



Palm Beach County FireFighters

Health & Wellness Center

Cookbook

Make Ahead

Breakfasts,

Lunches,

Dinners

&

Snacks

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Tips To Make Healthy Foods- QUICKER

- 1. Double your dinner recipe & freeze half for down the line, or save for lunch the next day.*
- 2. Pick one day a month and cook & freeze many meals at a time or make the entire weeks lunches & dinners over the weekend & freeze.*
- 3. Choose a different kind of grain each week & cook a few batches. Whole wheat rice, pasta, quinoa & barley can keep in the refrigerator for up 5 days. Keep in a large mason jar for the best results.*
- 4. Make twice as much of your morning smoothie and save the rest of the next day or freeze for later use.*
- 5. Load your blender the night before and place in the fridge. Just add ice or your liquid in the morning & blend.*
- 6. When you get home from the store, wash & chop an entire head of lettuce as well as all your fruits & veggies for the week.*
- 7. Raise the oven temperature by 25 degrees to speed up cooking time of most dishes (Do not do this with baking).*

8. *Use a toaster oven when possible, it will take less time to preheat & often cooks faster than an oven.*
9. *Cover items in the microwave with a wet paper towel, which will help the food cook faster & eliminates any splattering you'll have to clean up.*
10. *Read the entire recipe through before you begin cooking.*
11. *Take meat & fish out of the fridge 30 minutes before you cook it so it can come to room temperature.*
12. *Don't forget to preheat the oven while you are prepping the meal.*
13. *Chop potatoes & veggies smaller to cook quicker.*
14. *Eat more fish. It is the fastest cooking animal protein.*



The 8 Rapid Rules

Here are a few shortcuts that will make figuring out what items to put in your grocery basket a snap!

- 1. Choose items that have five or less ingredients listed.*
- 2. Scan the first three ingredients named. Look for the words “100 percent” or “whole” when it comes to grains & juices, and avoid “white flour” & “enriched”.*
- 3. If a label lists “high-fructose corn syrup” or “partially hydrogenated oil”(trans fats), leave it on the shelf!*
- 4. Always opt for a low-sodium version. It is always better to add your own salt, if desired.*
- 5. Can’t pronounce the ingredients? Skip it!*
- 6. Aim for foods that have 3 grams or more of fiber per serving.*
- 7. Take a pass on anything that has more than 12 grams of sugar per servings.*
- 8. Frozen is better than canned. Fresh, in season produce trumps all.*



Make-Ahead “Instant” Mixes

Grocery store shelves are fully stocked with quick, instant mixes for pancakes, waffles, muffins, quick breads & cookies that are all popular & tasty. Or you could spend an entire morning making these items from scratch. The following recipes offer a middle ground in which you can keep them on hand when you are short on time but can also keep an eye on the nutrition. Store bought mixes are made predominantly made from refined white flour & sugar as well as preservatives. These instant substitutes take the good (convenience, taste & texture) & combine it with the healthfulness of a whole-grain product.



Pancake & Waffle Mix

Ingredients

- 1. 4 ½ cups whole wheat flour.*
- 2. ¾ cup wheat germ.*
- 3. ¼ cup sugar or sugar in the raw.*
- 4. 2 teaspoons kosher salt.*
- 5. 2 tablespoons baking power.*

Place all ingredients in a gallon size zip-loc bag or a large mason jar, seal, shake & store in the refrigerator until use.

Pancake Directions

- 1. 1 cup mix.*
- 2. 1 egg.*
- 3. 2 cups low fat milk.*
- 4. 1 tsp vanilla.*

Waffle Directions

- 1. 1 ¼ cup mix.*
- 2. 1 egg.*
- 3. 2 cups low fat milk.*
- 4. 1 tsp vanilla.*
- 5. ½ cup applesauce.*



Banana Quick Bread or Muffin Mix

Ingredients.

1. *3 cups whole wheat flour*
2. *1 ½ cups brown sugar*
3. *1 cup dried oatmeal.*
4. *¼ cup wheat germ.*
5. *1 teaspoon cinnamon.*
6. *1 teaspoon kosher salt.*
7. *1 ½ teaspoons baking soda.*
8. *2 teaspoons baking powder.*

Place all ingredients in a gallon size zip-loc bag or a large mason jar, seal, shake & store in the refrigerator until use.

