

Breakfast Burritos

To prepare: Move to fridge to defrost over an 8-12 hour period. Add 1 tbsp of oil to a pan and lightly heat. Fry the burrito for 1-2 minutes on each side until lightly crispy. Slice and serve.

Serve with: Chimichurri sauce from unboundwellness.com.

Turkey Breakfast Sausage

To prepare: Move to fridge to defrost over an 8-12 hour period. Add 1 tbsp of oil to a pan and heat. Lightly crisp over medium heat until warm.

Serve with: A side of fruit or veggies as desired.

Slow Cooker Chicken Marsala

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Set to high for 4-5 hours. The internal temperature of the chicken should be 165F. Spoon out about 1/4 cup of liquid and whisk with the 1 ½ tbsp arrowroot starch.

Pour back into the slow cooker for cook for another 15 minutes to allow the liquid to thicken. Add more broth if a thinner sauce is desired.

To serve: Top with parsley and pair with pasta of choice like zucchini noodles, etc.

Hawaiian Chicken Bowls

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Set to high for 4 hours or low for 6-8 hours. The internal temperature of the chicken should be 165F.

To serve: Top with green onion and serve with a side of cauliflower rice,
or

Slow Cooker Chicken Cacciatore

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Set to low for 6-8 hours or high for 3-4 hours. The internal temperature of the chicken should be 165F.

To serve: Top with 1-2 tsp of capers, 1 tbsp or parsley and 1 tbsp of basil. Serve with pasta of choice like zucchini noodles.

Slow Cooker Beef Stew

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Set to low for 7-8 hours or high for 3-4 hours. The internal temperature of the beef should be 160F and the vegetables tender. Spoon out ¼ cup broth and whisk in 2 tsp of arrowroot starch. Add back to soup and allow to thicken for 15-20 minutes.

To serve: Remove bay leaves and serve topped with parsley.

Slow Cooker Indian Butter Chicken

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Set the lid on the slow cooker and cook on high for 1 1/2-2 hours or low for 4-6 hours, ensuring that the chicken has reached an internal temperature of 165 F. Stir in ½ cup coconut cream and juice of one lime juice. Stir until melted and the sauce is creamy.

To serve: Serve with fresh cilantro and cauliflower rice.

Slow Cooker Mongolian Beef

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Place the lid on the slow cooker and cook on high for 2-3 hours or low for 4-5 hours. Stir in 3-4 sliced green onions until softened.

Serve with: Cauliflower rice and broccoli.

Chicken No-Tortilla Soup

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Set to low for 6-8 hours or high for 3-4 hours. The internal temperature of the chicken should be 165F. Pull the chicken out of the slow cooker and shred with two forks. Add back in and stir well.

To serve: Top with cilantro, sliced avocado, and additional lime juice.

Slow Cooker Teriyaki Chicken

To prepare: Move to fridge to defrost. Once fully defrosted, pour the contents into the slow cooker. Set to low for 6-8 hours or high for 3-4 hours. The internal temperature of the chicken should be 165F.

To serve: Top with sliced green onion and pair with cauliflower rice and broccoli.

Freezer Enchiladas

1. **To prepare:** Move to fridge to defrost. Once fully defrosted, Transfer to the preheated oven at 350 F and bake for 15 minutes or until fully cooked. If baking from frozen, add 5 minutes cook time.

To serve: Serve topped with fresh cilantro, and avocado.

Pizza Soup

1. **To prepare:** Move to fridge to defrost. Once fully defrosted, pour the contents into a pot. Bring to a low boil and reduce to a simmer for 10 minutes or until the mushrooms are tender. Add 1 cup of GF pasta to the soup and stir well to combine. Allow to simmer for 10-11 minutes or until the pasta is tender and cooked to your liking.

To serve: Top with fresh parsley, basil and DF cheese if desired.

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Lasagna Roll Ups

1. **To prepare:** Move to fridge to defrost. Once fully defrosted, Transfer to the preheated oven at 375 F and bake for 35-40 minutes or until fully cooked. If baking from frozen, add 10-15 minutes cook time.

To serve: Serve topped with fresh parsley.

Asian Inspired Chili

1. **To prepare:** Move to fridge to defrost. Once fully defrosted, pour the contents into a pot. Bring to a low boil and reduce to a simmer for 35-40 minutes, or until the vegetables are tender and the chili is reduced and flavorful.

To serve: Top with cilantro, green onion, and avocado.