



20 Freezer Meals For Caregivers

THE GUIDE

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How To Use This Guide

Caring for others is an act of devotion, and it often means putting your own needs last. This guide was created to support caregivers like you, or a caregiver you care about, offering comfort, nourishment, and time-saving ease through simple, delicious freezer meals.

With clear instructions, printable labels, and a blank categorized shopping list, you'll find everything you need to create and share meals that offer both physical and emotional support.

Here's how to make the most of this guide:

1. Choose the Recipes

Browse the 20 included freezer-friendly meals. You can pick a few favorites or batch prep them all.

2. Shop Efficiently

Use the blank categorized grocery list to streamline your shopping trip and avoid last-minute runs.

3. Prep & Freeze with Ease

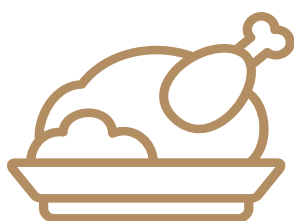
Follow the detailed instructions for each recipe. Once assembled, freeze meals in labeled containers for easy access later.

4. Print & Label

Use the included reheat cards to label each dish with the name, reheating directions, and a "best by" date.

5. Deliver with Love

Whether it's for yourself, a neighbor, or someone in your Care Circle, these meals are a powerful way to offer support that truly nourishes.



Chicken Dishes

Freezer Meals for Caregivers

Chicken And Vegetable Hand Pies



Ingredients:

- 2 cups cooked diced chicken
- 1 cup mixed vegetables (carrots, peas, corn)
- 1/2 cup cream of chicken soup
- Pie dough sheets (2)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp thyme
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 egg (for egg wash)



Preparation

1. In a bowl, mix chicken, vegetables, soup, and spices.
2. Roll out dough, cut into rounds, add filling, fold, and seal with a fork.
3. Brush both sides with egg wash, freeze on a tray, then bag.
4. Bake at 375° F for 30-35 minutes from frozen.



Thawing Instructions

Reheat directly from frozen.



Cooking Instructions

Bake at 375°F for 20-30 minutes until golden and flaky. Check regularly.

Creamy Farmhouse Chicken And Garden Soup

Ingredients:

- 1 lb bone-in chicken thighs
- 1 cup frozen mixed vegetables
- 1 zucchini, chopped
- 4 cups chicken broth
- 1/2 cup half-and-half
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 cup cooked noodles
- 1 tsp salt
- 1/2 tsp pepper



Preparation

1. Simmer chicken with broth and vegetables until tender.
2. Remove chicken, shred, return to pot with half-and-half and spices.
3. Stir in cooked noodles, cool, and portion.
4. Freeze and reheat on stovetop.



Thawing Instructions

Thaw in the refrigerator overnight or reheat directly from frozen.



Cooking Instructions

Simmer in a pot over medium heat for 15-20 minutes.

Chicken Korma



Ingredients:

- 1.5 lbs chicken breast, cubed
- 1/2 cup plain yogurt
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp cinnamon
- 1/4 tsp cayenne pepper
- 1/2 cup coconut milk
- 1 tsp salt
- 1/4 tsp pepper



Preparation

1. Marinate chicken in yogurt and half the spices for 2 hours.
2. Sauté onion until soft. Add garlic and ginger, sauté until golden.
3. Add chicken and cook until browned.
4. Stir in coconut milk and simmer 15 minutes.
5. Cool and freeze. Serve with rice.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Simmer 10-15 mins over medium heat, stirring occasionally.

Chicken And Vegetable Stir-Fry

Ingredients:

- 1 lb chicken breast, sliced
- 3 cups mixed stir-fry vegetables (carrots, peppers, broccoli, baby corn, or snow peas)
- 1 tbsp sesame oil
- 1 tsp salt
- 1/2 tsp pepper

Sauce:

- 1/2 cup low-sodium soy sauce
- 1/2 cup low-sodium vegetable stock or water
- 1 tsp sesame oil
- 2 cloves garlic, minced
- 1 tsp ground ginger
- 1 tbsp sugar or honey
- 1 tbsp cornstarch
- Pinch red pepper flakes (optional)



Preparation

1. In a bowl or mason jar with a lid, combine the sauce ingredients and whisk or shake.
2. Sauté chicken with oil until browned. Add vegetables.
3. Cook until veggies are tender. Stir in the sauce and simmer until desired thickness.
4. Cool, portion into containers, and freeze.
5. Reheat in skillet or microwave.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Simmer in a pot over medium heat for 15-20 minutes.