Directions

1. *3 ½ cups mix,*
2. *2 large eggs.*
3. *2 tablespoons canola or coconut oil.*
4. *2/3 cup greek yogurt.*
5. *1 or 2 bananas mashed.*
6. *½ cup water.*

Preheat oven to 375 degrees & grease a 9x5 loaf pan or a muffin tin.

Bake Bread for 40 minutes or until the top is golden brown.

Bake Muffins for 20-22 minutes or until the tops are golden brown.



Pumpkin Quick Bread or Muffin Mix

Ingredients.

- 1. 3 cups whole wheat flour*
- 2. 1 ½ cups brown sugar.*
- 3. 3 teaspoons pumpkin pie spice.*
- 4. ¼ cup wheat germ.*
- 5. 1 teaspoon kosher salt.*
- 6. 1 ½ teaspoons baking soda.*
- 7. 2 teaspoons baking powder.*

Place all ingredients in a gallon size zip-loc bag or a large mason jar, seal, shake & store in the refrigerator until use.

Directions

- 1. 3 ½ cups mix,*
- 2. 2 large eggs.*
- 3. 2 tablespoons canola or coconut oil.*
- 4. ¼ cup greek yogurt.*
- 5. ½ cup low fat milk,*

Preheat oven to 375 degrees & grease a 9x5 loaf pan or a muffin tin.

Bake Bread for 40 minutes or until the top is golden brown.

Bake Muffins for 20-22 minutes or until the tops are golden brown.



Whole Grain Muffin Mix

Ingredients.

- 1. 4 cups whole wheat flour.*
- 2. 1 cup quick-cooking oats.*
- 3. 1 teaspoon kosher salt.*
- 4. 2 teaspoons baking soda.*
- 5. 1 tablespoon baking powder.*

Place all ingredients in a gallon size zip-loc bag or a large mason jar, seal, shake & store in the refrigerator until use.

Directions

- 1. 3 cups mix,*
- 2. 2 large eggs.*
- 3. 3 tablespoons canola or coconut oil.*
- 4. ½ cup low fat milk*
- 5. Optional: ½ cup chocolate chips or ½ cup walnuts.*

*Preheat oven to 400 degrees & grease a muffin tin or mini-muffin tin.
Bake Mini-Muffins for 14 minutes or until the top is golden brown.
Bake Muffins for 20-22 minutes or until the tops are golden brown.*



Whole Wheat Pizza Dough Mix

Ingredients.

- 1. 3 cups whole wheat flour*
- 2. 3 tablespoons olive oil.*
- 3. 1 $\frac{1}{4}$ cup water.*
- 4. 1 teaspoon salt.*
- 5. 1 tablespoon sugar.*
- 6. 1 teaspoons Italian seasoning.*
- 7. 1 tablespoon active dry yeast(1 packet).*
- 8. $\frac{1}{4}$ cup whole wheat flour to knead the dough with.*

Directions

- 1. Place all ingredients in a bowl and mix together. When dough is formed knead it on the counter with the $\frac{1}{4}$ cup of flour until thoroughly mixed.*
- 2. Preheat oven to 400 degrees.*
- 3. Roll dough out into the desire shape and place on greased baking dish or pizza stone.*
- 4. Bake for 10 minutes.*
- 5. Take out and add sauce, cheese, veggies & meats.*
- 6. Bake for another 10 minutes.*
- 7. Slice & serve.*

To Freeze

Dough

1. Take the kneaded & floured dough & place in a zip-loc bag. Remove air & seal. Place in the freezer.
2. Place the frozen dough in a bowl & cover with a towel. It will take 8 hours for the dough to rise. Then roll out and follow the directions for the pizza.

A Made Pizza

1. Cook as directed.
 2. Let cool.
 3. Slice & wrap slices in tin foil & place in freezer.
- or
4. Place entire pizza into a large zip loc bag and place in freezer.
 5. Re-heat at 400 for 10-12 minutes.



How To Freeze Sandwiches

This method works for all types of meats, cheeses, breads and fillings.

- 1. Put each sandwich in a zip-lock sandwich baggie & push out all of the air.*
- 2. Place all of the sandwiches in either a large freezer bag or re-use the bag that the bread originally came in.*
- 3. Place in the freezer.*

To Eat.

