



Confessions of a Fit Foodie

eat clean. *get fit. be happy.*

STEPS FOR 21 DAY FIX CROCK POT FREEZER PREP:

RICE

- Make 3 cups of brown rice following the stovetop directions on your package. When the rice is finished cooking, cool on baking sheets lined with parchment paper

VEGGIES/PANTRY

- Chop:
 - 2 cups of carrots
 - 2 cups of celery
 - 2 yellow onions
 - 1 red onion
 - 1 jalapeno
 - 1 1/2 cups of string beans (cut into bite sized pieces)
 - 1 zucchini (cut in half moons)
 - 8 cloves of garlic (mince and divide into 4 piles)
- Crush:
 - 5 cloves of garlic
- Open cans and gather spices, oils, and salt

BUFFALO CHICKEN CHILI

- Prepare your ziplock bag with the following information:
 - Buffalo Chicken Chili/ today's date
 - Cooktime: 3-4 hours on high; 4-6 hours on low
 - Top with blue cheese crumbles mixed with Greek yogurt and chives
- Coat a pan with cooking spray and brown ground chicken until cooked through. Let cool. Wipe pan out for next recipe.

- ❑ Pour 1 (28 oz) can of tomatoes in a blender and pulse a few times so the texture is more like a chunky tomato juice.
- ❑ Assemble Buffalo Chicken Chili in the prepared gallon sized freezer bag by adding the following:
 - ❑ 1 cup of carrots, peeled and sliced into half-moons
 - ❑ 1 cup of chopped celery
 - ❑ 2 cloves of garlic, minced
 - ❑ 1/4 of an onion, diced
 - ❑ cooked ground chicken
 - ❑ blended tomatoes
 - ❑ 1 teaspoon chili powder
 - ❑ 1/4 cup hot sauce (you can add more after it's cooked, if desired)

SIMPLE SPAGHETTI SQUASH AND MEAT SAUCE

- ❑ Heat olive oil over medium heat and saute the 5 cloves of crushed garlic until golden on both sides. Be very careful not to burn it! Remove garlic from the pan and add your turkey. Cook through and season with 2 tsp Italian Seasoning and a sprinkle of crushed red pepper (optional) Remove from heat and let cool.
- ❑ Prepare TWO gallon sized ziplock bags with the following information:
 - ❑ SS and Meat Sauce / today's date
 - ❑ Cooktime: 3-4 hours on high; 4-6 hours on low
 - ❑ Cook with a medium sized SS, cut in half
 - ❑ Top with parmesan cheese
- ❑ Assemble the Simple Spaghetti Squash and Meat Sauce by dividing the following into the TWO prepared ziplock bags (doesn't have to be perfect):
 - ❑ 5 cloves of browned garlic
 - ❑ seasoned, cooked turkey
 - ❑ 2 (28 oz) cans of crushed tomatoes

EASY CHICKEN AND VEGGIE SOUP

- ❑ Prepare TWO ziplock bags with the following information:
 - ❑ Easy Chicken and Veggie Soup/ today's date
 - ❑ Cooktime: 4 hours on high; 6-8 hours on low
 - ❑ After cook time, add in 1 ½ cups of spinach to wilt. Season with salt and pepper and serve with parmesan cheese.

- ❑ Assemble Easy Chicken and Veggie Soup by dividing the following the TWO gallon sized freezer bags (doesn't have to be perfectly exact, but be sure you leave enough room for expansion):
 - ❑ 1 cup of diced carrots
 - ❑ 1 cup of chopped celery
 - ❑ 1/2 diced yellow onion
 - ❑ 2 cloves of garlic, minced
 - ❑ 1 zucchini, cut in half moons
 - ❑ 1 1/2 cups of fresh string beans, cut into bite size pieces
 - ❑ 32 oz of organic chicken stock
 - ❑ 1 28 oz can of diced tomatoes
 - ❑ 1 cup water
 - ❑ 1 lb chicken breasts
 - ❑ 1 tsp himalayan salt

CHICKEN TORTILLA SOUP

- ❑ Prepare TWO ziplock bags with the following information:
 - ❑ Chicken Tortilla Soup /today's date
 - ❑ Cooktime: 4 hours on high; 6-8 hours on low
 - ❑ Top with avocado, cheese, lime, greek yogurt, cilantro, homemade tortilla strips (Note for later: To make homemade tortilla strips: Preheat your oven to 350 and cut the corn tortillas into strips. Spray with olive oil spray and sprinkle with Himalayan salt. Bake for about 10-15 minutes.)