Chicken Pot Pie



Ingredients:

- 2 cups diced cooked chicken
- 1 cup mixed vegetables
- 1/2 cup cream of chicken soup
- 1/2 tsp thyme
- 1 tsp salt
- 1/2 tsp pepper
- 2 pie crusts



Preparation

1. Mix chicken, vegetables, soup, and seasonings in a bowl.
2. Grease a pie pan or deep baking sheet. Place the first pie crust down.
3. Place the chicken filling over the top.
4. Cover with the top crust and seal the edges with a fork.
5. Freeze unbaked.



Thawing Instructions

Reheat directly from frozen.



Cooking Instructions

Bake at 375°F for 45-60 minutes from frozen until hot and golden.

Butter Chicken

Ingredients:

- 1.5 lb chicken breast, cubed
- 1/2 cup tomato sauce
- 1/2 cup heavy cream
- 2 tbsp butter
- 1 tsp garam masala
- 1 tsp ginger
- 1/2 tsp turmeric
- 1 tsp salt
- 1/4 tsp black pepper



Preparation

1. Sauté chicken. Add sauce, heavy cream, butter, and spices.
2. Simmer 10 mins. Cool, portion, and freeze. Serve with rice and naan.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Simmer 10-15 mins over medium heat, stirring occasionally.



Beef & Pork Dishes

Freezer Meals for Caregivers

Meatloaf

Ingredients:

- 1.5 lbs ground beef
- 1/2 cup breadcrumbs
- 1/2 cup milk
- 1 egg
- 1/4 cup ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp pepper



Preparation

1. Mix all ingredients until just combined.
2. Shape into a loaf in a greased baking dish.
3. Bake at 375°F for 45-55 minutes.
4. Cool, slice, and freeze portions.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Cover with foil and bake at 300°F for 45-60 minutes or until hot.

Pot Roast



Ingredients:

- 3 lb beef chuck roast
- 1 onion, quartered
- 3 carrots, chopped
- 2 cups beef broth
- 1 tbsp tomato paste
- 1 tsp rosemary
- 1 tsp thyme
- 3 cloves garlic
- 1 tsp salt
- 1/4 tsp pepper



Preparation

1. Sear roast on all sides in a hot pan.
2. Place in slow cooker with vegetables, broth, and seasonings.
3. Cook on low 8 hours. Cool, shred, and freeze with juices.



Thawing Instructions

Thaw in the refrigerator overnight or slowly reheat directly from frozen.



Cooking Instructions

If frozen, cook in slow cooker on low for 6-8 hours. If thawed, reheat in pot for 10-15 minutes until hot.

Italian Meatballs

Ingredients:

- 1.5 lbs ground beef
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan
- 1 egg
- 1 tsp Italian seasoning
- 2 cloves garlic, minced
- 1 tsp salt
- 1/4 pepper
- 2 cups marinara sauce



Preparation

1. Combine beef, breadcrumbs, Parmesan, egg, and seasonings.
2. Shape into balls and bake on a greased sheet at 375°F for 10 minutes, flip, then 10 more minutes.
3. Cool, mix with marinara, and freeze in portions.
4. Reheat in sauce on stovetop or microwave.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Reheat in sauce over medium heat for 15-20 minutes.

American Goulash

Ingredients:

- 1 lb ground beef
- 1 onion, chopped
- 2 cups elbow macaroni
- 1 can diced tomatoes
- 1 cup tomato sauce
- 1 tsp paprika
- 1/2 tsp oregano
- 1 tsp salt
- 1/4 tsp pepper



Preparation

1. Cook pasta, set aside. Brown beef and onion in skillet.
2. Stir in tomatoes, sauce, and spices. Simmer 15 mins.
3. Add pasta, mix well, cool, and freeze in portions.