- 1. Thaw & Eat: Take the sandwich out the night before and place in the fridge. The sandwich will be defrosted and ready to eat the following day or take it out of the freezer and place it directly in a lunch box. The sandwich will be defrosted by lunchtime.*
- 2. Grill: Place a frozen sandwich directly onto a greased frying pan or griddle. Cook on each side for 4 minutes or until the outside is golden brown.*



How To Freeze Pasta

- 1. Cook the pasta al dente (slightly under-cooked).*
- 2. Drain the pasta & add a small amount of olive oil to prevent the pasta from sticking together.*
- 3. Place the pasta in either sandwich size baggies for smaller portions & in gallon size bags for larger portions.*
- 4. To re-heat take the baggie out of the freezer and place in the fridge over-night or the morning of the meal. Then heat the defrosted pasta in the microwave for 60-90 seconds. If not warmed thoroughly, continue to warm in 15 seconds intervals.*



How To Freeze Fruit

- 1. Clean, wash & cut your desired amount of fruit. For Fruit With a skin (banana, apple or orange) freeze with the skin on.*
- 2. Place on a baking sheet & place in the freezer for 1-2 hours.*
- 3. Place in sandwich zip-loc baggies for a small amount or a gallon size zip-loc for a larger amount.*
- 4. Place back in the freezer.*

To Use:

- 1. Take out of the freezer the night prior to use and place in the fridge.*
- 2. Place the frozen fruit directly into a lunchbox & the fruit will be defrosted by lunchtime.*
- 3. Use frozen for a smoothie.*



Muffin Tin Omelets

Makes: 24 servings

Ingredients

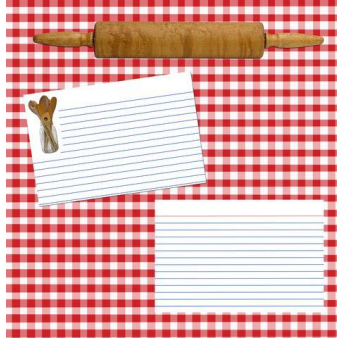
*6 Whole Eggs + 4 Egg Whites
1 pepper (red, orange or yellow)
2 tomatoes
3-4 scallions
2 cups shredded cheese (cheddar or mozzarella)*

Notes / Directions

- 1. Chop up all of the vegetables and mix together in a large bowl.*
- 2. Whisk the whole eggs & egg whites together in another bowl & then pour into the bowl with the vegetables and mix well.*
- 3. Line a muffin tin with paper cupcake holders & spray with Pam or line with silicon liners. You can also spray the tin directly with Pam.*
- 4. Fill the muffin tins about $\frac{3}{4}$ full with the egg mixture.*
- 5. Bake at 375 degrees for 20 – 30 minutes or until the tops are golden brown.*
- 6. Let cool and cover each individual omelet & either place in a Tupperware for immediate use or cover with tinfoil & place in the freezer for future use.*

To eat: take out of the freezer the night before and place in the refrigerator.

The morning of, warm up in the microwave for 40 seconds or in the toaster oven.



Egg Muffin Sandwiches

Makes: 6 servings

Ingredients

6 Eggs

6 Whole Wheat English Muffins

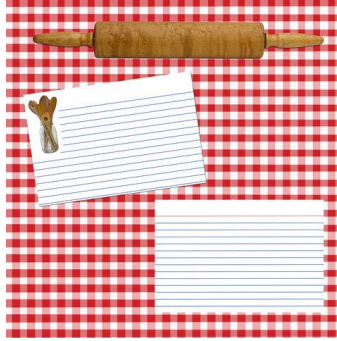
6 Pieces of Cheese

Notes / Directions

- 1. Preheat oven to 350°F.*
- 2. Spray six muffin cups with Pam spray. 3.*
- 3. Crack one egg into each sprayed muffin cup.*
- 4. Bake for 20 minutes.*
- 5. Slice open all 6 English Muffins & toast.*
- 6. When browned, lay a slice of cheese on the top half of each slice of toast allowing the cheese to melt.*
- 7. Remove eggs and from oven & place 1 egg on each muffin.*
- 8. Cover with other half of the muffin.*
- 9. Cut in half or wrap whole in tin foil.*
- 10. Freeze.*

Take out the night prior to eating and place in fridge.

Microwave in the morning for 30 seconds.



Pancake Bites or Pancake Muffins

Makes: 8 servings

Ingredients

*1 Serving of Whole Wheat Make-Ahead Pancake Mix,
1 Banana Sliced or ½ Cup Berries or ½ Cup Carob Chips.*

Notes / Directions

- 1. Make whole wheat pancake mix according to the directions.*
- 2. Spray mini-muffin or regular muffin tin with cooking spray.*
- 3. Fill tins about 2/3 full.*
- 4. Place pieces of banana, blueberries or chocolate chips on top.*
- 5. Bake at 350 for 12 minutes.*
- 6. Let cool and place 3 in a Zip-lock snack size bag and freeze.*

Take out the night before and place in the fridge.

