

# FREEZER FRIENDLY MEALS

Nutritious meals to  
support a busy mom  
postpartum

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# Fluffy Flax Pancakes

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Ground Flax Seed  
1/3 cup Water  
1 cup Unsweetened Almond Milk  
1/4 cup Maple Syrup  
8 ozs Unbleached All Purpose Flour  
2 tps Baking Powder  
1 1/2 tps Coconut Oil (melted, for the pan)

## DIRECTIONS

- 01 Combine the flax and water in a large mixing bowl and let sit for about five minutes until thickened.
- 02 To the same mixing bowl add the milk and maple syrup and mix well. Add the flour and baking powder and combine until a thick batter forms.
- 03 Heat a nonstick pan over medium-low heat. Lightly brush the pan with oil. Spoon the batter into the pan in 1/4 cup portions. Cook the pancakes for about four minutes per side or until golden brown. Repeat with the remaining batter.
- 04 Divide the pancakes between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to three months. Reheat in a dry pan or a toaster.

### SERVING SIZE

One serving is approximately two to three pancakes.

### MORE FLAVOR

Add vanilla extract, cinnamon, blueberries, or chocolate chips to the batter.

### ADDITIONAL TOPPINGS

Serve it with butter, nut butter, coconut butter, maple syrup, sliced bananas, or fresh berries.



# Slow Cooker Bean & Quinoa Chili

4 SERVINGS 3 HOURS



## INGREDIENTS

2 cups Mixed Beans (from the can, rinsed well)  
1 1/2 cups Diced Tomatoes (from the can with juices)  
1 1/2 cups Vegetable Broth  
1/2 cup Red Onion (finely chopped)  
1/3 cup Quinoa (dry)  
2 Garlic (large clove, minced)  
1 1/2 tbsps Tomato Paste  
1 1/2 tbsps Chili Powder  
2 1/4 tsps Cumin  
1/2 tsp Sea Salt

## DIRECTIONS

- 01 Add all of the ingredients to the pot of a slow cooker and mix well to combine.
- 02 Cook on high for two and a half to three hours or on low for five to six hours.
- 03 Stir well and season with additional salt if needed. Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately equal to 1 1/4 cups of chili.

### MORE FLAVOR

Add other dried herbs and spices to taste, like coriander, oregano, red pepper flakes, cayenne pepper, and/or black pepper.

### ADDITIONAL TOPPINGS

Lime wedges, cilantro, avocado, sour cream or yogurt, cheese, red pepper flakes, nutritional yeast, and/or tortilla chips.

### MORE VEGGIES

Add corn kernels or bell pepper. Wilt in spinach or kale.

### NO MIXED BEANS

Use any combination of black beans, chickpeas, kidney beans pinto beans, or black-eyed peas.





# Tandoori Cauliflower & Chicken Meal Prep Bowls

4 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 cup Brown Rice (dry)
- 2 1/2 tsps Garam Masala
- 2 tsps Smoked Paprika
- 3/4 tsp Turmeric
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast
- 1/4 cup Tahini
- 1 tbsp Lemon Juice
- 1 tbsp Water

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Preheat the oven to 400 (204°C) and line a baking sheet with parchment paper.
- 03 In a large bowl, mix together the garam masala, smoked paprika, turmeric, cumin, and salt.
- 04 Add the cauliflower to the bowl with the spices along with half the oil and toss well with your hands, rubbing the spices into the cauliflower to coat. Transfer to the baking sheet.
- 05 Add the chicken to the same bowl and add the remaining oil. Stir well to coat the chicken in the spices. Transfer to the same baking sheet with the cauliflower. Place the baking sheet in the oven and bake for 25 to 30 minutes until the chicken is cooked through and the cauliflower is browned.
- 06 In a small jar, combine the tahini, lemon juice, and water and shake well.
- 07 To serve, divide the cauliflower, chicken, and rice into bowls and top with the tahini dressing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Top with cilantro or parsley.