Thawing Instructions

Reheat directly from frozen.



Cooking Instructions

Cook from frozen in a skillet. Add a splash of broth or water to the goulash to prevent sticking and add moisture. Heat over medium heat, stirring occasionally until heated through.

Beef And Broccoli Teriyaki



Ingredients:

Sauce:

- 1/4 cup soy sauce
- 2 tbsp brown sugar
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tbsp sesame oil
- 1 lb sliced beef
- 2 cups broccoli florets



Preparation

1. In a small bowl, whisk together sauce ingredients.
2. Place the sliced beef into a gallon-size freezer-safe zip-top bag or container. Pour the sauce over the beef. Add broccoli florets.
3. Squeeze out excess air, seal tightly, and gently massage to distribute the sauce. Lay flat in the freezer for easier storage.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Place contents into a large skillet over medium heat with a splash of water. Cover and cook, stirring occasionally, for 15–20 minutes or until beef is cooked through and broccoli is tender. Serve with rice.

Slow Cooker BBQ Ribs

Ingredients:

- 1 rack baby back ribs
 - 1 cup water
 - 1 tbsp olive oil
 - 1/2 tsp black pepper
 - 1 tsp garlic powder
 - 1 tsp salt
 - 1 tsp onion powder
- BBQ Dry Rub** (Mix together in a small bowl):
- 1 tsp paprika
 - 1 tsp chili powder
- For serving:**
- 1 cup BBQ sauce



Preparation

1. Add all ingredients, except BBQ sauce and water, into gallon freezer bag.
2. Shake bag to evenly coat ribs with spices.
3. Seal bag, removing as much air as possible, and freeze.



Thawing Instructions

Thaw freezer bag in fridge 12-24 hours before cooking.



Cooking Instructions

1. Add freezer bag contents into slow cooker, plus 1 cup water.
2. Cook on low 8-10 hours.
3. Remove ribs from slow cooker and serve with BBQ sauce.

Korean Beef



Ingredients:

- 1 lb ground beef
- 1/4 cup soy sauce
- 2 tbsp brown sugar
- 2 cloves garlic, minced
- 1 tsp sesame oil
- 1/2 tsp red pepper flakes



Preparation

1. Brown beef, drain fat. Stir in soy sauce, sesame oil and spices.
2. Simmer 5 mins. Cool, portion, and freeze.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Stir-fry 10-15 mins in a skillet over medium heat until hot. Serve with rice or on lettuce wraps.

Mexican Shredded Beef

Ingredients:

- 2 lbs beef chuck roast
- 1/2 cup frozen diced onion
- 1 cup salsa heat of preference
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp dried oregano



Preparation

1. Place all ingredients in a bag. Seal bag, removing as much air as possible.
2. Freeze.



Thawing Instructions

Thaw in the refrigerator 12-24 hours before cooking.



Cooking Instructions

1. Add beef to a slow cooker.
2. Cook on low 8-10 hours.
3. Shred the beef directly in the slow cooker with two forks and stir well to ensure everything is evenly coated with the sauce.
4. Serve in tortillas, over rice, or with tortilla chips. Top with cheese, guac, cilantro or your favorite taco toppings.

Beef And Bean Burritos



Ingredients:

- 1 lb ground beef
- 1 can refried beans
- 1/2 cup salsa
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp paprika
- 1 tsp salt
- 1/4 pepper
- 6 flour tortillas
- 1 cup shredded cheese



Preparation

1. Brown the ground beef in a skillet. Drain excess fat.
2. Stir in beans, salsa, and spices. Heat through.
3. Spoon mixture onto tortillas, sprinkle with cheese, and roll tightly.
4. Wrap in foil and freeze. Reheat in microwave or oven.



Thawing Instructions

Bake from frozen.



Cooking Instructions

Bake from frozen at 375°F for 30-35 mins or microwave 2-4 mins.



