



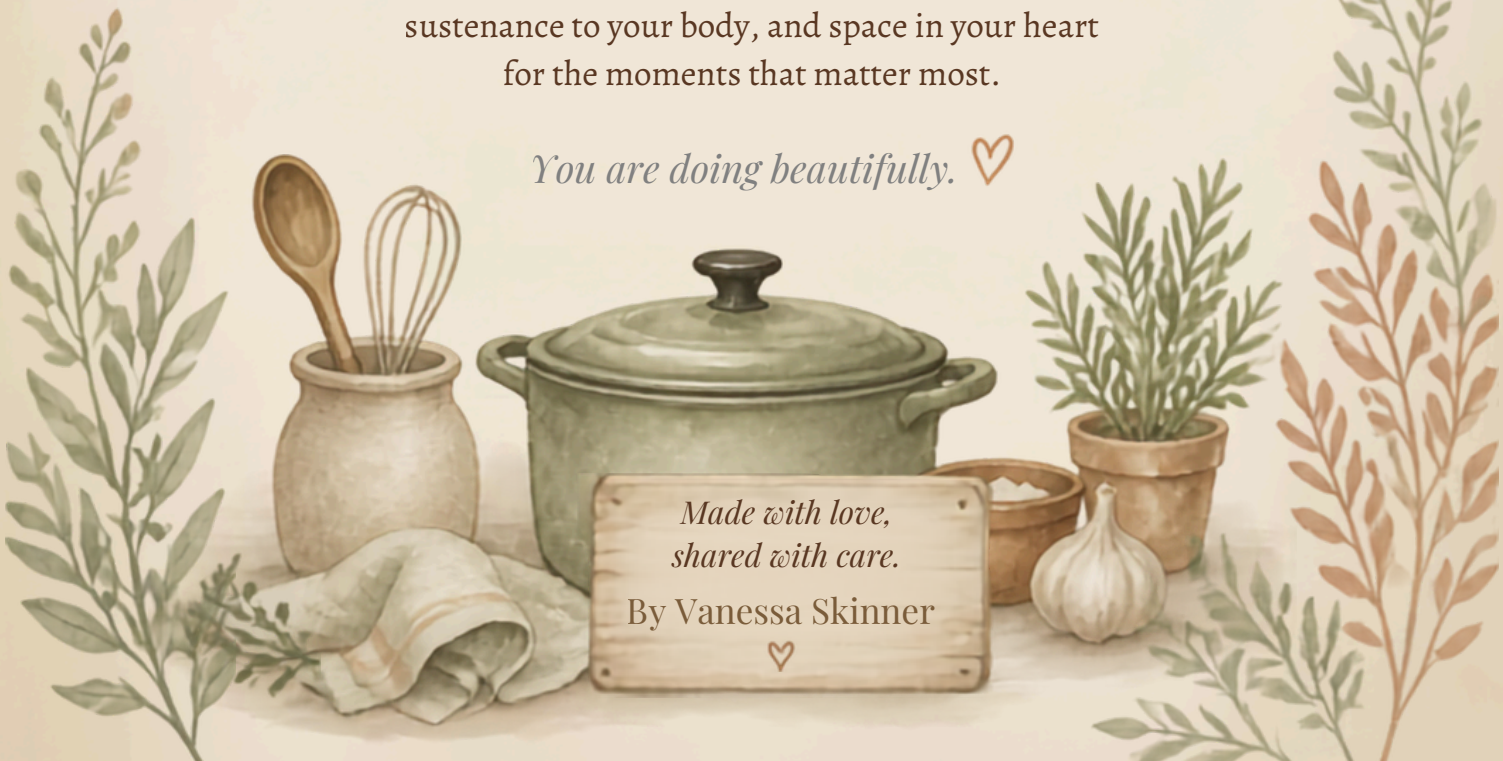
Postpartum Freezer Meals

*Nourishing meals. Gentle support.
More time for what matters most.*

Welcome to a collection of wholesome, comforting
meals made to nurture you through one of life's most
tender seasons.

May these recipes bring ease to your days,
sustenance to your body, and space in your heart
for the moments that matter most.

