

GROCERY LIST

Postpartum Freezer Meals Guide

Looking for postpartum freezer meals so that you can prep ahead of time before baby? Here you'll find our grocery list for meal-prepping 4 main meals, a snack, and a dessert!

This grocery list lays out all of the ingredients for each of the 6 recipes. It makes it simple to shop for 1, 2, or all 6 recipes at once so that you can bulk meal prep these freezer meals.

Be sure to cross-check your pantry before buying everything on the list.

recipes

- A. Freezer Pesto Cubes
- B. Slow Cooker Chicken Fajitas
- C. Freezer Breakfast Quesadillas
- D. Instant Pot Butternut Squash Soup
- E. Lactation Cookies
- F. Collagen Cookie Dough

FRESH/FROZEN VEGETABLES

- 3 cups fresh basil (A)
- 1 lemon (A)
- 13 cloves garlic (A, C, D)
- 1.5 cups kale, chopped and deboned (C)
- 3 large bell peppers, any color (B)
- 2 yellow onions (B, D)
- 1 white onion (C)
- 1 large butternut squash (D)

GRAINS

- 1/3 cup raw pine nuts (A)

MEAT

- 1.5 lbs. boneless skinless chicken breasts (B)
- 1 lb. ground breakfast sausage or plant-based ground (C)

EGGS/DAIRY/MILK

- 3/4 cup grated parmesan cheese (A)
- 1.5 cups shredded cheddar cheese (C)
- 13 large eggs (C, E)
- 1/4 cup unsalted butter (E)

OILS/VINEGARS

- 2 cups olive oil (A, C, D)
- 1 tablespoon avocado oil (B)
- 1/2 teaspoon apple cider vinegar (D)
- 2 cups vegetable broth (D)

SPICES

- 4 tablespoons fajita seasoning (B)
- 3 teaspoons taco seasoning (C)
- 3.5 teaspoons kosher salt (B,C,D,E)
- 1/2 teaspoon ground pepper (D)
- 1/4 teaspoon ground cinnamon (D)
- Sea salt, for garnish (E)

PACKAGED/ CANNED GOODS

- 1.5 cup salsa any kind (B,C)
- 6 large flour tortillas (C)
- 1/2 cup maple syrup (E, F)
- 1 teaspoon vanilla extract (E)
- 1.5 cup creamy drippy, all-natural peanut butter (E, F)
- 3 cups quick-cooking oats, gluten-free if desired (E, F)

- 1/2 cup light brown sugar (E)
- 2 tablespoons flaxseed meal (E)
- 2 tablespoons brewers yeast (E)
- 1 teaspoon baking soda (E)
- 1/2 cup dark chocolate chips (E)
- 1/4 cup mini chocolate chips or mini M&M's (F)
- 1/2 cup vanilla collagen powder (we used Vital Proteins) (F)

BAKING CONTAINERS

- 1 silicone ice cube tray (A)
- 1 silicone freezer tray (D)
- 4 freezer safe plastic bags, gallon size (B, C, D, E)
- 1 freezer safe plastic bags, quart size (A, F)
- Aluminum foil (C)

FREEZER

Pesto Cubes

❄️ **Freeze:** up to 3 months

🕒 **Prep Time:** 30 minutes

👤 **Serves:** 12-15



CALORIES: 145KCAL | SUGAR: 0G | FAT: 15G | CARBS: 2G | FIBER: 0G | PROTEIN: 3G

❄️ TO FREEZE

FREEZER INGREDIENTS

- 3 cups fresh basil, *packed*
- 3/4 cup grated parmesan cheese
- 3 tablespoons fresh lemon juice
- 3 medium garlic cloves
- 1/3 cup raw pine nuts
- 1/2 cup olive oil, *or more as needed*

FREEZER DIRECTIONS

1. Place all ingredients into a high-speed food processor.
2. Process on high for about 1 to 2 minutes. Stop to scrape the sides as needed. Make sure not to over-process as some grittiness is great for the texture of pesto.
3. If your pesto is too thick, add more olive oil by the teaspoon and pulse until mostly smooth.
4. Transfer pesto into an ice cube tray or silicone freezer mold. Add 1 to 2 tablespoons of pesto into each ice cube so that it's filled 3/4 of the way full.
5. Place the tray in the freezer for at least 2 hours or until fully frozen.
6. Pop the pesto ice cubes out of the tray and then

transfer the frozen cubes into an airtight container or gallon-size bag.

