

Meal Name	Prep Time	Cook Time	Cooking Method	Freezes Well For
Honey Garlic Chicken	5 min	6 hrs (slow cooker)	Slow Cooker/Oven	3 months
Beef Taco Filling	10 min	10 min	Stovetop	2 months
Chicken Alfredo Bake	10 min	30-40 min	Oven	2 months
Teriyaki Chicken Stir-Fry	5 min	10-15 min	Skillet	3 months
Chili	10 min	30 min	Stovetop/Slow Cooker	4 months
BBQ Pulled Pork	5 min	8 hrs	Slow Cooker	3 months
Baked Ziti	10 min	35 min	Oven	2 months
Lemon Herb Chicken	5 min	25 min	Oven/Grill	3 months
Veggie Soup Starter	10 min	30 min	Stovetop	4 months
Sweet & Sour Meatballs	5 min	20 min	Skillet/Oven	3 months