

THM Meals for Freezer Cooking

(please read through entire instructions before beginning, some items have options)

You will need the Trim Healthy Mama Cookbook

For a large family (6-9 family members) this will make 8 hearty dinners, 10 lunches, grab and go breakfasts PLUS sprinkles to add to salads as well as quick seasoning blend packets to quickly and easily whip up your own delicious ranch dressing for salads! For a couple or a family with small children this could easily be a month's worth of meals. This plan can easily be done with a friend then split everything evenly.

Meals include:

2x Swedish Meatballs p. 61 (I did not make or freeze the cream sauce)

2x Enchilada Wonder Casserole p. 145

2x Salisbury Steaks p. 174

2x Bust a Myth Banana p. 298 (we used a muffin pan)

Superfood Salad Sprinkles p. 493

2x Rohnda's Ranch Seasonings p. 492

12 baggies of dry ingredients for single serving Muffin in a Mug: Volcano Mudslide Version on page 257

10 Servings of Salad in a Jar (*Fuel Pull version with strawberries and chicken or tuna * not included in the grocery list Slim Belly Vinaigrette, if you want to make this for your salad you will need to add those ingredients to the list, I have included space for you to do so*)

Heavenly Chicken Freezer Marinade (recipe included) we won't be cooking the chicken; instead we will freeze it in the marinade.

Shopping List

Item	Amount & Measure	Store	Notes
BAKING AISLE			
Baking Soda	1 ¼ tsp		
Aluminum Free Baking Powder	4 tsp		
Banana Extract	1 ¼ tsp		Optional, I use vanilla instead
Black Pepper	3 tsp		
Chili Powder	½ cup		
Cocoa Powder 8 oz	¾ cup		Makes exactly 12 MIM
Coconut Oil Spray			
Coconut Oil	½ cup		
Cumin	2 tsp		
Dried Minced Onion	½ cup		
Garlic Powder	½ cup		
Golden Flax Meal	1 ½ cup		
Italian Seasoning	2 tsp		
Mineral Salt	¾ cup		
Nutritional Yeast	1 ½ cups		
Onion Powder	2 tbsp		
Oregano	2 tsp		
Vanilla Extract	2-3 tsp		
PRODUCE			
Bananas	4 large or one bunch if		

	your kiddos like bananas		
Celery	1 bunch		
Lettuce	1 plan about half of one romaine head per jar		
Mushrooms	16 oz		
Onions	2 large		
Parsley	$\frac{3}{4}$ cup		
Fresh Strawberries	About 20		
DAIRY			
0% Greek Yogurt	1 $\frac{1}{4}$ cup		
Butter	$\frac{3}{4}$ cup		
Cheddar Cheese, sharp shredded or shred at home	16 oz		
Cottage Cheese	5-6 cups		$\frac{1}{2}$ cup per salad in a jar
Eggs	dozen		
Egg whites	4 cups		
Parmesan Cheese	1 cup + 2 TBSP		
Sour Cream	1 cup		
CANNED & JARRED			
Apple Cider Vinegar	2 tbsp		
Pickled Jalapeno Peppers, sliced			*watch out for food coloring
Olives	30 oz		
Soy Sauce	1 bottle		*TJ's is traditionally fermented

Worcestershire Sauce	2 tbsp		
Franks Red Hot			
Tomato Paste	20 oz		
Tuna**	5 cans		**Only if not using chicken in salads in a jar
DELI Meat (<i>no sugar added</i>)	½ pound		
MEAT DEPT			
Chicken, boneless thigh or breast	3 pounds		**leave off if using tuna in salads in a jar
Chicken Breast	12-16 pounds		** more or less depending on sales, etc. not used in specific recipes
Ground beef	11 pounds		
Ground turkey, chicken, beef, bison or venison	4 pounds		
PACKAGED GOODS			
Old Fashioned Rolled Oats	4 cups		
Beef Broth	3 cups		
Chicken Broth	11 cups		
Psyllium Flakes	½ cup		
SPECIAL INGREDIENTS			
Thm Baking Blend			
THM Gentle Sweet			
Glucomannan			
MCT Oil, <i>optional can use refined coconut oil</i>			
stevia			
NON FOOD			

Storage bags			
Freezer containers			
OTHER ITEMS			

[Heavenly Chicken](#) by That Organic Mom

This recipe is so easy to make and gives the chicken such a deep flavor. I came up with this recipe several summers ago and my children have asked for "that heavenly chicken" ever since. This chicken tastes the best when grilled, so I like to keep plenty of it on hand. However, it can also be prepared in the oven or crockpot.