Place in microwave for 10 seconds prior to eating.



Mason Jar Egg Omelet

Makes: 5 servings

Ingredients

- 1. 10 Eggs or 2 ½ Cups of Egg Beaters*
- 2. Cups Cooked Broccoli*
- 3. ½ Cup Shredded Cheese*
- 4. 1 Tomato*
- 5. 1 Avocado*

Notes / Directions

- 1. Spray each jar with cooking spray.*
- 2. Crack 2 eggs into each jar and whisk them or pour ½ cup of egg beaters into each jar.*
- 3. Place broccoli, tomato, avocado & cheese evenly into each jar.*
- 4. Cover each jar with a lid and place in the fridge.*
- 5. Shake up the jar and place in microwave for 2 minutes to eat.*



Honey Nut Cheerio Bars

Makes: 12 servings

Ingredients

- 1. 4 Cups Original Cheerios*
- 2. $\frac{3}{4}$ cup + 2 tablespoons honey*
- 3. $\frac{1}{4}$ cup canola oil or coconut oil.*
- 4. 1 tablespoon brown sugar*
- 5. $\frac{1}{2}$ teaspoon salt*
- 6. $\frac{1}{2}$ teaspoon baking soda*
- 7. 1 teaspoon vanilla extract*
- 8. 1 cup salted or unsalted cashews or peanuts.*

Notes / Directions

- 1. Pre-heat the oven to 350 degrees.*
- 2. Line a 9x13 inch baking dish with parchment paper.*
- 3. In a microwave safe bowl add the honey, oil & brown sugar for 1 minute. Then stir in the baking soda, salt & vanilla.*
- 4. Pour the mixture over the cheerios & nuts and toss well.*
- 5. Pour the entire mixture into the baking dish.*
- 6. Bake for 25-35 minutes or until the top of the bars are golden brown.*
- 7. Remove from the oven and allow to cool completely (about 2-4 hours).*
- 8. Once cool cut the bars and wrap in plastic wrap or in tin-foil if you want to freeze.*



Mason Jar Oatmeal

Makes: 5 servings

Ingredients

- 1. ½ Cup Quick Oats Per Jar.*
- 2. ½ Cup Skim Milk or Water Per Jar*
- 3. Dash of Cinnamon Per Jar.*
- 4. Squirt of Honey Per Jar.*
- 5. ½ or 1/3 of Banana Per Jar or 1/3 Cup Berries or Both.*

Notes / Directions

- 1. Place all ingredients into a mason jar, shake and store in the fridge.*
- 2. Either eat cold or place in the microwave for 90 seconds.*



Mason Jar Smoothie
Strawberry, Peach, Banana

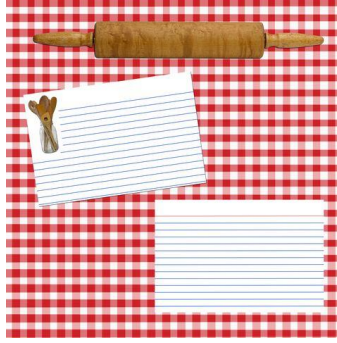
Makes: 6 servings

Ingredients

- 1. 1 Cup Peaches – Fresh or Frozen*
- 2. Cup Strawberries – Fresh or Frozen*
- 3. 2 Bananas*
- 4. ½ Cup Milk*
- 5. 1 Cup Vanilla Yogurt*
- 6. 1 TBSP Honey*
- 7. 1-2 Packets of Stevia (Optional)*

Notes / Directions

- 1. Blend all ingredients together in a blender or magic bullet.*
- 2. Pour into 6 equal mason jars.*
- 3. Cover and place in freezer.*
- 4. Either place in the fridge the night before to thaw or place in a lunchbox to thaw throughout the morning and use in place of an icepack.*



Mason Jar Tossed Salad

Makes: 5 servings

Ingredients

- 1. 2 cups lettuce*
- 2. 1 can chickpeas*
- 3. 1 avocado*
- 4. 4 Hardboiled Eggs*
- 5. 1 cup Shredded Carrots*
- 6. 1/4 cup onions*
- 7. 1/2 cup quinoa*
- 8. 1 teaspoon olive oil*

Notes / Directions

Pour oil in the bottom and cover with lettuce, quinoa, chickpeas, egg, onion, carrots and avocado in all 5 jars. Seal the lid of the mason jar and place in the fridge.



