 cups Campbell's Heart Healthy tomato juice (you may want to add more) (2)

- 4 (12 oz) jars Heinz brown gravy (3)

- 2/3 cup brown sugar (6)

- 26 oz spaghetti sauce (7)

- 2 cups 7 up or other lemon lime carbonated drink (9)

- 20 gallon size freezer Ziploc Bags

- Slow cooker liners if desired

- 1 pkg Avery 8164 or 5164 labels for your printer

Month 4 - Preparations

- Chop 2 ½ cups onion & 2 medium onions(1,2)
- Brown 24 oz ground sausage if you prefer to the put sausage in already cooked (1)
- Drain 4 cans red kidney beans (1)
- Cut 2 lbs beef top round steak into bite size pieces (or use leftover roast or steak cut in small pieces) (2)
- Peel and cube 16 medium potatoes (2,3)
- Slice 6 celery ribs (2)
- Slice 4 carrots (2)
- Brown & drain 3 lbs ground beef (4) (If I am browning a lot of ground beef all at once, I like to put it all in my slow cooker and cook it on high for 4 to 5 hours or until the ground beef is cooked. I chop it up and stir it about every ½ hour.)
- Dice 16 oz Velveeta light (4)
- Dice 3 cups green bell pepper (4,8)
- Mince 4 cloves garlic + 2 tsp garlic (4,5,8)
- Print labels on Avery 8164 or Avery 5164 label sheets (3 1/3" x 4" shipping label size) and stick them to 20 gallon size freezer bags

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Before cooking let your frozen meal thaw out in the refrigerator before you put it in your slow cooker. (I have put my meals in my slow cooker frozen many times. I just caution you because it could make your crock crack. It will also take longer to cook the meal.)

**For meal 1, Red Beans & Rice, put the rice in a separate bag and add it the day you are cooking the meal. You can also cook the sausage before putting it in the Ziploc bags if you prefer. For meal 4, Slow Cooker Cheeseburgers, keep the hamburger buns separate. For meal 5, keep the egg noodles separate and you will cook them the day you are eating the meal.

Month 5 Suggested sides are NOT included in the grocery list.

- 1 - Turkey Joes Suggested sides: chips, banana & apple wedges
- 2 - Cheesy Potatoes & Sausage Suggested sides: fruit cocktail & bread
- 3 - Chicken Tacos Suggested sides: refried beans & tortilla chips
- 4 - Turkey Meatballs Suggested sides: rice, peas & pineapple
- 5 - Chicken and Dumplings Suggested sides: cantaloupe & grapes
- 6 - Southwestern Chicken Suggested sides: rice & mandarin oranges
- 7 - Pesto Chicken Suggested sides: egg noodles, side salad & strawberries
- 8 - Potato Soup Suggested sides: celery & peanut butter & saltine crackers
- 9 - Ham and Bean Soup Suggested sides: banana & saltine crackers
- 10 - Pork Chops and Gravy Suggested sides: mashed potatoes, grapes & bread

Month 5 - Grocery List (The parenthesis tells you for which recipe you will use the ingredient)

Dairy

- 2 cans of milk + ½ cup milk (2,7)
- 6 cups shredded cheddar cheese (1,3)
- 4 Tbsp margarine (5)
- 4 (10 oz) tubes of refrigerator biscuit dough, low fat (5)
- 4 (8 oz) package cream cheese, low fat (6,8)
- 2 cups ricotta cheese, skim (7)
- ½ cup grated parmesan cheese (7)
- 1 cup pesto (7)

Meat

- 3 lbs ground turkey (1)
- 2 lbs polish sausage links (2)
- 11 lbs boneless skinless chicken breast (3,5,6,7)
- 4 cups diced ham (9)
- 2 lbs boneless pork chops (10)

Canned Veggies

- 2 (15 ½ oz) cans black beans (6)
- 2 (15 oz) cans corn (6)

Soup

- 2 (10 ¾ oz) cans cheddar cheese soup (2)
- 8 (10 ¾ oz) cans Campbell's 98% fat free cream of chicken soup (5,7,8)
- 8 (14 oz) cans Swanson 99% fat free chicken broth (8,10)