Vegetarian Dishes

Freezer Meals for Caregivers

Vegetarian Chili

Ingredients:

- 2 tbsp olive oil
- 1 onion diced
- 1 clove garlic minced
- 1 tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- ⅛ tsp cayenne pepper optional
- 1 small zucchini diced
- 1 small yellow squash diced
- 1 small red pepper diced
- 2 10 oz cans diced tomatoes with green chili peppers
- 2 tbsp tomato paste
- 1 ear corn kernels removed
- 1 ½ cups cooked black beans or 1 can, rinsed
- 1 ½ cups cooked kidney beans or 1 can, rinsed
- 1 tsp salt
- 1/4 tsp pepper



Preparation

1. Heat oil in a pot. Add onion and cook until softened. Add garlic and spices and cook until fragrant.
2. Stir in zucchini, yellow squash, and red bell pepper. Cook until softened.
3. Add tomatoes, tomato paste, corn, and beans.
4. Bring to a boil, reduce heat to low and simmer for 20 minutes.
5. Cool, then freeze in batches.



Thawing Instructions

Cook directly from frozen.



Cooking Instructions

Simmer in a pot over medium heat for 15-20 minutes or until hot.

Spinach Mushroom Lasagna



Ingredients:

- 9 no-boil oven-ready lasagna noodles
- 2 cups ricotta
- 1 cup cooked spinach
- 1 cup sautéed mushrooms
- 2 cups marinara
- 1 cup mozzarella
- 1 tsp salt
- 1/4 pepper
- 1 tsp oregano



Preparation

1. Sauce bottom of pan. Place a layer of noodles, then ricotta, mushrooms, spinach, and more sauce. Repeat with the rest of the noodles.
2. Top with cheese. Cover, freeze unbaked.



Thawing Instructions

Bake from frozen.



Cooking Instructions

Bake from frozen at 375°F for 55-60 minutes until hot and bubbly.

Sweet Potato Black Bean Enchiladas



Ingredients:

- 2 cups mashed sweet potato
- 1 can black beans
- 1/2 cup salsa
- 6 tortillas
- 1 cup enchilada sauce
- 1/2 cup shredded cheese



Preparation

1. Mix potato, beans, salsa. Fill and roll tortillas.
2. Place in dish, top with sauce and cheese.
3. Freeze unbaked



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Bake at 375°F for 45-60 minutes until hot and bubbly.

Eggplant Parmesan

Ingredients:

- 1 medium eggplant
- 1 cup bread crumbs
- 1 1/2 cups grated parmesan cheese, divided
- 1 large egg
- 1 tablespoon milk
- 3 cups tomato sauce
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon salt
- 2 cups grated mozzarella cheese
- 1 teaspoon chopped fresh basil
- 1 teaspoon chopped fresh oregano
- 1/2 teaspoon fresh thyme



Preparation

1. Spray two 9×13-inch sheet pans with olive oil spray and set aside.
2. Peel eggplant and slice into 1/2-inch rounds.
3. Mix breadcrumbs and 1/2 cup parmesan cheese until well blended.
4. Beat egg and milk until thoroughly mixed.
5. Dip each eggplant slice into egg mixture, then dredge in breadcrumb mixture to coat both sides.
6. Place slices in a single layer on prepared sheet pans.
7. Mix tomato sauce with Italian seasoning and salt until blended.
8. Spread 1/2 cup sauce in the bottom of a 9×13-inch baking dish.
9. Add half the baked eggplant, 1 cup sauce, 1 cup mozzarella, and 1 cup parmesan.
10. Repeat with remaining eggplant, sauce, mozzarella, and parmesan.
11. Freeze.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Bake for 30 - 50 minutes at 375°F until hot.

Vegan Creamy Mushroom Pasta Bake



Ingredients:

- 1 1/4 cups vegan chicken broth
- 1 cup vegan sour cream
- 1 cup unsweetened soy milk
- 5 large cloves garlic, minced
- 4 tablespoons vegan butter, melted (i recommend miyoko's)
- 1 tablespoon white wine vinegar
- 1/2 teaspoon pepper
- 8 ounces gemelli pasta
- 16 ounces cremini mushrooms, sliced
- 2 cups spinach, chopped



Preparation

1. Cook pasta to al dente.
2. Whisk together the broth, unsweetened soy milk, minced garlic, vegan butter, white wine vinegar, cashew sour cream, and pepper in the bottom of the 9×13 casserole dish.
3. Add in the pasta and fully submerge in the liquid. Then add the sliced mushrooms and spinach ontop and lightly press down.
4. Cover and freeze.