Mason Jar Caprese Salad

Makes: 5 servings

Ingredients

- 1. 5 tomatoes*
- 2. 8 oz fresh mozzarella cheese*
- 3. 15 oz grilled chicken*
- 4. 30 fresh basil leaves*
- 5. 10 tbsp balsamic vinegar*

Notes / Directions

- 1. Slice the tomatoes and the mozzarella cheese horizontally into 1/4-inch rounds.*
- 2. Place 2 tablespoons of vinaigrette in the bottom of each Mason jar.*
- 3. Starting with the tomatoes, layer the salad with tomatoes, mozzarella, chicken and basil leaves. Repeat the layers until the jar is full.*
- 4. Seal and refrigerate until ready to use.*



Mason Jar Paradise Salad

Makes: 5 servings

Ingredients

- 1 quart cherry tomatoes*
- 1 quart blueberries*
- 2 1/2 cup avocado*
- 1 Yellow Bell Pepper*
- 1/2 cup Almonds or White Beans*
- 1 Mango cubed*
- Spinach as desired*
- 10 tbsp Dressing of Choice.*

Notes / Directions

- Put 2 tbsps. dressing in the bottom of each jar.*
- Place spinach into each jar & layer all other ingredients as desired.*
- Seal and place in the fridge.*



Mason Jar Salmon Delight Salad

Ingredients

- 1. 15 oz Salmon or Turkey Breast*
- 2. 2 Apples*
- 3. 1 Peppers*
- 4. 5 pieces Swiss cheese*
- 5. 1 cup Craisins*
- 6. 1 cup Almonds*
- 7. Spinach as desired*
- 8. Oil & vinegar to taste or a vinaigrette*

Notes / Directions

- 1. Put 2 tbsps. dressing in the bottom of each jar.*
- 2. Place spinach into each jar an layer all other ingredients as desired.*
- 3. Seal and place in the fridge.*



Mason Jar Fruit Parfait

Makes: 5 servings

Ingredients

1. $\frac{1}{2}$ Cup + $\frac{1}{4}$ Cup Greek or Plain Yogurt per jar.
2. 1 Cup Granola
3. 6 Strawberries or $\frac{1}{2}$ cup of Blueberries or $\frac{1}{2}$ cup Raspberries.

Notes / Directions

1. Start by layering your parfaits with $\frac{1}{4}$ cup of yogurt at the bottom of each jar.
2. Top with $\frac{1}{3}$ cup granola per jar.
3. Top with half of your fruit of choice per jar.
4. Top with $\frac{1}{2}$ cup yogurt per jar.
5. Top with $\frac{1}{3}$ cup granola per jar.
6. Finish by placing the remainder of the fruit at the top of the jar.
7. Seal with the Mason Jar lids & place in the refrigerator.



Mason Jar Pizza

Makes: 8 servings

Ingredients

- 1. Raw pizza dough (store bought or homemade) See make-ahead mixes for recipe.*
- 2. Tomato Sauce (store bought or homemade)*
- 3. Mozzarella Cheese.*
- 4. Optional: Onions, Peppers, Mushrooms, Broccoli.*

Notes / Directions

- 1. Start by pouring $\frac{1}{4}$ cup tomato sauce into 8 mason jars.*
- 2. Layer mozzarella cheese into each jar.*
- 3. Layer veggies into each jar.*
- 4. Layer another $\frac{1}{4}$ cup tomato sauce into each jar.*
- 5. Layer mozzarella cheese into each jar.*
- 6. Finish with a layer of raw pizza dough.*
- 7. Place the jars in a deep baking dish filled with water.*
- 8. Bake at 275 for 15-20 minutes or until the top is golden brown.*
- 9. Serve immediately.*

Or

- 10. Layer all of the ingredients in the mason jars & place in the freezer prior to cooking for future use.*
- 11. To cook take out the day prior & place in the refrigerator until defrosted.*
- 12. Then follow cooking directions.*



Mason Jar Snacks

Makes: 1 serving or 1 Mason jar

Make several of these snacks ahead of time in a mason jar to keep them fresh while being prepared.

