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Freezer Meal Program

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Hi Ninja Family,

Welcome to the Ninja Freezer meal cookbook! On the next pages you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

Recipe Tips

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.





Fruits

- ☐ 1 1/2 Apple
- ☐ 1 Avocado
- ☐ 4 1/8 Banana
- ☐ 4 cups Cherries

Breakfast

- ☐ 3 tbsps All Natural Peanut Butter
- ☐ 1/3 cup Almond Butter
- ☐ 1 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Chili Powder
- ☐ 3/4 tsp Cinnamon
- ☐ 2 1/3 tsps Cumin
- ☐ 2 tsps Curry Powder
- ☐ 1 1/2 tsps Garlic Powder
- ☐ 1 3/4 tbsps Ground Flax Seed
- ☐ 2 1/16 tsps Sea Salt

Frozen

- ☐ 7 Brown Rice Tortilla
- ☐ 3 cups Frozen Cauliflower
- ☐ 3/4 cup Frozen Corn
- ☐ 1/3 cup Frozen Peas

Vegetables

- ☐ 4 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 4 1/2 Garlic
- ☐ 1 Green Bell Pepper
- ☐ 3 cups Kale Leaves
- ☐ 2/3 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 3 2/3 Sweet Potato
- ☐ 1 tbsp Thyme
- ☐ 3/4 Yellow Onion
- ☐ 3 Yellow Potato
- ☐ 1/3 Zucchini

Boxed & Canned

- ☐ 1 2/3 cups Black Beans
- ☐ 1 cup Brown Rice
- ☐ 1 1/3 cups Chickpeas
- ☐ 2 cups Green Lentils
- ☐ 2 cups Organic Coconut Milk
- ☐ 1 1/3 cups Organic Vegetable Broth

Baking

- ☐ 2/3 cup Almond Flour
- ☐ 1/16 tsp Baking Soda
- ☐ 1/3 cup Cacao Powder
- ☐ 1 1/3 tbsps Cocoa Powder
- ☐ 1 1/8 cups Oats
- ☐ 1 1/2 tbsps Organic Dark Chocolate Chips
- ☐ 1 1/2 cups Pureed Pumpkin
- ☐ 2 1/2 tsps Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 1 1/3 lbs Chicken Breast
- ☐ 8 ozs Lamb Sausage

Condiments & Oils

- ☐ 1 2/3 tbsps Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/4 tbsps Tamari

Cold

- ☐ 4 2/3 Egg
- ☐ 7 cups Unsweetened Almond Milk

Other

- ☐ 1 3/4 cups Chocolate Protein Powder
- ☐ 1 1/2 tbsps Maca Powder
- ☐ 2 1/3 cups Water



Meal Prep Black Bean & Sweet Potato Burritos

4 servings
45 minutes

Ingredients

2 1/3 Sweet Potato (large, peeled and sliced)
2 1/3 tsps Extra Virgin Olive Oil
3/4 Yellow Onion (medium, diced)
1 2/3 Garlic (cloves, minced)
1 2/3 cups Black Beans (cooked, from the can)
1/3 cup Frozen Corn
1/3 Green Bell Pepper (diced)
1/3 cup Water
1 2/3 tsps Dijon Mustard
3/4 tsp Cumin
1 1/4 tsps Tamari
1/8 tsp Sea Salt (or more to taste)
4 Brown Rice Tortilla (11 inches)

Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.

Less Work: Use refried beans, or process the beans in a food processor.



Freezer Veggie Breakfast Burritos

3 servings
30 minutes

Ingredients

- 1 1/4 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 Garlic (cloves, minced)
- 1/3 cup Red Onion (large, diced)
- 2/3 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 2/3 Red Bell Pepper (diced)
- 2/3 Green Bell Pepper (diced)
- 1 tsp Cumin
- 1/2 tsp Chili Powder
- 1/3 tsp Sea Salt
- 3 2/3 Egg (large, whisked)
- 3 Brown Rice Tortilla (11 inches)

Directions

- 1 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 2 In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 3 Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
- 4 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 5 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

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Reheating in the Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.



Chocolate Cauliflower Shake

1 serving

5 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Maca Powder

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.