Thawing Instructions

Thaw in the refrigerator overnight.



Cooking Instructions

Bake at 425°F for 40 minutes.

Chicken And Vegetable Hand Pies

Thaw in the refrigerator overnight. Bake at 375°F for 20-30 minutes until golden and flaky. Check regularly.

Date:



Creamy Farmhouse Chicken And Garden Soup

Thaw in the refrigerator overnight or reheat directly from frozen. Simmer in a pot over medium heat for 15-20 minutes.

Date:

Chicken Korma

Thaw in the refrigerator overnight. Simmer 10-15 mins over medium heat, stirring occasionally.

Date:

Chicken And Vegetable Stir-Fry

Thaw in the refrigerator overnight. Stir-fry 10-15 mins over medium heat until hot. Serve with rice.

Date:

Chicken Pot Pie

Bake at 375°F for 45-60 minutes from frozen until hot and golden.

Date:

Butter Chicken

Thaw in the refrigerator overnight. Simmer 10-15 mins over medium heat, stirring occasionally.

Date:

Meatloaf

Thaw in the refrigerator overnight. Cover with foil and bake at 300°F for 45-60 minutes or until hot.

Date:



Pot Roast

Thaw in the refrigerator overnight or slowly reheat directly from frozen. If frozen, cook in slow cooker on low for 6-8 hours. If thawed, reheat in pot for 10-15 minutes until hot.

Date:

Beef And Bean Burrito

Bake from frozen at 375°F for 30-35 mins or microwave 2-4 mins.

Date:

Italian Meatballs

Thaw in the refrigerator overnight. Reheat in sauce over medium heat for 15-20 minutes.

Date:

American Goulash

Thaw in the refrigerator overnight. Bake at 375°F for 20-30 minutes until golden and flaky. Check regularly.

Date:

Beef And Broccoli Teriyaki

Thaw in the refrigerator overnight. Place contents into a large skillet over medium heat with a splash of water. Cover and cook, stirring occasionally, for 15-20 minutes or until beef is cooked through and broccoli is tender. Serve with rice.

Date:

Instant Pot BBQ Ribs

Thaw freezer bag in fridge 12-24 hours before cooking. Add freezer bag contents into slow cooker, plus 1 cup water. Cook on low 8-10 hours. Remove ribs from slow cooker and serve with BBQ sauce.

Date:



Korean Beef

Thaw in the refrigerator overnight. Stir-fry 10-15 mins in a skillet over medium heat until hot. Serve with rice or on lettuce wraps.

Date:

Mexican Shredded Beef

Thaw in the refrigerator 12-24 hours before cooking. Add beef to a slow cooker. Cook on low 8-10 hours. Shred the beef directly in the slow cooker with two forks and stir well to ensure everything is evenly coated with the sauce. Serve in tortillas, over rice, or with tortilla chips. Top with cheese, guac, cilantro or your favorite taco toppings.

Date:

Vegetarian Chili

Cook directly from frozen. Simmer in a pot over medium heat for 15-20 minutes or until hot.

Date:

Spinach Mushroom Lasagna

Bake from frozen at 375°F for 55-60 minutes until hot and bubbly.

Date:

Sweet Potato Black Bean Enchiladas

Thaw in the refrigerator overnight. Bake at 375°F for 45-60 minutes until hot and bubbly.

Date:

Eggplant Parmesan

Thaw in the refrigerator overnight. Bake for 30 - 50 minutes at 375°F until hot.

Date:



Vegan Creamy Mushroom Pasta Bake

Thaw in the refrigerator overnight. Bake at 425°F for 40 minutes.

Date:



Grocery List

Fruits

Vegetables

Dry Goods

Meat/Seafood

Dairy

Bakery/Deli

Drinks

Household

Other

Notes