Whole Wheat Pretzels with Almond Butter

Fruit Salad

Popcorn

Veggie Sticks with guacamole.

Pita chips with hummus.

Baked Chips & salsa

Apple Slices with Peanut Butter

Whole Wheat Ritz with cheddar cheese slices

Peaches with cottage cheese



Mason Jar Trail Mix

Makes: 1 serving or 1 Mason Jar.

Simple & Sophisticated : Almonds, Dried Cherries, Dark Chocolate Chips, Sea Salt, Cinnamon.

Old-School : Peanuts, raisins, M&Ms.

Tropical Mix : Cashews, Brazil nuts, dried mango, coconut flakes, banana chips.

Fall Flavors: Pecans, dried apples, maple granola, pumpkin seeds, nutmeg, cinnamon.

Savory Seeds: Almonds, pumpkin seeds, sunflower seeds, garlic powder, onion powder, cayenne pepper.

Power Mix: Goji berries, pistachios, dried blueberries, flax seeds, dark chocolate chips.

Rich and Creamy: Coconut flakes, white chocolate chips, hazelnuts, chocolate-covered coffee beans, cacao nibs.

Beachy: Macadamia nuts, white chocolate chips, dried pineapple, coconut flakes.

Nuts for Nuts: Almonds, walnuts, peanuts, cashews, pecans, raisins.

Exotic: Peanuts, raisins, puffed rice, pretzels, curry powder, chili powder.

Spicy and Savory: Almonds, wasabi peas, sesame seeds, dried ginger, Chex cereal.

Raw Energy: Walnuts, pumpkin seeds, sunflower seeds, cinnamon, nutmeg, sea salt, dried apricots, dried cranberries.

Peanut Butter Friend: Banana chips, peanut butter chips, peanuts, almonds, dark chocolate chips.

Coffee Shop: Hazelnuts, almonds, raisins, chocolate-covered coffee beans, white chocolate chips.

Chocolate Lover: Hazelnuts, dried cranberries, chocolate-covered almonds, M&Ms, cacao nibs.

Monkey Munch: Banana chips, peanuts, sea salt, almonds, dark chocolate chips, raisins, coconut flakes.

Movie Night: Popcorn, peanuts, M&Ms, dried cranberries. Pro tip: Use hot popcorn to melt the chocolate.

Cereal Lover: Bran flakes, shredded wheat cereal, puffed rice, granola, cashews, dried cherries, dried cranberries, dried blueberries.

Chow: Almonds, whole-grain Chex or wheat cereal, dark chocolate chips, peanut butter chips, cacao nibs, dried cranberries.

PB&J: Peanuts, dried strawberries, peanut butter chips, shredded wheat cereal.

Cajun Blend: Almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, sea salt, garlic powder, chili powder, ground cumin, cayenne pepper.

Make a large batch in a 64 oz Mason Jar & then portion out into individual 12 oz mason jars.



Crock Pot Beef Fajitas

Makes: 10 servings

Ingredients

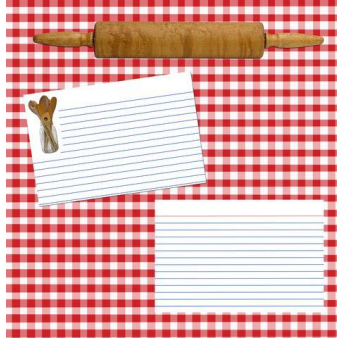
- 1. 2 lbs Beef Steak*
- 2. 2- 8 oz can of diced tomatoes*
- 3. 1 onion*
- 4. 1 green pepper*
- 5. 1 red pepper*
- 6. 2 cloves of garlic*
- 7. 2 tsp chili powder*
- 8. 2 tsp cumin*
- 9. Salt & Pepper to taste.*

Notes / Directions

- 1. Split between 2 gallon zip-lock bags, seal, mix, lay flat and freeze.*

Cooking Directions.