You are doing beautifully. ♥



*Made with love,
shared with care.*

By Vanessa Skinner





Nourish

POSTPARTUM FREEZER MEALS

Simple recipes for rest, recovery, and nourishment

This collection was created to support new mothers through one of life's most transformative seasons. Each recipe is designed for batch cooking—prepare two bags at a time to stock your freezer with 24 wholesome, ready-to-cook meals. These are the exact recipes I prepare alongside my clients, to stock their freezer before baby arrives. Pair these recipes with your favorite side dish of rice, quinoa, potato's, lentils or pasta, for a complete balanced meal

Every dish prioritizes nourishing ingredients, minimal hands-on time, and the kind of comfort that lets you focus on what matters most: rest, recovery, and your growing family.

By Vanessa Skinner
~Spiritual Birth Keeper~

*"They broke bread in their homes and ate together
with glad and sincere hearts."*

— Acts 2:46



FREEZER MEAL

RECIPE'S



NOURISHING MEALS. EASY PREP.

For You & Your family



- 1 BBQ CHICKEN LETTUCE WRAPS
- 2 CHICKEN CURRY
- 3 TURKEY AND BLACK BEAN CHILI
- 4 CHICKEN NOODLE SOUP
- 5 KOREAN CHICKEN
- 6 STUFFED PEPPER SOUP
- 7 TUSKAN STEAK AND ROOT VEGETABLES
- 8 WHITE CHICKEN CHILI
- 9 CHICKEN AND SWEET POTATO HASH
- 10 JAPANESE BEEF TERIYAKI
- 11 CHICKEN FAJITAS
- 12 TURKEY BURGER MACARONI

SIMPLE INGREDIENTS • FREEZER FRIENDLY • LASTING COMFORT





BBQ Chicken Lettuce Wraps



INGREDIENTS



4 Boneless Skinless chicken thighs ~ *cut bite size*

½ cup of tamari sauce

½ cup of honey

¼ cup of ketchup

2 Tbs. cornstarch

1 Tbs. apple cider vinegar

2 cloves of garlic minced

1 tsp. jarred minced ginger

1 tsp. salt

½ tsp. black pepper

1 head of bibb lettuce



TO COOK:



Thaw freezer bag overnight in refrigerator.

Pour contents of freezer bag into your crockpot.

Cook for 4-6 hours on “low” setting or until
chicken is tender.

Shred chicken and serve with a slotted spoon
into lettuce cups. I also like to serve with a
sesame seed topping.



*Sweet and sticky perfect for a
lighter meal*



Chicken Curry

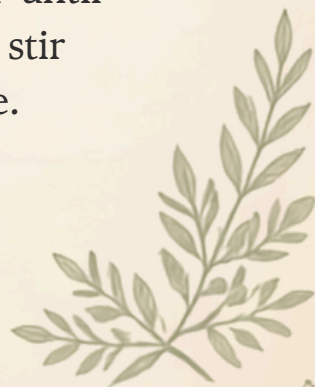
INGREDIENTS

- 2 boneless skinless chicken breasts~ cubed
- ½ green bell pepper ~ diced
- 2 carrots ~ peeled and sliced
- 2 golden potatoes~ peeled and cubed
- 1 cup of baby spinach
- 2 Tbs. curry powder
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. ground ginger
- 1 tsp. salt
- ½ tsp. crushed red pepper flakes
- ½ brown sugar
- 1 can of unsweetened coconut milk ~ add later

TO COOK:

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into your crockpot.
Cook for 4–5 hours on “low” setting or until
chicken is tender. Add coconut milk, stir
Serve with a slotted spoon over rice.

*You can also substitute the
chicken with cauliflower to make
it a vegan dish.*





Turkey and Black Bean Chili



Ingredients

1 pound Lean ground turkey
1 can of tomato sauce
1 yellow onion, **diced**
1 can black beans, **rinsed and drained**
1 can diced tomatoes, **undrained**
1 cup of frozen corn
1 cloves garlic, **minced**
1 tablespoon chili powder
1 teaspoons cumin
½ teaspoon paprika
½ tsp. oregano
¼ tsp. crushed red pepper flakes
Salt and pepper to taste (optional)



To Cook:

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into your crockpot.
Cook for 6–8 hours on “low” setting or until turkey is tender.
Stir well and serve with your favorite toppings and tortilla chips.