### NO RICE

Use another grain such as quinoa.



# Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 4 servings



## Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### Serving Size

One serving is roughly 2 1/2 cups.

### Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

### Anti-Inflammatory

Add turmeric powder.

### Make it a Meal

Stir in lentils, chickpeas or chicken.

### Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 6 **stalks** Green Onion (chopped)
- 5 **Carrot** (medium size, chopped)
- 1 **head** Cauliflower (chopped into florets)
- 6 **cups** Water
- 2 **tbps** Dried Thyme
- 1/2 **tsp** Sea Salt
- 1/2 **cup** Parsley



# Slow Cooker Salsa Chicken

2 ingredients · 4 hours · 4 servings



## Directions

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1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
3. Remove the chicken from the slow cooker and enjoy!

## Ingredients

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**567 grams** Chicken Breast (boneless, skinless)  
**1/2 cup** Organic Salsa



# Peanut Butter Curry Chickpea Stew

4 SERVINGS 45 MINUTES



## INGREDIENTS

- 1 tbsp Coconut Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Cinnamon
- 1 tbsp Turmeric
- 1/4 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 tsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 2 Carrot (medium, peeled and sliced)
- 4 cups Chickpeas (cooked)
- 1 Lime (juiced)
- 1/4 cup Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	467	Calcium	260mg
Fat	17g	Iron	8mg
Polyunsat...	4g	Vitamin D	25IU
Carbs	63g	Vitamin E	3mg

## DIRECTIONS

- 01 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 02 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 03 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 04 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 05 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

## NOTES

### LEFTOVERS

Store in the fridge up to 4 days or freeze.

### SERVING SIZE

One serving is approximately 2 cups.



Fiber	17g	Folate	330µg
Sugar	17g	Vitamin B12	0µg
<b>Protein</b>	21g	Magnesium	138mg
Vitamin A	6639IU	Zinc	3mg
Vitamin C	55mg	Selenium	7µg





# Lentil Masala Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tps Coconut Oil  
1/2 cup Red Onion (finely diced)  
4 Garlic (cloves, minced)  
1 tsp Turmeric  
1 tbsp Garam Masala  
1 tsp Sea Salt  
1 cup Cilantro (finely diced)  
4 cups Vegetable Broth  
3 cups Diced Tomatoes  
1 cup Dry Red Lentils  
1 cup Canned Coconut Milk (full fat)  
4 cups Kale Leaves (finely sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Calcium	118mg
Fat	14g	Iron	6mg
Polyunsat...	0g	Vitamin D	0IU
Carbs	50g	Vitamin E	0mg
Fiber	11g	Folate	20µg
Sugar	9g	Vitamin B12	0µg
Protein	17g	Magnesium	14mg
Vitamin A	2557IU	Zinc	0mg
Vitamin C	42mg	Selenium	1µg

## DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

### ADDITIONAL TOPPINGS

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



# Daal & Sweet Potato Casserole

6 SERVINGS 40 MINUTES



## INGREDIENTS

5 Sweet Potato (medium, peeled, cubed)  
1 tbsp Extra Virgin Olive Oil  
1 White Onion (medium, chopped)  
2 Carrot (medium, diced)  
1 tbsp Ginger (grated or minced)  
2 Garlic (cloves, minced)  
1 tbsp Curry Powder  
1 tbsp Tomato Paste  
3 cups Vegetable Broth (or water)  
1 cup Dry Red Lentils (rinsed)  
1 cup Cilantro (chopped, plus more for garnish)  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Bring a pot of water to a boil and cook the sweet potatoes for 15 minutes, or until tender. Drain and set aside.
- 02 Meanwhile, heat the oil in a large pan over medium-high heat. Cook the onion, carrots, ginger, and garlic for about five minutes. Stir in the curry powder and tomato paste, and cook for another minute.
- 03 Add the vegetable broth and red lentils. Bring to a simmer, cover and cook for 20 minutes, or until the carrots and lentils are tender. Stir in the cilantro and transfer to a large oven-safe dish.
- 04 Mash the sweet potatoes with salt and pepper and spread evenly over the lentils. Broil for five to 10 minutes, or until just browned (optional). Scoop into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately two cups. A 9- by 13-inch baking dish was used to make six servings.

