



POSTPARTUM *freezer meal recipes*

NOTES

This recipe collection features breakfast burritos, snacks, chicken nuggets, three soups, and two varieties of enchiladas. When preparing freezer meals, you can choose to have a dedicated cook/prep day or simply double a dinner you're making that evening. For added efficiency, consider making the Healing Ginger Soup and the Chicken and Wild Rice Soup simultaneously, as they share some common ingredients. The book, "The First Forty Days" is a valuable read in preparing for postpartum nourishment. For even simpler prep, look for crock pot "dump" meals. pinchofyum.com/freezer-meals has a free download of 22 recipes.

Breakfast Burritos

Ingredients

- 1 pound ground sausage and/or bacon
- 12 scrambled eggs
- 1-2 lbs cooked shredded potatoes
- 2 cups shredded cheddar
- 10-12, 10" tortillas

Instructions

1. Assemble cooled ingredients into burrito
2. Flash freeze on a pan
3. Wrap in saran wrap and store in freezer
4. Reheat wrapped in damp paper towel, 50% power, 2-4 mins

Protein Balls

Ingredients

- 1.5 cups rolled oats
- 3 tbsp honey
- ½ cup protein powder
- 1 tsp vanilla
- ½ tsp cinnamon
- ½ cup add in (choc chip, coconut, raisin, etc.)
- 1 tbsp chia seeds
- 2-3 tbsp liquid (milk, almond milk water,
- ½ cup peanut butter

Instructions

1. Add oats, protein powder, cinnamon, chia in a bowl
2. Add in PB, honey, vanilla. Stir.
3. Add in the choice add in.
4. Slowly add in 1 tbsp at a time and use hands to combine
5. Roll into balls
6. Flash freeze on parchment paper, then store in sealed container.

Chicken Nuggets

Ingredients and Instructions

- See: yummytoddlerfood.com/chicken-nuggets-with-sweet-potato/
- Flash freeze on parchment paper
- Vacuum seal or store in airtight container in freezer

Muffins

Ingredients and Instructions

- See: yummytoddlerfood.com/favorite-yogurt-muffins-6-ways/
- Completely cool, store in freezer bag with as much air removed as possible

First Forty Days Hearty Sausage Soup

- 1 pound cooked ground italian sausage or cut up links
- ½ cup coconut oil
- ½ cup chopped onion
- 1 tsp salt
- ½ pepper
- 1, 15 oz can diced tomatoes
- 6 small red potatoes cubed

Ingredients

- 2 cups quartered mushrooms
- 2 quarts broth
- 4 tbsp tomato paste
- 3 tsp minced garlic
- 2-4 chunks parmesan cheese rind
- Add after thawing & cooking: spinach & cooked quinoa, millet, couscous, or rice

Instructions

1. Evenly divide all ingredients between two freezer gallon bags
2. Double bag and lay flat to freeze
3. Thaw overnight, Crockpot low 4-6 hours then add spinach and cooked grain

Chicken and Wild Rice Soup

Ingredients and Instructions

- See: thehonoursystem.com/chicken-wild-rice-soup/
- Prep without coconut milk and basil. Add in after thawing and reheating
- Let cool completely before storing in doubled up gallon ziplocks laid flat or soup freezer storage trays
- To thaw, place in fridge for ~36 hours then dump in pot on stove or crockpot and reheat. Add coconut milk. Add basil before serving

Healing Ginger Chicken Soup

Ingredients and Instructions

- See: ambitiouskitchen.com/ginger-chicken-soup/
- Prep without coconut milk and rice. Add in after thawing and reheating
- Let cool completely before storing in doubled up gallon ziplocks laid flat or soup freezer storage trays
- To thaw, place in fridge for ~36 hours then dump in pot on stove or crockpot and reheat. Add coconut milk. Add cooked rice before serving or serve over cooked rice

Green Chile Chicken Enchiladas

Ingredients and Instructions

- See: iheartnaptime.net/green-chile-enchiladas/
- Use instant pot or other method to make shredded chicken. Note 1.7 lbs of chicken breast yields about 4 cups shredded chicken
- Prep in a foil or glass 9x13
- Cool completely then seal very well with saran wrap and then foil
- Thaw overnight. Bake according to instructions but add 10-15 mins or until hot

Bean and Beef Enchiladas

Ingredients and Instructions

- See: rachaelsgoodeats.com/freezer-friendly-beef-enchiladas/
- Prep in a foil or glass 9x13
- Cool completely then seal very well with saran wrap and then foil
- Thaw overnight. Bake according to instructions