printable Labels for Meal Plan

LAZY LASAGNA

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 3 hours, top off with 2 cups mozzarella cheese during last 30 min cook time.

Serve and enjoy! (Optional: Garnish with fresh parsley)

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SWEET ITALIAN MEATBALLS

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 2-3 hours.

Stir and serve! (Optional: Garnish with fresh parsley and mozzarella cheese!)

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TUSCAN TORTELLINI SOUP

Thaw both freezer bags in fridge overnight.

Add bag 1 into slow cooker with water and broth.

Set bag 2 aside (bag 2 contains tortellini and spinach).

Cook on low 2-3 hours, adding spinach and tortellini during last 30 min cook time.

Stir and serve! (Optional: garnish with fresh parsley and parmesan cheese.)

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Stir and serve! (Optional: garnish with fresh parsley and parmesan cheese.)

CHICKEN MARSALA

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

Combined ½ cup water and 2 tbsp tapioca flour in bowl and whisk together.

After cooking remove chicken and set aside. Whisk slurry into sauce in slow cooker and set to high for 30 minutes to thicken. Stir chicken back into sauce and serve!

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HOMEMADE TOMATO SAUCE

Thaw in fridge overnight.

Use in any recipe, over pasta, or in any way desired!

Stays good in fridge for up to 7 days.

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TORTELLINI BAKE

Preheat oven to 425

Bake covered tortellini bake in oven for 75 minutes (or until bubbling and hot in center)

Bake uncovered an additional 15 minutes.

Remove from oven and let sit for 10 minutes.

Serve and enjoy! (Optional: garnish with fresh parsley and parmesan cheese!)

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