

Freezer Meal Prep *Crockpot Edition*



Table of Contents:

Simple Ingredient Chicken Chili.....	2
Shredded Crack Chicken.....	3
Busy Day Soup.....	4
Shredded Buffalo Chicken.....	5
Honey Chicken.....	6
Shredded BBQ Chicken Thighs	7
Chicken Pot Pie	8
Discounts and more info.....	9



Simple Ingredient Chicken Chili

6 Servings: 356 calories per serving

Protein: 41 grams, Carbs: 35 grams, Fat: 5 grams

Ingredients:

- 2 lbs raw boneless skinless chicken breast
- 1 15 oz cans white northern beans - drain and rinse
- 1 15 oz can black beans- drain and rinse
- 1 15 oz can corn
- 1 16 oz jar green salsa verde (We used Tostitos Salsa Verde 10 cal per serving- anything comparable is fine!) (120 calories)
- ½ cup water
- 1 onion, chopped
- 1 jalapeno (may omit), sliced
- 1 packet of low sodium taco seasoning or homemade

Directions:

1. Combine ALL ingredients into a freezer bag and label it!

When ready to cook:

1. Thaw bag overnight or in a bowl of warm water.
2. Dump the bag into the crock pot and set it on low to cook for 8 hours.
3. At 7 hours, pull the chicken out and shred with a hand mixer then add back to the crock pot.
4. When you eat your bowl- you may top with fresh onion, lime, cilantro and fresh jalapeno slices, freely!

Shredded Crack Chicken

8 Servings: 382 calories per serving

Protein: 36 grams, Carbs: 10 grams, Fat: 20 grams

Ingredients:

36 oz raw boneless skinless chicken breast

½ cup chicken broth (Swanson Low Sodium at 15 cal per cup)

2 oz powdered ranch dressing seasoning (dairy free alternatives on amazon 156 calories)

16 oz ⅓ less fat cream cheese (1024 total calories for dairy free alternative)

4 oz cooked and chopped bacon (if you do not eat pork- use turkey bacon of 328 cal total)

1 cup shredded cheddar cheese (440 Total Cal dairy free version)

½ cup chopped green onion (you may omit)

Directions:

1. Combine ALL ingredients except for the shredded cheese and the green onion into a freezer bag and label it!

When ready to cook:

1. Thaw the bag overnight in the fridge or in a bowl of warm water.
2. Dump the bag into the crock pot and set it on high for 3-4 hours or low for 6-7 hours.
3. Once chicken is cooked, pull out the breasts and shred with two forks.
4. Stir sauce in the crock pot and add chicken back in.
5. Add shredded cheese, and green onions to chicken.
6. Mix well and serve over rice or mashed potatoes or some veggies of choice!

Busy Day Soup

4 Servings: 387 calories per serving

Protein: 30 grams, Carbs: 40 grams, Fat: 9 grams

Ingredients:

- 1 lb 93% ground beef cooked and drained
- 1 package onion soup mix
- 1 3/4 cup mixed frozen vegetables
- 5 cups beef broth (Swanson Low Sodium at 15 cal per cup)
- 1 28 oz can diced tomatoes
- 1 cup macaroni, uncooked (420 total noodle calories)

Directions:

1. Combine ALL ingredients except for the dry pasta into a freezer bag and label it!

When ready to cook:

1. Thaw the bag overnight in the fridge or in a bowl of warm water.
2. Dump the bag into the crock pot and set it on high for 3 hours or low for 6 hours.
3. Boil your macaroni during the final 20 minutes of the cooking and then stir it into the crock pot to serve!

Shredded Buffalo Chicken

6 Servings: 238 calories per serving

Protein: 32 grams, Carbs: 7 grams, Fat: 8 grams

Ingredients:

2 lbs boneless chicken breasts (RAW)

1 (1.5 ounce) packet of Simply Organic Ranch Seasoning/Dressing Mix

1 cup Frank's Hot Sauce

½ cup chicken broth (Swanson Low Sodium at 15 cal per cup)

2 tablespoons butter (204 calories for dairy free alternative)

Directions:

1. Place all ingredients in a freezer safe ziploc bag and label it.

When ready to cook:

1. Thaw the bag overnight in the fridge or in a bowl of warm water.
2. Dump the bag into the crock pot and set it on low.
3. Turn chicken a few times until it is coated and liquids and seasoning are mixed together.
4. Cook on low for 4 -5 hours
5. Take chicken out and shred it. Also make sure to whisk the liquid in the crock pot thoroughly for a nice creamy texture.
6. Add the Chicken back to the crockpot and serve over rice, baked potato, or lettuce wraps!