A sprinkle of fresh cilantro makes this dish burst with flavor





Chicken Noodle Soup

INGREDIENTS

2 boneless, skinless chicken breast ~ cubed
1 yellow onion ~ diced
3 carrots ~ peeled and sliced
2 ribs of celery ~ Sliced
1 cup of frozen peas
2 bay leaves
½ t. dried thyme
½ t. celery seed
½ t. tumeric
1 tsp. salt
4 cups chicken broth
2 cups of extra wide egg noodles

TO COOK

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into crock-pot,
cook for 4-6 hrs.
Add noodles and cook for 8-10 minutes,
or until noodles are tender.
Taste and adjust seasoning if needed.
Serve warm and enjoy!

*Serve on a rainy day with fresh
homemade bread and butter.*





Korean Chicken



INGREDIENTS

4 boneless skinless chicken thighs

1 yellow onion ~ **chopped**

2 cloves of garlic ~ **minced**

⅓ cup of tamari

½ lemon for juice

1 Tbs. brown sugar

1 Tbs. sesame oil

½ inch of fresh ginger root ~ **grated**

¼ crushed red pepper flakes

1 bag of fresh coleslaw



TO COOK:

Thaw freezer bag overnight in refrigerator.

Pour contents of freezer bag into your crockpot.

Cook on 4-6 hours on “low” setting or until chicken is tender.

Shred chicken and serve over rice.

For a fancy finish sprinkle sesame seeds and dried parsley on top.





Stuffed Pepper Soup



INGREDIENTS

- 1 lb. of lean ground beef
- $\frac{1}{4}$ cup of uncooked wild rice
- 1 green pepper ~ **diced**
- 1 red pepper ~ **diced**
- 1 yellow onion ~ **diced**
- 1 clove garlic ~ **minced**
- 1 can of diced tomatoes ~ **undrained**
- 2 cups of tomatoe sauce
- 1 Tbs. Italian seasoning
- 1 tsp. salt
- 1 carton of bone broth (for day of cooking)



TO COOK:

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into your crockpot.
Add beef broth. Cook for 4–8 hours on “low”
setting or until beef is cooked.
Break beef apart, stir and serve with cheddar
cheese topping.



Tuscan Steak and Root Vegetables

INGREDIENTS

- 2 lb. sirloin tip roast ~ **trimmed & sliced**
- 1 green pepper ~ **chopped**
- 2 carrots ~ **peeled and sliced**
- 1 beet ~ **washed and chopped**
- handful of chopped Kale
- 1 yellow onion ~ **chopped**
- 1 cup of chicken broth
- 2 cloves of garlic ~ **minced**
- 1 Tbs. extra virgin olive oil
- 1 tsp. italian seasoning
- 1 tsp. salt
- ½ tsp pepper

TO COOK:

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into your crockpot.
Cook for 4–8 hours on “low” setting till cooked through.

*I love this colorful dish served
with quinoa or red rice.*





White Chicken Chili



Ingredients

2 boneless chicken breasts ~ **diced**
1 yellow onion ~ **diced**
2 can of cannellini beans ~ **rinse and drained**
1 Tbs. extra virgin olive oil
2 cups of chicken broth
 $\frac{1}{2}$ jar of salsa verde
1 tsp. cumin
1 tsp. salt



To Cook:

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into your crockpot.
Cook for 4–8 hours on “low” setting or until chicken
is tender.



Shred chicken and serve with your favorite
toppings and corn chips.

*We love to add bacon and sour cream
to really make it rich and creamy*





Chicken and Sweet Potato Hash



INGREDIENTS

- 2 boneless skinless chicken breasts ~ cubed
- 2 sweet potatoes ~ peeled and diced
- handful of baby spinach
- 3 cloves of garlic ~ minced
- 2 Tbs. extra virgin olive oil
- 1 Tbs. apple cider vinegar
- 1 tsp. dried rosemary
- 1 tsp. salt
- 1 tsp. pepper



TO COOK:

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into your crockpot.
Cook for 4–6 hours on “low” setting or until chicken
is tender.



*No side dish needed but we like to
serve with a warm side of corn bread
and honey butter.*





Japanese Beef Teriyaki



INGREDIENTS

2 lbs beef sirloin steaks ~cut into strips

1 red bell pepper~sliced

1 green bell pepper~ sliced

1/2 cup of tamari

1/4 cup of rice wine vinegar

1/4 cup of brown sugar

2 cloves garlic~ minced

1 inch of fresh ginger ~minced

1 Tbs. cornstarch

1 tsp. onion powder

1/8 of sesame seeds



TO COOK:

Thaw freezer bag overnight in refrigerator.

