

# Freezer Friendly Meal Ideas

Here's a list of meal ideas that you can prepare and freeze to enjoy at a later date. Need more recipe ideas? Ask your [Registered Dietitian!](#)

<b>Entrees &amp; Pasta Dishes</b>	<ul style="list-style-type: none"> <li>• Baked Chicken Parmesan or Eggplant Parmesan</li> <li>• Turkey Meatloaf/Meatballs</li> <li>• Chicken, Broccoli, Sundried Tomatoes and Ziti</li> <li>• Vegetable Lasagna</li> <li>• Macaroni and Cheese</li> <li>• Sweet Potato and Black Bean Quesadilla*</li> </ul>
<b>Soups, Stews &amp; Chilies</b>	<ul style="list-style-type: none"> <li>• Tomato Soup</li> <li>• White Bean and Vegetable Soup</li> <li>• Butternut Squash Soup</li> <li>• Chicken/Turkey Noodle Soup</li> <li>• Corn and Potato Chowder</li> <li>• Beef and Vegetable Stew</li> <li>• Pineapple Chicken and Teriyaki Vegetable Stew</li> <li>• Quinoa Veggie Soup*</li> <li>• Three Bean Chili</li> </ul>
<b>Casseroles</b>	<ul style="list-style-type: none"> <li>• Broccoli and Quinoa Casserole</li> <li>• Zucchini, Squash and Sausage Casserole</li> <li>• Tuna Noodle Casserole</li> <li>• Chicken Pot Pie</li> <li>• Easy Spinach and Feta Frittata*</li> </ul>
<b>Breakfast, Breads &amp; Snacks</b>	<ul style="list-style-type: none"> <li>• High Energy Muffins*</li> <li>• Pumpkin Cranberry Bread</li> <li>• Banana Walnut Bread</li> <li>• Blueberry Pancakes</li> <li>• Baked Apple French Toast</li> <li>• Lemon Squares</li> <li>• Oatmeal Raisin/Chip Cookies</li> </ul>

\*Indicates an Online Care Group Recipe

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