- 1. Take Out 1 bag the Day prior to the meal and place in the fridge.*
- 2. On the morning of the meal, place in crock pot and cook on low for 6- 8 hours.*
- 3. Serve with whole wheat tortillas and garnish with avocado, shredded cheese and greek yogurt.*



Crock Pot Pepper Steak

Makes: 10 servings

Ingredients

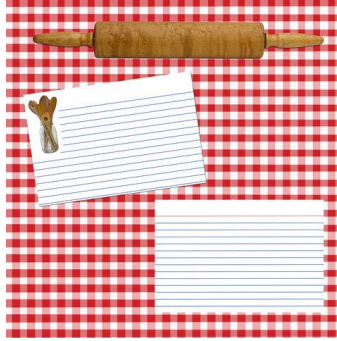
- 1. 2 lb beef steak*
- 2. 2 cans crushed tomatoes*
- 3. 2 green bell peppers*
- 4. 1 onion*
- 5. 2 cloves minced garlic*
- 6. ¼ cup soy sauce*
- 7. 2 tsp sugar*
- 8. Salt & pepper to taste*
- 9. 2 Tbsp brown sugar*

Notes / Directions

- 1. Split between 2-gallon zip-lock bags, seal, mix, lay flat and freeze.*

Cooking Directions.

- 1. Take out 1 bag the day prior to the meal and place in the fridge.*
- 2. On the morning of the meal place in crock pot and cook on low for 6- 8 hours.*
- 3. Eat as a soup or serve over whole wheat pasta, rice or quinoa.*



Crock Pot Beef Stew

Makes: 10 servings

Ingredients

- 1. 4 lbs cubbed stew beef*
- 2. 10 oz package of dried beans*
- 3. 4 cups baby red potatoes*
- 4. 2 onions (chopped)*
- 5. 2 cups celery (chopped)*
- 6. 4 cups baby carrots*
- 7. 15 oz can tomato sauce (1/2 in each bag)*
- 8. 1/2 tsp brown sugar.*

Notes / Directions

- 1. Split between 2 - gallon zip-lock bags, seal, mix, lay flat and freeze.*

Cooking Directions.

- 1. Take Out 1 bag the Day prior to the meal and place in the fridge.*
- 2. On the morning of the meal, add 1 cup of water, place in crock pot and cook on low for 6- 8 hours.*
- 3. Eat as a soup or serve over whole wheat pasta, rice or quinoa*



Crock Pot Lime Chicken

Makes: 10 servings

Ingredients

- 1. 6 chicken breasts*
- 2. 3 Tbsp olive oil*
- 3. 2 limes (juiced)*
- 4. 2 cups cilantro*
- 5. 1 large bag of frozen corn*
- 6. 4 cloves of minced garlic*
- 7. 1 red onion*
- 8. 2 can black beans*
- 9. 2 tsp cumin*
- 10. Salt & pepper to taste*

Notes / Directions

- 1. Split between 2- gallon zip-lock bags, seal, mix, lay flat and freeze.*

Cooking Directions.

- 1. Take out 1 bag the day prior to the meal and place in the fridge.*
- 2. On the morning of the meal, place in crock pot and cook on low for 6- 8 hours.*
- 3. Serve with whole wheat tortillas, lettuce, shredded cheese, avocado & plain greek yogurt.*



Crock Pot Savory Chicken

Makes: 10 servings

Ingredients

- 1. 4-6 chicken breasts*
- 2. 2 cans stewed tomatoes*
- 3. Onion*
- 4. 4 cloves of minced garlic*
- 5. 4 tbsp white wine*
- 6. 4 cups of broccoli (during cooking)*

Notes / Directions

- 1. Split between 2- gallon zip-lock bags, seal, mix, lay flat and freeze.*

Cooking Directions.

- 1. Take out 1 bag the day prior to the meal and place in the fridge.*
- 2. On the morning of the meal, place in crock pot and cook on low for 6- 8 hours.*
- 3. Add 4 cups of broccoli during the last 30 minutes of cooking.*
- 4. Serve with whole wheat pasta, rice or quinoa.*



Crock Pot Teriyaki Chicken

Makes: 10 servings

Ingredients

- 1. 4 chicken breasts*
- 2. 1 medium bag baby carrots*
- 3. 1 red onion (large chunks)*
- 4. 4 cloves of garlic*
- 5. 2 cans of pineapple chunks*
- 6. 1 cup teriyaki sauce*

Notes / Directions

- 1. Split between 2- gallon zip-lock bags, seal, mix, lay flat and freeze.*

Cooking Directions.