Pour contents of freezer bag into slow cooker.

Cook for 6–8 hours on “low” setting.

Serve with rice

*Feel free to use a pre-made teriyaki
sauce for convenience.*





Chicken Fajitas



INGREDIENTS

3 boneless chicken breast ~ **cut into strips**

1 green pepper~ **sliced**

1 red pepper~ **sliced**

1 yellow onion~ **sliced**

2 cloves garlic~ **minced**

1 tablespoon honey

1 lime for juice

1 tablespoon chili powder

2 teaspoons cumin

1 teaspoon paprika

1 tsp. salt

½ tsp pepper



TO COOK



Thaw freezer bag overnight in refrigerator.

Pour contents of freezer bag into your crockpot.

Cook for 4–8 hours on “low” setting or until chicken is tender.

Shred chicken and serve with a slotted spoon with your favorite toppings and tortillas.



We love green olives and pico de gallo for a mexi kick





Turkey Burger Macaroni



➤ Ingredients ➤

1 lb ground turkey
1 Yellow Onion~ **chopped**
4 cups of tomato juice
2 cloves garlic, **minced**
1 T. worcestershire sauce
1 T. apple cider vinegar
1 t. salt
1/2 t. black pepper
1 t. ground mustard
2 cups of elbow macaroni (not
needed till day of cooking)



➤ To Cook: ➤

Thaw freezer bag overnight in refrigerator.
Pour contents of freezer bag into a crock-pot and cook for
4-6 hrs. Cook pasta till al dente. Add cooked pasta,
combine well, plate and serve.

*Like a hamburger helper,
but so much better.*





BBQ Chicken Lettuce Wraps



INGREDIENTS

- 4 boneless skinless chicken thighs, cut into bite-size pieces
- 2 cloves garlic, **minced**
- 1/2 cup tamari
- 1 teaspoon jarred minced ginger
- 1/2 cup honey
- 1 teaspoon salt
- 2 tablespoons cornstarch
- 1/2 teaspoon black pepper
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon crushed red pepper flakes
- 1 head bibb lettuce (not needed until day of cooking), end cut, washed and dried



TO COOK IN CROCKPOT:

Take out of freezer the night before.
Add to crockpot and cook on “low” for 4–6 hours.
Mix well.
Spoon into lettuce cups.



✂ CUT HERE ✂



Chicken Curry



INGREDIENTS

- 2 boneless skinless chicken breasts, cut into bite-size pieces
- 1 teaspoon garlic powder
- 1/2 green bell pepper, chopped
- 1 teaspoon ground ginger
- 1 handful of baby spinach
- 1 teaspoon salt
- 2 carrots, peeled and sliced
- 1/2 teaspoon crushed red pepper flakes
- 2 potatoes, peeled and cubed
- 2 tablespoons light brown sugar
- 2 tablespoons curry powder
- 1 can (13.5 oz) coconut milk
- 1 teaspoon onion powder



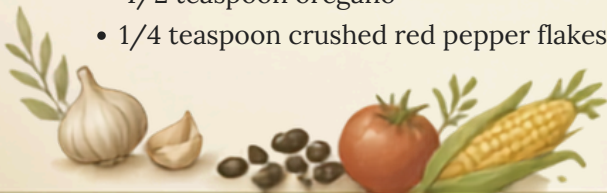
TO COOK IN CROCKPOT:

Take out of freezer the night before.
Add to crockpot and cook on “low” for 4–6 hours.
Stir in coconut milk.
Serve over rice.

Turkey and Black Bean Chili

INGREDIENTS

- 1 lb ground turkey
- 1 cans tomato sauce
- 1 cans black beans drained and rinsed
- 1 can diced tomatoes undrained
- 1 cup of frozen corn
- 1 cloves garlic minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 teaspoons cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes



CROCKPOT INSTRUCTIONS

Thaw freezer bag overnight
in the refrigerator.

Pour contents into the crockpot.

Cook on low for 6–8 hours
or until turkey
is cooked through.