Fresh Veggies

- 2 cloves garlic, minced (1)
- 4 ½ cups chopped onions (1,2,5,8,9)
- 6 cups shredded lettuce (3) (you may want to wait to purchase this until closer to the time you plan to eat the meal)
- 8 medium potatoes (9)

Seasonings

- 2 env taco seasoning (3)
- 4 tsp chili powder (1)
- 2 env dry onion soup mix (10)

Condiments

- 2 (18 oz) jar grape jelly (4)
- 1 cup Ketchup (1)
- 2 Tbsp mustard (1)
- 2 tsp Worcestershire sauce (1)

Frozen

- 4 (32 oz) bags frozen southern style hash browns (2,8)
- 2 (24 oz) pkgs frozen Jennie O turkey meatballs (any turkey meatballs would work) (4)

Noodles/Rice/Potatoes

Bread Products

- 16 hamburger buns (1)
- 16 flour tortillas (3)

Other

- 2 (15 oz) jars of salsa (3)
- 2 (12 oz) jars chili sauce (or you can use cocktail sauce) (4)
- 2 cups Clamato Tomato Cocktail (1)
- 4 Tbsp brown sugar (1)
- 4 cups salsa (6)
- 16 oz dry great northern beans (9)
- 2 env dry pork gravy (10)
- 6 Tbsp flour (10)
- Garnish your Potato Soup with bacon, chives, cheese and sour cream if you desire. (These are not included in the nutritional analysis.) (8)
- 20 gallon size freezer Ziploc Bags
- Slow cooker liners if desired
- 1 pkg Avery 8164 or 5164 labels for your printer

Month 5 - Preparations

- Brown and drain 3 lbs ground turkey (1) (If I am browning a lot of ground turkey all at once, I like to put it all in my slow cooker and cook it on high for 4 to 5 hours or until the ground turkey is cooked. I chop it up and stir it about every ½ hour.)
- Chop 4 ½ cups onion (1,2,5,8)
- Mince 2 cloves garlic (1)
- Slice 2 lbs polish sausage ½ inch thick (2)
- Drain and rinse 2 cans black beans (6)
- Drain 2 cans corn (6)
- Dice 4 cups ham (9)
- Peel and dice 8 medium potatoes (9)
- Print labels on Avery 8164 or Avery 5164 label sheets (3 1/3" x 4" shipping label size) and stick them to 20 gallon size freezer bags

Now that you have all your prep work done, begin assembling the meals by putting all the ingredients in the appropriate Ziploc bag**. Remember you will make 2 of each recipe. After everything is assembled place them in your freezer. If you can lay them all flat, that works best and saves you space.

Before cooking let your frozen meal thaw out in the refrigerator before you put it in your slow cooker. (I have put my meals in my slow cooker frozen many times. I just caution you because it could make your crock crack. It will also take longer to cook the meal.)

**For meal 1, Turkey Joes, keep the hamburger buns and shredded cheddar cheese separate from the large Ziploc bag. For meal 2, Chicken Tacos, combine the first 3 ingredients in a Ziploc bag and keep the tortilla, lettuce and cheese separate. For meal 5, Chicken and Dumplings, do not add the biscuits to the Ziploc bag. They will be added the day you are cooking the meal. For meal 6, Southwestern Chicken, keep the cream cheese separate. It will be added the day of cooking. For meal 7, instead of making the recipe as directed in your meal planner, just put all the ingredients in a Ziploc bag. Before serving you will shred the chicken and serve it over egg noodles. For meal 8, Potato Soup, keep the cream cheese separate. It will be added the day of cooking. For meal 9, Ham and Bean Soup, put the beans in a separate bag and then add them the day you are cooking the soup. For meal 10, Pork Chops and Gravy, keep the flour separate. You will add that the day you are cooking the meal.

Additional Recipes

These recipes are in the My Family Meal Planner Slow Cooker Only, but are not included in the Freezer Planner.

Main Dishes

Chicken Parmesan
Enchilada Casserole
Garlic and Herb Chicken
Lasagna

Desserts

Apple Bread Pudding
Fudgy Peanut Butter Cake
Goopy Chocolate Cake

Side Dishes

Applesauce
Baked Potatoes
Corn on the Cob
Cream of Soup Substitute
Garlic Smashed Potatoes
Green Bean Casserole
Slow Cooker Cheesy Potatoes
Slow Cooker Creamy Corn