

Whole 30 Freezer Cooking Plan

This freezer cooking plan will prepare up to 14 meals for at least 4 people.

Recipes:

- [Spicy Southwest Chicken](#), 2 batches
- [Salsa Verde Chicken](#), 2 batches
- [Homemade Spicy Turkey Sausage with Garlic and Basil](#), 2 batches cooked
- [Baked Chicken](#) for salads and soups, 2 batches
- [Beef and Eggplant Stew](#), 2 batches (It's easier to use two slow cookers for this.)
- [Quick Meat Sauce for Pasta](#), 2 batches
- [Roasted Vegetable Soup with Fresh Oregano](#), 2 batches
- [Hamburger Patties for the Freezer](#), 2 batches
- [Mamabars](#), 2 batches

Notes:

- You will need to substitute coconut aminos for soy sauce (or omit it entirely) and use olive oil instead of vegetable oil.
- The pasta sauce will need your seasoning mix of choice. If you don't have a favorite, you can mix up a batch of [Jamie's Spice Mix](#).
- Make sure the ingredients of the salsa verde comply with Whole 30 diet.

Equipment needed:

- two slow cookers
- food processor
- at least one big stockpot, two is ideal
- freezer zip-top bags for marinated chicken, baked chicken, turkey sausage patties, and hamburger patties
- plastic or glass containers with lids for stew, pasta sauce, soup, and Mamabars

Grocery List

Produce

- 2 tomatoes
- 2 cups cherry tomatoes OR 4 medium tomatoes
- 5 onions
- 6 ribs celery
- 4 bell peppers
- 1 jalapeno pepper
- 3 heads of garlic – you'll need about 25 cloves
- 3 limes for juice
- ½ cup fresh cilantro leaves
- 3 eggplant
- 2 large patty pan squash
- about 12 carrots
- 2 cups sliced mushrooms
- ½ cup plus 2 tablespoons chopped fresh basil (if not using dried)
- 2 tablespoons fresh oregano (if not using dried)

Meat / Poultry

- 12 boneless, skinless chicken breasts
- 4 to 6 pounds chicken tenders
- two 20-oz packages ground turkey
- 2 pounds ground beef
- 2 pounds ground meat
- 6 pounds boneless, chuck roast
- 8 large bone-in chicken breast halves

Dry Goods

- olive oil
- coconut aminos
- 4 cups beef broth
- 8 – 12 cups chicken broth
- two 15-ounce cans tomato sauce
- small can tomato paste
- 1 cup salsa verde
- 4 cups deglet noor dates
- 2 cups toasted, slivered almonds
- 1 cup dried, unsweetened cherries

Spices

- fine sea salt
- kosher salt
- ground black pepper
- dried basil (if not using fresh)
- bay leaves
- cayenne pepper
- chili powder
- cumin
- garlic powder
- dried oregano (if not using fresh)
- dried thyme
- sweet paprika
- favorite seasoning blend or ingredients for [Jamie's Spice Mix](#) (onion powder, garlic powder, paprika, dried basil, dried oregano, fine sea salt, black pepper, celery seeds, lemon zest, and cayenne pepper)

Prep List:

1. Chop vegetables.
2. Trim chicken for marinating.
3. Trim and chop beef for stew.
4. Prepare seasoning mixes.

Cooking Plan:

1. Start the Beef & Eggplant Stew in two crockpots. Omit the flour.
2. Start the chicken to bake.
3. Start the Meat Sauce on the stove top.
4. Prepare Southwest Chicken and Salsa Verde marinades. Wrap, label, and freeze. [SOUTHWEST CHICKEN & SALSA VERDE CHICKEN DONE.]
5. Meat sauce should be done. Wrap, label, and freeze. [QUICK MEAT SAUCE DONE.]
6. Prepare veggies for roasting.
7. Bake chicken should be done. Remove and cool.
8. Roast the vegetables.
9. Shred baked chicken for later use. Wrap, label, and freeze. [BAKED CHICKEN/TURKEY DONE].
10. Make sausage. You can wrap, label, and freeze uncooked patties, OR bake, cool, wrap, label, and freeze. [SAUSAGE PATTIES DONE.]
11. Simmer vegetables for soup. Blend. Cool, wrap, label, and freeze. [VEGETABLE SOUP DONE.]
12. Prep hamburger patties with 2 lbs. ground beef to form 8 burgers. Wrap, label, and freeze. [HAMBURGER PATTIES DONE.]
13. Prep Mamabars. Wrap, label, and freeze. [MAMABARS DONE.]
14. Stew should be done. Cool, wrap, label, and freeze. [BEEF AND EGGPLANT STEW DONE.]