Chicken Noodle Soup

INGREDIENTS

- 2 boneless skinless chicken breasts cubed
- 1 yellow onion diced
- 3 carrots sliced
- 2 ribs celery sliced
- 1 cup frozen peas
- 1/2 teaspoon dried thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 2 bay leaves
- 1 teaspoon salt
- 4 cups chicken broth
- 2 cups uncooked extra wide egg noodles



CROCKPOT INSTRUCTIONS

Thaw freezer bag overnight in the
refrigerator or in water in the morning.

Pour contents into the crockpot.

Cook on low for 6–8 hours.

Add uncooked noodles and cook on
low for 10–15 minutes, or until
noodles are tender.

Serve with garlic bread.

Korean Chicken

INGREDIENTS

- 4 boneless skinless chicken thighs
- 1 yellow onion chopped
- 2 cloves garlic minced
- ⅓ cup tamari sauce
- ½ lemon
- 1 tablespoons light brown sugar
- 1 tablespoon sesame oil
- ½ teaspoon crushed red pepper flakes
- ½ inch fresh grated ginger
- 1 bag fresh coleslaw mix



CROCKPOT INSTRUCTIONS

Thaw freezer meal.

Add contents to crockpot.

Cook on low for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Shred chicken and stir.



CUT ALONG THE DOTTED LINE

Stuffed Pepper Soup

INGREDIENTS

- 1 lb 85% lean ground beef
- 1/4 cup dry wild rice uncooked
- 1 green pepper diced
- 1 red bell pepper diced
- 1 yellow onion diced
- 1 cloves garlic minced
- 1 can diced tomatoes undrained
- 1 can tomato sauce
- 1 Tbs. Italian seasoning
- 1 teaspoon salt
- 32 oz beef broth



CROCKPOT INSTRUCTIONS

Thaw overnight in refrigerator.

2 Add contents of freezer bag to crockpot with broth.

3 Cook on "low" setting for 4-6 hours.

Break apart ground beef and stir.
Served topped with cheddar cheese.

4





Tuscan Steak and Root Vegetables



INGREDIENTS



2-lb sirloin tip roast fat trimmed and sliced
1 green pepper ~ chopped
2 carrots ~ peeled and sliced
1 beet ~ washed and cubed
handful of kale
2 cloves garlic minced
1 yellow onion diced
1 tablespoons extra virgin olive oil
1 tablespoon Italian seasoning
1 cup of bone broth
1 tsp. salt
1/2 teaspoon pepper



TO COOK



Thaw freezer meal overnight in refrigerator
Add contents of freezer bag to crockpot.
Cook on "low" setting for 4- 6 hours in crockpot

Served great over quinoa or red rice



White Chicken Chili



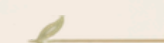
INGREDIENTS



2 boneless skinless chicken breasts cubed
1 yellow onion diced
1 tablespoon extra virgin olive oil
16 oz chicken broth
1/2 jar green salsa verde
1 teaspoons cumin
2 cans cannellini beans drained and rinsed
salt and pepper



TO COOK



Thaw freezer meal.
Add contents to slow cooker.
Cook in low for 6-8 hours.
Shred chicken.
Serve with toppings like bacon, sour cream,
green onions, and shredded cheese.





CHICKEN AND SWEET POTATO HASH

Ingredients

- 3 boneless skinless chicken breasts fat trimmed and cubed
- 2 sweet potatoes peeled and diced
- 1 bag of kale
- 6 cloves garlic minced
- 3 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon rosemary
- 1 teaspoon salt
- 1 teaspoon pepper



To Cook:

Thaw freezer meal.
Add contents to crock-pot.
Cook on low for 4-6 hours.
Serve with quinoa.



JAPANESE BEEF TERIYAKI

Ingredients

- 2 lb beef top sirloin steak thinly sliced
- 1 green pepper sliced
- 1/2 cup tamari sauce
- 1/4 cup rice wine vinegar
- 1/4 cup light brown sugar
- 2 cloves garlic minced
- 1 inch fresh ginger root peeled and grated
- 1 tablespoon cornstarch
- 1 teaspoon onion powder
- 1/4 cup sesame seeds



To Cook:

Thaw freezer meal.
Add contents to crockpot.
Cook on low for 4-h hours in a crockpot
Serve over basmati rice.

Chicken Fajitas

Ingredients

1 green pepper sliced
1 red pepper sliced
1 yellow onion sliced
3 boneless skinless chicken breasts
2 cloves garlic minced
1 tablespoon honey
1 lime for juice
1 tablespoon chili powder
2 teaspoons cumin
1 teaspoon paprika
1/4 teaspoon crushed
red pepper flakes



To Cook

Thaw freezer bag overnight
in the refrigerator.

