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# PRINTABLE LABELS FOR MEAL PLAN

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## The Best Chili You Ever Had!

Cooking Directions from thawed:

Thaw meal in fridge overnight  
Add Bag contents to slow cooker  
Cook on low 30 min - 1 hour  
Stir when finished and enjoy!

Cooking Directions from frozen:

Add Bag contents to slow cooker  
Cook on low 3-4 hours  
Stir when finished and enjoy!

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Add Bag contents to slow cooker  
Cook on low 3-4 hours  
Stir when finished and enjoy!

## Vegetarian Burritos

Thaw meal in fridge overnight  
Preheat oven to 450 degrees  
Set desired number of wrapped burritos on baking sheet  
Cook in preheated oven for 35-45 mins (or until heated through)  
When finished enjoy! (Optional: Serve with Salsa and/or Guac!)

## Vegetarian Burritos

Thaw meal in fridge overnight

Preheat oven to 450 degrees

Set desired number of wrapped burritos on baking sheet

Cook in preheated oven for 35-45 mins (or until heated through)

When finished enjoy! (Optional: Serve with Salsa and/or Guac!)

## Shepherd's Pie

### Cooking Directions from thawed:

Thaw meal in fridge overnight

Preheat oven to 375

Cook (covered) in preheated oven for 30 min

Broil on high for 5 min (uncovered)

Remove from oven, let sit 15 min and enjoy!

### Cooking Directions from frozen:

Preheat oven to 425

Cook (covered) in preheated oven for 45–60

min

Broil on high for 5 min (uncovered)

Remove from over, let sit 15 min and enjoy!

## Shepherd's Pie

### Cooking Directions from thawed:

Thaw meal in fridge overnight

Preheat oven to 375

Cook (covered) in preheated oven for 30 min

Broil on high for 5 min (uncovered)

Remove from oven, let sit 15 min and enjoy!

### Cooking Directions from frozen:

Preheat oven to 425

Cook (covered) in preheated oven for 45–60

min

Broil on high for 5 min (uncovered)

Remove from over, let sit 15 min and enjoy!

## Sausage Tortellini Bake

### Cooking Directions from thawed:

Thaw meal in fridge overnight  
Preheat oven to 375  
Cook (covered) in preheated oven for 45 min  
Cook (uncovered) for additional 15 min  
Remove from oven, let sit 15 min and enjoy!

### Cooking Directions from frozen:

Preheat oven to 425  
Cook (covered) in preheated oven for 60-75 min  
Cook (uncovered) for additional 15 min  
Remove from over, let sit 15 min and enjoy!

## Sausage Tortellini Bake

### Cooking Directions from thawed:

Thaw meal in fridge overnight  
Preheat oven to 375  
Cook (covered) in preheated oven for 45 min  
Cook (uncovered) for additional 15 min  
Remove from oven, let sit 15 min and enjoy!

### Cooking Directions from frozen:

Preheat oven to 425  
Cook (covered) in preheated oven for 60-75 min  
Cook (uncovered) for additional 15 min  
Remove from over, let sit 15 min and enjoy!

## Tex Mex Chicken

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 over rice and enjoy! (Optional: Add some Avocado and/or Guac)

## Tex Mex Chicken

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 over rice and enjoy! (Optional: Add some Avocado and/or Guac)