### ADDITIONAL TOPPINGS

Add chili peppers, peas, beans, or cauliflower to the lentils. Add any milk, yogurt, or cream to the mashed sweet potatoes.





# Vegan Oat Bran Carrot Muffins

10 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 3 1/4 ozs Unbleached All Purpose Flour
- 3/4 cup Oat Bran
- 1/2 tsp Baking Soda
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Applesauce
- 2 tbsps Coconut Oil (melted)
- 1 Carrot (medium, shredded)
- 1 tsp Vanilla Extract
- 1/2 cup Walnuts (chopped)

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a muffin tin with liners.
- 02 In a medium-sized bowl, add the flax seeds and water and let it gel to form a flax egg. Set aside for a few minutes.
- 03 Meanwhile, in a large bowl, combine the flour, oat bran, baking soda, cinnamon, and salt and whisk well.
- 04 In the bowl with the flax egg, add the applesauce, coconut oil, carrot, and vanilla. Mix well to combine.
- 05 Pour the wet ingredients into the dry and stir until just combined. Fold in the walnuts. Fill each muffin liner 3/4 full and place in the oven to bake for 20 to 25 minutes, until cooked through and a toothpick inserted comes out clean. Let cool for 10 minutes before removing to a cooling rack. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for longer.

### SERVING SIZE

One serving is one muffin.

### GLUTEN-FREE

Use Gluten-Free All Purpose flour.

### NUT-FREE

Omit the walnuts or use pumpkin seeds instead.

### LIKES IT SWEETER

Add maple syrup to the batter. Top with honey.

### NO APPLESAUCE

Use mashed bananas instead.



# Lactation Cookies

12 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Ground Flax Seed (divided)  
3 tbsps Water  
1/4 cup Coconut Oil (softened)  
1/4 cup Maple Syrup  
1/2 tsp Vanilla Extract  
1 1/4 cups Oats (rolled)  
1/3 cup Almond Flour  
1/4 cup Oat Flour  
1/2 tsp Cinnamon  
1/4 tsp Baking Powder  
1/8 tsp Sea Salt  
1/4 cup Dark Chocolate Chips

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Calcium	29mg
Fat	9g	Iron	1mg
Polyunsat...	1g	Vitamin D	0IU
Carbs	16g	Vitamin E	0mg
Fiber	2g	Folate	3µg
Sugar	7g	Vitamin B12	0µg
Protein	3g	Magnesium	23mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	2µg

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 02 In a small bowl or ramekin add half of the ground flax with the water. Stir and let sit for about five minutes until thickened.
- 03 To a mixing bowl, add the coconut oil and maple syrup and mix to combine. Stir in the flax mixture and vanilla extract. Add the oats, almond flour, oat flour, cinnamon, baking powder, salt, and the remaining flax. Mix well until everything is fully combined. Fold in the chocolate chips.
- 04 Form the cookie dough into balls approximately 1.5-inches in diameter then place on the prepared cookie sheet and press into a flat cookie shape approximately three inches in diameter.
- 05 Bake for 10 to 12 minutes or until the cookies are golden brown on the bottom. Allow the cookies to rest for five minutes on the cookie sheet before transferring to a cooling rack to cool completely. Cookies are best served chilled from the refrigerator or freezer. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days or store in the freezer for up to three months.

### SERVING SIZE

One serving is equal to one cookie.

### MORE FLAVOR

Add chopped almonds, walnuts, or pecans.





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# MAIYA AHLUWALIA, RD

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