Chocolate Cherry Green Smoothie

1 serving

5 minutes

Ingredients

1 cup Cherries (fresh and pitted, or frozen)
1/4 cup Chocolate Protein Powder
1 cup Baby Spinach
1 cup Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add more cherries.

Extra Chocolate: Add some cacao or cocoa powder.

Extra Thick: Add ground flax seeds or chia seeds.

No Protein Powder: Use a blend of hemp seeds and cocoa powder instead.



Curried Chicken Slow Cooker Stew

4 servings

6 hours

Ingredients

2/3 Sweet Potato (large, diced)
1 1/3 cups Chickpeas (cooked, drained and rinsed)
1/3 cup Frozen Corn
1/3 cup Frozen Peas
2/3 tsp Cumin (ground)
2 tsp Curry Powder
1 1/3 Garlic (cloves, minced)
1 1/3 cups Organic Vegetable Broth (or any type of broth)
5 1/3 ozs Chicken Breast

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of stew.

More Carbs: Serve it over brown rice.

More Protein: Serve it over quinoa.

Vegan and Budget-Friendly: Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup: Double up on the broth.

More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



No Bake Apple Cinnamon Bites

6 servings

15 minutes

Ingredients

1/2 cup Oats (quick or traditional)
1 3/4 tbsps Ground Flax Seed
1/4 tsp Cinnamon
2 1/4 tbsps Almond Butter
2 1/2 tps Raw Honey
1/2 Apple (peeled, cored and finely
diced)

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

Vegan: Use maple syrup instead of honey.

Nut-Free: Use sunflower seed butter instead of almond butter.

Serving Size: One serving is equal to one ball.



Breakfast Oatmeal Cookies

3 servings
20 minutes

Ingredients

3/4 cup Oats (rolled)
1 1/8 Banana (mashed)
3 tbsps All Natural Peanut Butter
1/16 tsp Sea Salt
1 1/2 tbsps Organic Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Notes

No Peanut Butter: Use almond, cashew, or sunflower seed butter instead.

Gluten-Free: Use certified gluten-free oats.

Sugar-Free: Use sugar-free chocolate chips or dried cranberries.

Leftovers: Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Serving Size: One serving is equal to one cookie.



Chicken, Rice & Broccoli

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 1 lb Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 4 cups Broccoli (chopped into florets)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 3 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 4 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 5 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Notes

No Brown Rice: Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time: Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket: Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.



Creamy Potato, Lentil & Kale Casserole

4 servings

1 hour

Ingredients

- 3 Yellow Potato (thinly sliced)
- 2 cups Green Lentils (cooked, drained)
- 3 cups Kale Leaves (stems removed, leaves torn)
- 2 cups Organic Coconut Milk (full-fat, from the can)
- 1 1/2 cups Pureed Pumpkin
- 1 1/2 tsp Garlic Powder
- 1 tbsp Thyme (stems removed)
- 1 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 In a baking dish, arrange half of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 3 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 4 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: A 10 x 13-inch dish was used for 8 servings.

More Flavor: Use fresh thyme instead of dried thyme.



Skillet Sausage & Apples with Avocado

2 servings

15 minutes

Ingredients

8 ozs Lamb Sausage (sliced)
1 Apple (cored, chopped)
1/2 tsp Cinnamon
1 Avocado (pitted, halved)

Directions

- 1 Place a large skillet over medium heat. Add the sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
- 2 Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

Notes

No Apple: Use pear or plantain instead.

No Lamb Sausage: Use chorizo, chicken, pork or vegan sausage.

Leftovers: Refrigerate in an airtight container for up to 3 days.



Chocolate Zucchini Muffins

4 servings
30 minutes

Ingredients

2/3 cup Almond Flour
1 1/3 tbsps Cocoa Powder
1/16 tsp Sea Salt
1/16 tsp Baking Soda
1 1/3 tbsps Extra Virgin Olive Oil
1 1/3 tbsps Maple Syrup
1 Egg
1/3 Zucchini (medium, grated)

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size: One serving is equal to one muffin.

Zucchini: One medium zucchini is equal to about 2 cups of grated zucchini.

Storage: Store in the fridge for 5 days or in the freezer for a few months.