Honey Chicken

6 Servings: 258 calories per serving

Protein: 27 grams, Carbs: 21 grams, Fat: 8 grams

Ingredients:

2 lb raw Boneless Skinless Chicken Thighs
1/3 cup Low Sodium soy sauce (53 calories)
1/3 cup, Honey (BLW parents, use calorie match to 340cals)
2 tbsp Tomato Paste (30 calories)
2 tsp Ground Fresh Chili Paste (Sambal Oelek brand for example)
4 clove, Garlic
1 tbsp Rice Vinegar
2 tbsp Cornstarch (61 calories)

Directions:

1. Place all ingredients except for the cornstarch in a freezer safe ziploc bag and label it.

When ready to cook:

1. Thaw the bag overnight in the fridge or in a bowl of warm water.
2. Dump the bag into the crock pot and set it on low for 5-6 hours or high for 3-4 hours, until the chicken is fully cooked.
*If you are available, flip the chicken over 1/2 way through to coat both sides.
3. Remove chicken and shred it
4. Whisk the cornstarch into the slow cooker cooking liquid.
5. Cover and cook on HIGH for 15 minutes, until the sauce thickens slightly, stirring occasionally.
6. Add the chicken back to the crock pot and serve on rice or potatoes or in a lettuce wrap!

Shredded BBQ Chicken Thighs

6 Servings: 250 calories per serving

Protein: 28 grams, Carbs: 12 grams, Fat: 9 grams

Ingredients:

2 lb raw Boneless Skinless chicken thighs

1.5 tbsp olive oil (179 calories)

⅓ c brown sugar (279 calories)

1 ½ tbsp paprika (smoked paprika recommended)

1 ½ tsp cumin

1 ½ tsp dry mustard

1 ½ tsp garlic powder

1 ½ tsp salt

½ tsp black pepper

Directions:

1. Place all ingredients in a freezer safe ziploc bag and label it.

When ready to cook:

1. Thaw the bag overnight in the or in a bowl of warm water.
2. Dump the bag into the crock pot and set it on low for 5-6 hours or high for 3-4 hours, until the chicken is fully cooked.
3. Remove the chicken from the crockpot and shred, then add back in.
4. Serve on rice, rolls, or even salad for a BBQ chicken salad!

Chicken Pot Pie

6 Servings: 344 Calories per serving

Protein: 33 grams, Carbs: 27 grams, Fat: 10 grams

Ingredients:

26 oz raw boneless chicken breasts

1 large onion diced

11 oz raw potato chopped (Yukon Gold or Russet)

2- 10.5 ounces cream of chicken soup cans (120 cal per serving, OR 600 cal total) 1 cup chicken broth (Swanson Low Sodium at 15 cal per cup)

1/2 tsp poultry seasoning

1 tsp salt

1 tsp pepper

1 tbsp fresh parsley

16 ounce frozen mixed vegetables

Directions:

1. Place all ingredients except the potatoes in a freezer safe ziploc bag and label it.

When ready to cook:

1. Thaw the bag overnight or in a bowl of warm water.
2. Add the 11 oz of raw potato to your crock pot first, then dump the bag into the crock pot and set it on low for 6-7 hours or high for 4-5 hours, until the chicken is fully cooked.
3. Remove the chicken from the crockpot and shred, then add back in.
4. Serve this alongside some rolls or biscuits!

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<https://www.thehabitualfitness.com/product-page/recipe-ebook-version-2>

Use the code “recipes” for 15% off your purchase!

If you are interested in our Transformation Program you can find that info here:

https://www.thehabitualfitness.com/files/ugd/be53a4_e891bac8aa71470e823e12f3c3d3f0bd.pdf

Use the code “newbie” for 15% off your first month!

What are the Monthly Transformation Groups?

Our program is perfect for anyone that is ready to work on their goals that doesn't want to have to think.

We do not believe in elimination dieting or any "Fads".

You'll see carbs, sweets, occasionally alcohol (if you choose to partake), as well as the normal chicken breast/rice/veggie, but also fun family meals like chicken pot pies, bagel sandwiches, overnight oats, steak and potatoes etc. Our menus are fully family friendly and teach moderation over everything.

Moderation over misery.