

## NOURISHING FREEZER MEALS/TREATS

### Meals:

- Spinach-Gruyere Quiche
  - <https://www.onceuponachef.com/recipes/spinach-quiche.html>
  - Can use any pie crust & fresh spinach instead of frozen
  - Add-in options: mushrooms, bell peppers, onion
  - DIY pie crust <http://thenourishingcook.com/perfect-pie-crust/>
  - Make in eco-foil aluminum tins, for ease of freezer storage
- Vegetable Lasagna
  - <https://www.theseasonedmom.com/quick-easy-vegetable-lasagna/>
  - Can use no-boil noodles, or regular lasagna noodles and leave to let soak in sauce (for an hour before cooking)
  - Sub with FULL-fat cottage cheese-Nursing Mama's need all the good fats to replenish and keep up with high demands
- Vegetable Tikka
  - <https://detoxinista.com/chickpea-tikka-masala-with-green-rice/>
  - Serve with brown rice
- Hearty Vegetable Soup (with bone broth)
  - <http://www.totalbodynourishment.com/healing-vegetable-soup/>
- Chicken Soup
  - <http://nourishedkitchen.com/slowcooker-chicken-soup/>
- Curried Red Lentil Dahl
  - <http://www.nourishingwild.com/coconut-curry-red-lentil-soup/>
- Wild Rice Pilaf
  - <http://www.foodnetwork.com/recipes/ina-garten/wild-rice-pilaf-recipe-1959586>
  - Option to add carrots, celery and mushrooms along with onions
- Turkey Chili
  - <https://www.ambitiouskitchen.com/2015/11/seriously-the-best-healthy-turkey-chili/>
  - Soak beans overnight with acid for extra digestibility, rinse & use per usual in recipe
  - Option to use beef or ground turkey thigh for more flavor
- Creamy Broccoli, Cauliflower & Leek Bisque
  - <http://frugalfeeding.com/2012/11/29/broccoli-cauliflower-and-leek-soup/>

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- Creamy Fennel, Kabocha & Sweet Potato Bisque
  - <http://mjskitchen.com/2012/03/winter-squash-soup/>
  - Option to add in sweet potatoes too
- Shepherds Pie Roasted Cauliflower Crust
  - <http://holisticsquid.com/shepherds-pie-with-cauliflower-crust/>
- White Bean & Chicken Chili
  - <https://www.tasteofhome.com/recipes/white-bean-chicken-chili>
- Baked Falafel
  - <http://markbittman.com/recipe/baked-falafel-with-tahini-sauce/>
- Sausage Patties
  - <https://www.tasteslovely.com/homemade-paleo-breakfast-sausage-patties/>
  - Can use ground beef or turkey thigh
- Salmon Patties
  - <https://agirlworthsaving.net/2012/04/gf-paleo-salmon-cakes-recipe.html>
- Bone Broth (chicken & beef)
  - <https://wellnessmama.com/5888/bone-broth/>
- Turkey Meatballs
  - <http://www.realfoodwholelife.com/blog/5-ingredient-turkey-meatballs>
- Chicken Liver Pâté
  - <http://thehealthyfoodie.com/silkiest-liver-pate/>
- Sprouted Whole Wheat Waffles
  - <http://twothirdscup.com/sprouted-whole-wheat-waffles/>
- Smoothies:
  - <http://nutritionstripped.com/10-low-sugar-smoothie-tricks/>

*\*\*Scale to desired quantity (i.e. multiply quiche by 5 if you'd like to keep 5 quiches on hand in the freezer for later enjoyment, or chicken soup recipe by 2, for 8 quarts instead of 4 qts)*

*\*\*For all recipes requiring beans or grains, soak overnight with acid of choice (apple cider vinegar is great), rinse and use per usual in recipe*

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### Accompaniments:

- Basil Pesto
  - <https://cookieandkate.com/2017/how-to-make-basil-pesto/>
- Fermented Purple Cabbage Curtido (or Classic Kraut)
  - <https://www.fermentationrecipes.com/shredded-purple-curtido/1271>

### Quick Bites/Treats

- Lactation Cookies
  - <https://www.howsweeteats.com/2015/02/lactation-cookies/>
- Blueberry Almond Flour Muffins
  - <http://www.vegiebalance.com/gluten-free-blueberry-muffins-with-almond-flour/>
- Vital Snack Bars
  - <http://cookituppaleo.com/sunbutter-chocolate-collagen-protein-bars/>
  - <https://www.tastesoflizzyt.com/paleo-nut-energy-bars/>
- Cacao Energy Bites
  - <http://thewholefooddiary.com/raw-chocolate-sunflower-bites/>
- Soaked Granola
  - <https://thenourishinghome.com/2012/04/the-best-soaked-granola-gluten-free-option/>
- Sweet Potato Spoonbread
  - <http://www.myrecipes.com/recipe/sweet-potato-spoonbread>
- Sprouted Spiced Crispy Almonds
  - <https://www.kitchenstewardship.com/how-to-make-crispy-nuts-to-reduce-phytic-acid/>
  - <https://www.thegraciouspantry.com/clean-eating-spicy-roasted-almonds/>
- Raw Chocolate Mint Truffles w/ Spirulina
  - <http://spotthecarrot.com/spirulina-mint-truffles/>
- Beef Salami
  - <https://grasslandbeef.com/salami>

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### Packaging Tips:

- All soups/stews/bisques, rice dishes, kraut & vegetable tikka stored in quart-sized mason jars
- Liver pâté, pesto in ½ pint (or jelly) jars
- Muffins, cookies, snack bars, energy bites, falafel, salmon & sausage patties, meatballs in gallon-size freezer bags (BPA-free)
- Granola in saved, cleaned yogurt containers or freezer bags
- Smoothies in pint-sized mason jars
- Lasagna, shepherds pie refrigerated overnight, then sliced and placed in eco-friendly take-out containers, lined with parchment or Kraft paper
- Quiche kept in aluminum pie tins used for baking, wrapped in foil
- When freezing in glass jars, wide-mouth is optimal and only fill contents to shoulder to prevent breaking, and refrigerate overnight or until cold before freezing
- Label all items for ease of finding later on
- Play around and adjust recipes to desired preferences (i.e. doubling up on spices, adding in greens like kale or spinach in soups/stews for a great boost)

### Get in Touch!

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