Ingredients

- 1 cup, Soy sauce
- 1 cup(s), Red Hot Sauce - Original
- 5 lb(s), Organic Whole Legs

Instructions

1. Combine Soy Sauce and Frank's Red Hot Sauce in a marinating bag or bowl.
2. Add chicken.
3. Allow to marinate 2-12 hours (I always throw mine together in the morning and then cook it in the afternoon)
4. Grill for best flavor or if baking, preheat the oven to 375°F.
5. Bake the chicken legs in a 375°F oven 45 to 50 minutes, or until an internal thermometer reaches 165°F.

For my bulk cooking I used 1 23 oz bottle of Franks Red Hot + 18 oz bottle of low sodium soy sauce to marinate 24 pounds of chicken. It doesn't have to be exact but I shoot for a close to equal ratio of hot sauce to soy sauce.

Step By Step Instructions

Pre-Cooking Tips

- I prefer to shop on the day before I cook.
- This cooking session took six hours
- Start with a clean kitchen, dishes put away, counters cleared and wiped off.
- Keep one sink full of hot soapy water for washing as you go if necessary.
- If you have enough space designate one section of your kitchen for cutting vegetables and one for mixing meats. I like to keep these tasks separated. You can also use a kitchen table or a temporary folding table to keep all the ingredients handy as you are preparing.

Instructions

1. Put 3 pounds of chicken in a crockpot with a dash of soy sauce and turn on high (or simply use canned chicken or tuna).
2. Prepare two Family Size Batches of **Wonder Wraps** according to the instructions on page 205 in the Cookbook, set aside. You will use these in the Enchilada Wonder Casserole later.
3. If you have a crockpot (or two) you can brown your meat for this step on high while you use your stovetop for the other steps. *(If using crock pot skip down to step 9 and come back to 4-8 when meat is browned)*
4. If not you can simply brown the meat on your stove top, then set aside. Brown 6 pounds of ground beef, venison, turkey or chicken and drain the excess fat according to the instructions for the Enchilada Wonder Casserole on p. 145 of the Cookbook.

5. Prepare “enchilada gravy” according to step 3 in the cookbook. When meat is browned combine meat and gravy.
6. Using the **Wonder Wraps** you made in step 1 above, continue to complete the dish by following steps 4 and 5 in the cookbook, using a 9x13 freezer safe dish or disposable pan.
7. Cover, label, cool, freeze.
8. Preheat oven to 350°F.
9. Divide *RAW* Chicken into gallon or quart sized bags according to how much you like to use per meal when grilling chicken. For us, I grill about 3 pounds at one time. I used two gallon size bags.
10. Mix together the entire bottle of Franks Red Hot Sauce with the entire bottle of Soy Sauce, stir well. Divide evenly between your bags of chicken. Check your seals, label, and stick in the freezer. *This can later be thawed overnight in the fridge to grill the following night. It marinades as it thaws out.* My children nicknamed this “**Heavenly Chicken**” for a reason. (On our bulk prep/cooking day, *we marinated 24 pounds of chicken with one batch of this marinade*)
11. Mix up the batter for the **Bust A Myth Banana Cake** p. 298 following the instructions. If you like, you can spice it up with a little garam masala or cinnamon, cloves, nutmeg and cardamom! Yum!
12. Next, you will divide your batter into either your cake or muffin pans. I used a short spray of coconut oil to coat my muffin pans and they came out perfectly.
13. Cook according to recipe instructions if using a 9x13 inch pan and cut into squares before freezing. If using a muffin pan, bake 12-15 minutes. My muffin tin baked for 15 minutes at 350°F to perfection! Bake Cake (or muffins) and don’t forget to SET a TIMER.

