
PRINTABLE LABELS FOR MEAL PLAN

HOMESTYLE BEEF STEW

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 8-10 hours

Stir when finished and serve!

HOMESTYLE BEEF STEW

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 8-10 hours

Stir when finished and serve!

HAM AND POTATO SOUP

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Pour 2 cups broth and 2 cup water into slow cooker

Cook on low 6-8 hours

When finished remove bay leaves, stir and serve!

HAM AND POTATO SOUP

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Pour 2 cups broth and 2 cup water into slow cooker

Cook on low 6-8 hours

When finished remove bay leaves, stir and serve!

WHITE BEAN SPINACH SOUP

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Pour 4 cups broth and 2 cup water into slow cooker

Cook on low 3-4 hours

During the last 30 min cook time add 5 oz spinach and 2 tbsp apple cider vinegar

Stir when finished, garnish with parmesan cheese and serve!

WHITE BEAN SPINACH SOUP

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Pour 4 cups broth and 2 cup water into slow cooker

Cook on low 3-4 hours

During the last 30 min cook time add 5 oz spinach and 2 tbsp apple cider vinegar

Stir when finished, garnish with parmesan cheese and serve!

ITALIAN WEDDING SOUP

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Pour 4 cups broth and 2 cups water into slow cooker

Cook on low 8-10 hours

Add ½ cup pasta and 5 oz frozen spinach during last hour of cook time

Stir when finished, garnish with parmesan cheese and serve!

ITALIAN WEDDING SOUP

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Pour 4 cups broth and 2 cups water into slow cooker

Cook on low 8-10 hours

Add ½ cup pasta and 5 oz frozen spinach during last hour of cook time

Stir when finished, garnish with parmesan cheese and serve!

RANCH CHICKEN TACOS

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-8 hours or high 3-4 hours

Shred chicken, remove bones and stir back into sauce in slow cooker

Serve in preferred tortillas with favorite taco toppings!

RANCH CHICKEN TACOS

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-8 hours or high 3-4 hours

Shred chicken, remove bones and stir back into sauce in slow cooker

Serve in preferred tortillas with favorite taco toppings!

CASHEW CHICKEN

Thaw meal in fridge overnight

Add gallon bag contents to slow cooker, set aside sauce in quart bag

Cook on low 4-6 hours

When finished, shred chicken, remove bones and mix chicken with sauce in quart bag (Be sure to whisk sauce before pouring over chicken)

Serve over rice and garnish with fresh green onions and raw cashews

CASHEW CHICKEN

Thaw meal in fridge overnight

Add gallon bag contents to slow cooker, set aside sauce in quart bag

Cook on low 4-6 hours

When finished, shred chicken, remove bones and mix chicken with sauce in quart bag (Be sure to whisk sauce before pouring over chicken)

Serve over rice and garnish with fresh green onions and raw cashews