- ❑ Assemble Chicken Tortilla Soup by dividing the following into the TWO gallon sized freezer bags (doesn't have to be perfectly exact, but be sure you leave enough room for expansion):
 - ❑ 1 1/4 lb raw boneless skinless chicken breasts (about 3-4 Breasts)
 - ❑ 10 oz. diced tomatoes with green chilies
 - ❑ 14.5 oz. diced tomatoes (no salt added)

- 1 cup frozen corn
- 1 cup black beans (no salt added), drained & rinsed
- 1 medium onion, diced
- 1 jalapeno, diced
- 2 cloves garlic, minced
- 4 cups of organic, low sodium chicken broth or stock
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. Himalayan salt
- 1/4 tsp. black pepper

MAPLE BBQ CHICKEN

- Prepare ONE gallon sized ziplock bag with the following information:
 - Maple BBQ Chicken Thighs/ today's date
 - Cooktime: 4 hours on low
 - To thicken sauce - place in saucepan and stir in thickener, one tsp at a time until desired thickness.
 - Serve with rice (prepped) and a veggie
- Assemble Maple BBQ Sauce by mixing the following:
 - 1/2 cup tomato paste
 - 1/3 cup water
 - 1/4 cup coconut aminos
 - 3 T pure maple syrup
 - 2 T apple cider vinegar
 - 1/4 tsp garlic powder
 - 1/4 tsp onion powder
 - Sprinkle of salt
- For Maple BBQ Chicken, place BBQ sauce and 1.5 pounds of chicken thighs in the ONE prepared gallon freezer bag

ASIAN CHICKEN

- Prepare ONE gallon sized ziplock bag with the following information:

- Asian Chicken Thighs / today's date
- Cooktime: 4 hours on low
- To thicken sauce - place in saucepan and stir in thickener, one tsp at a time until desired thickness.
- Serve with rice (prepped) and a veggie
- Assemble Asian Chicken by mixing the following:
 - 1/4 cup of honey
 - 1/3 cup of coconut aminos
 - 1 T tomato paste
 - 2 tsp coconut oil
 - 1/2 tsp sea salt
 - a dash of crushed red pepper
- Add all of the above and 1.5 pounds of chicken thighs to the ONE prepared gallon freezer bag.

BALSAMIC CHICKEN

- Prepare ONE gallon sized ziplock bag with the following information:
 - Balsamic Chicken / today's date
 - Cooktime: 4 hours on high; 6-8 hours on low
 - Serve with zoodles
- Spray a non stick pan with olive oil cooking spray and saute 1/2 red onion and 2 cloves of minced garlic together over medium low heat. until onions are translucent. Remove from heat and let cool.
- Assemble Balsamic Chicken by adding the following to the ONE prepared gallon bag:
 - 1-2lbs boneless, skinless chicken breast
 - 1 28oz can of diced tomatoes
 - Sauteed onions and garlic
 - 1/2 cup balsamic vinegar

- 1/2 tsp each of basil, oregano, and garlic powder
- salt
- pepper

RICE, cont...

- Prepare TWO gallon freezer bags with the following information
 - Brown Rice/ today's date
 - Remove from bag and heat in microwave with 2 T of water for 2-3 minutes or until hot.
- Divide rice into two bags and lay flat to freeze. You don't want the rice to clump together.

You are done!! Pour yourself a glass of wine get someone else to clean up - you've done enough work for today! <3