14. Start **Salad in a Jar** construction: If chicken is cooked through, remove from crock pot, let it sit 5 minutes on cutting board before cutting. When slightly cool, cut into bite size pieces and stick in the fridge while you complete steps 15-17.
15. If you are making a dressing for your salad in a jar it goes in the bottom, however I usually don't because I always have dressings made up, plus I don't like mine to touch the food. IF I add salad dressing I used a cup that sits in the top like the one pictured below.
16. Wash and chop veggies for the salad in a jar.
17. Add all fruits and veggies and cottage cheese to jar.
18. Add cooled chicken to jar, lid and refrigerate.
19. Mix 9 pounds of ground beef, (*venison, bison, turkey or chicken*) with 6 eggs plus 4 egg whites, 4 teaspoons onion powder, 4 teaspoons garlic powder, 4 teaspoons salt, and 1 cup of baking blend (or homemade equivalent). Combine well.
20. Divide this mixture in HALF.
21. With the other half of the meat mixture from step 9 you will form small **meatballs** with the entire mixture as is according to the **Swedish Meatballs in Cream Sauce** recipe from the Cookbook on page 61.
22. Saute **meatballs** in butter until cooked through, about 7 minutes, browning on all sides, or you can brown the **meatballs**, then finish cooking in the oven on 350°F until cooked through.
23. Take half the mixture above and add in 2 tablespoons of Worcestershire sauce (*if using - I left it out*), mixing well. Following the **Salisbury Steak** recipe step one, form the patties into 16-20 balls, flatten and cook them as you go.

24. Using the same skillet you used for the meatballs, cook the Salisbury Steak, then remove the meat patties to the pan you will freeze them in.
25. Prepare the sauce for the **Salisbury Steaks** according to instructions in the cookbook by sauteeing the onions and mushrooms, etc. Then add this to the pan with the Salisbury Steaks, let cool, cover, label, freeze.
26. If you prefer to you can make the cream sauce on the day you are serving the meal instead, that is what I plan to do.
27. If preparing right away, put the entire contents of the **Swedish Meatballs in Cream Sauce** into an oven safe 9x13 inch disposable pan. Let it cool before covering well and labeling.
28. If not cooking cream sauce right away, you can put dry ingredients into a baggie and place with or tape to meatball package and store in freezer.
29. While things are cooking, you can mix up your **ranch seasoning mix** p. 492 and store in your pantry. I also use this seasoning on my air-popped popcorn sometimes, but my children love Ranch dressing on salad, so mostly I use it for our nightly salads.
30. Also, mix up your sprinkles p. 493, store in airtight jar in the fridge. I enjoy keeping these sprinkles in a shaker jar for salads and even eggs or in wraps.

Notes:

I plan to make the cream sauce for the meatballs on the day we eat them.

The enchiladas will be assembled and frozen without the final baking. You can pop it in the oven and bake the day you plan to eat it.

Tips & Reminders

Preparing meals to make-ahead and freeze can also be done day to day. Consider doubling dinner and freezing one batch for a future date when at least once a week.

Often when I return from Costco I will focus on preparing my protein as a way to save time later. I do this by either cooking ground beef before putting it away, putting a marinade together and adding chicken before sticking it in the freezer.

If you have one particular meal you like you can always bulk cook just that one meal in sets. Maybe prepare 5 batches of your favorite meal and storing it in the freezer so you can grab it on those days when all you wanna do is sit down and put your feet up.

Final Notes:

I tried to be very meticulous when creating this menu plan, but that is not to say there could not be errors or things that I just knew but forgot to write down. Also, everyone stocks their pantry differently, so there may be some items that I did just have on hand, although I tried my best to use ONLY items that I purchased specifically for this prep day. Please be diligent in checking your pantry and this list before shopping and before beginning this project!

As far as the step by step instructions go, I created and wrote the steps before we got started. Then I also tried to make notes on how we did this as I went along. As always, it is possible that I may have completed a step in a somewhat different fashion than another cook might, so just do it in whatever order feels more comfortable for you.

Happy Cooking!

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