- 1. Take Out 1 bag the Day prior to the meal and place in the fridge.*
- 2. On the morning of the meal, add ¼ cup water, place in crock pot and cook on low for 6- 8 hours.*
- 3. Serve with whole wheat pasta, rice or quinoa.*



Crock Pot Chicken Cacciatore

Makes: 10 servings

Ingredients

- 1. 4 boneless skinless chicken breasts.*
- 2. 1 package of mushrooms*
- 3. 2-6 oz can tomato paste*
- 4. 2 Tbsp Italian seasoning*
- 5. 2 cloves of minced garlic*
- 6. 2 cups chicken broth*

Notes / Directions

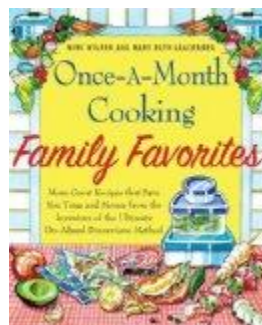
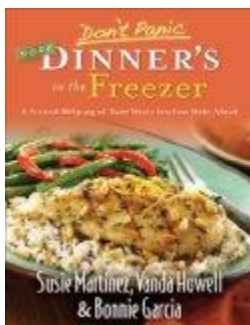
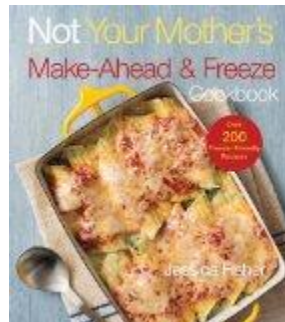
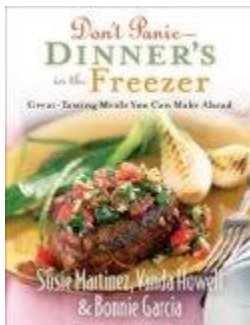
- 1. Split between 2 gallon zip-lock bags, seal, mix, lay flat and freeze.*

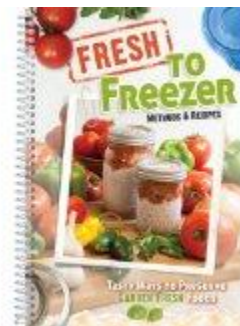
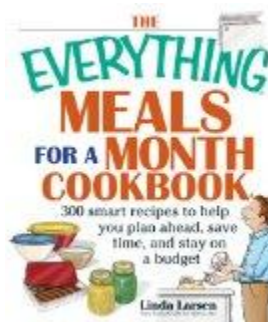
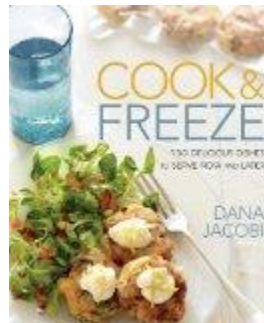
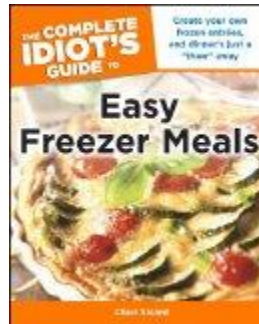
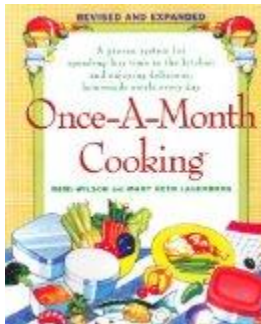
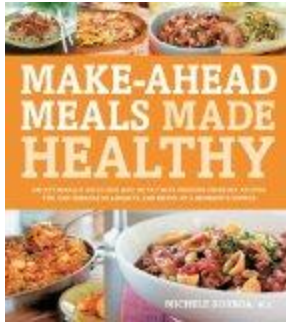
Cooking Directions.

- 1. Take out 1 bag the day prior to the meal and place in the fridge.*
- 2. On the morning of the meal, add 1 cup of water, place in crock pot and cook on low for 6- 8 hours.*
- 3. Serve over whole wheat pasta, rice or quinoa with fresh parmesan cheese.*

15 Freezer Meal Cookbooks

*I have put together a list of 15 Freezer Meal Cookbooks to help you get started on your once a month cooking journey. I want you to consider investing in one of them as you start out on your freezer cooking journey. No amount of money that you'll pay for any one of these books will match the amount of time and money you'll save by planning ahead. And truth be told, you get what you pay for. You not only want the convenience of freezer cooking, **you want it to taste good too!** And just like with anything, if you practice, work hard, and stay consistent... before you know it you'll be a pro! Good Luck, Melissa*







Palm Beach County FireFighters

Health & Wellness Center

Cookbook

Make Ahead

Breakfasts,

Lunches,

Dinners

&

Snacks

Melissa Drappi, RN

Health & Wellness Coordinator