Pour contents into the crockpot.

Cook on low for 4-8 hours
or until chicken is tender.

Shred chicken.

Serve with tortillas and
your favorite toppings.



Turkey Burger Macaroni

Ingredients

1 lb ground turkey broken apart
1 yellow onion diced
2 cloves garlic minced
4 cups tomato juice
1 tablespoon Worcestershire sauce
1 tablespoon apple cider vinegar
1 teaspoon salt
1 teaspoon pepper
1 teaspoon ground mustard
2 cup dry uncooked
elbow macaroni noodles



To Cook

Thaw freezer meal.

Add to crockpot for 4-6 hrs
cooke pasta till al dente

Combine all ingredients

Break apart big pieces and stir.
Plate and serve



Labels



Labels



SHOPPING *List*



POSTPARTUM FREEZER MEALS

- BBQ Chicken Wraps
- Chicken Curry
- Turkey and Black Bean Chili
- Chicken Noodle Soup
- Korean Chicken
- Stuffed Pepper Soup
- Tuscan Steak and Root Vegetables
- White Chicken Chili
- Chicken and Sweet Potato Hash
- Japanese Beef Teriyaki
- Chicken Fajitas
- Turkey Burger Macaroni

NON-FOOD

- ☐ 24 lbs Freezer Gallon
- ☐ Baggies
- ☐ Sharpe
- ☐ Stapler
- ☐ Scissors

PANTRY

- ☐ Corn Starch
- ☐ Brown Sugar
- ☐ Beef Broth 2 cartons
- ☐ Chicken Broth 2 cartons
- ☐ Elbow Macaroni 1 box
- ☐ Egg Noodles 1 bag
- ☐ Coconut Milk 2 cans
- ☐ Wild Rice, Basmati Rice
- ☐ quinoa
- ☐ Honey
- ☐ Ketchup ½ cup
- ☐ Tamari sauce
- ☐ Salsa verde 1 jar
- ☐ Worcestershire sauce

CANNED

- ☐ Black Beans 4 cans
- ☐ Cannellini Beans 4 cans
- ☐ Diced tomatoes 6 can
- ☐ Minced Ginger
- ☐ Minced Garlic
- ☐ Tomato Juice
- ☐ Tomato Sauce 6 can

MEAT

- ☐ 2-lb sirloin tip roast 2
- ☐ 85% lean ground beef 2 lb
- ☐ Lean ground Turkey 4 lb
- ☐ beef top sirloin steak 4lb
- ☐ Boneless chicken breast (26)
- ☐ Boneless chicken thighs (16)





SHOPPING *List*



CONTINUED FROM PAGE 14

HERB & SPICES

- ☐ Dried Italian seasoning
- ☐ Dried pepper flakes
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Dried Oregano
- ☐ Bay leaves
- ☐ Celery seed
- ☐ Paprika
- ☐ Chili powder
- ☐ Curry powder
- ☐ Cumin
- ☐ Dried Onion Powder
- ☐ Dried Garlic Powder
- ☐ Ground Mustard
- ☐ Ground Ginger
- ☐ Turmeric
- ☐ Black pepper
- ☐ Salt

FROZEN

- ☐ 1 bag of peas
- ☐ 1 bag of green beans
- ☐ 1 bag of corn

PRODUCE

- ☐ Baby spinach (1 bag)
- ☐ Kale (1 bunch)
- ☐ Celery full stalk
- ☐ White or yellow onions (14)
- ☐ Garlic (2 bulb)
- ☐ Lemons (2-3)
- ☐ Limes (2)
- ☐ Fresh ginger (1-2 inches)
- ☐ Bell peppers (Green 12, Red 4)
- ☐ Cole Slaw 2 bags
- ☐ Carrots (1 lb)
- ☐ Potatoes (3-4)
- ☐ Sweet potatoes (4)
- ☐ Beets (2)

OILS AND VINEGARS

- ☐ Extra virgin olive oil
- ☐ Sesame oil (optional)
- ☐ Apple cider vinegar
- ☐ Rice vinegar



NOTES





NOTES & EXTRAS



Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for note-taking.



EXTRAS



Substitutions • Serving Ideas • Freezer Prep Tips