7. Freeze for up to 3 months.

🔥 TO COOK

ADDITIONAL COOKING INGREDIENTS

- 8 oz. cooked noodles
- 1/2 cup pasta water
- Grated parmesan cheese, *for topping*
- Red pepper flakes, *for topping*

COOKING DIRECTIONS

1. Heat your pesto cubes in a skillet over medium heat.
2. Once melted, add the pasta water and mix to combine.
3. Add cooked pasta and toss.
4. Top with parmesan cheese and red pepper flakes.

SLOW COOKER

Chicken Fajitas

❄️ **Freeze:** up to 3 months

🕒 **Prep Time:** 15 minutes

👤 **Serves:** 4-6



CALORIES: 329KCAL | SUGAR: 6G | FAT: 10G | CARBS: 29G | FIBER: 4G | PROTEIN: 30G

❄️ TO FREEZE

FREEZER INGREDIENTS

- 4 tablespoons fajita seasoning, *separated*
- 1.5 lbs. boneless skinless chicken breasts
- 3 large bell peppers any color, *sliced*
- 1 large yellow onion, *sliced*
- 1 tablespoon avocado oil
- 1 teaspoon kosher salt
- 1 cup salsa any kind

FREEZER DIRECTIONS

1. Combine fajita seasoning, salsa, and avocado oil in a medium bowl and mix to combine. Set aside.
2. Next, thinly slice the bell peppers and onion.
3. Transfer the chicken breast, bell peppers, and onion into a freezer-safe gallon-size bag. Pour on the fajita sauce and seal.
4. Use your hands to squish everything around so that the chicken and veggies are coated.
5. Remove as much air as possible from the bag and flatten it out. Seal tightly.
6. Freeze for up to 3 months.

🔥 TO COOK

ADDITIONAL COOKING INGREDIENTS

- 8-10 flour street taco tortillas
- 1/2 cup chopped fresh cilantro
- Sour cream to taste

COOKING DIRECTIONS

1. When you're ready to make your slow cooker chicken fajitas, remove the bag from the freezer and let thaw in the fridge overnight.
2. Once completely thawed, transfer the contents of the bag into your slow cooker.
3. Cover the slow cooker and cook everything for 2 hours on high or 4-6 hours on low. Toss the peppers and onions (if possible) halfway through the cooking time.
4. When the chicken's internal temperature is 165°F remove the chicken from the slow cooker. Slice into thin strips and add it back into the slow cooker. Toss with the peppers, onions, and sauce.
5. Turn the heat on the slow cooker to warm and let the chicken soak up the sauce for 10-15 minutes.
6. Serve chicken fajitas on a street taco with sour cream and fresh cilantro.

FREEZER

Breakfast Quesadillas

❄️ **Freeze:** up to 3 months

🕒 **Prep Time:** 30 minutes

👤 **Serves:** 6



CALORIES: 557KCAL | SUGAR: 2G | FAT: 41G | CARBS: 8G | FIBER: 1G | PROTEIN: 38G

❄️ TO FREEZE

FREEZER INGREDIENTS

- 12 large eggs
- 3 teaspoon taco seasoning
- 4.5 tablespoons olive oil, *separated*
- 1 large white onion, *minced*
- 1.5 teaspoons salt
- 1 pound ground breakfast sausage (plant-based ground works too)
- 6 garlic cloves, *peeled and minced*
- 1.5 cup chopped deboned kale (diced peppers or another veggie works too)
- 6 tablespoons salsa
- 1.5 cups shredded cheese
- 6 large flour tortillas

FREEZER DIRECTIONS

1. Crack eggs into a large bowl and whisk until homogeneous. Add the taco seasoning and whisk again. Set aside.
2. Heat a large nonstick skillet over medium/high heat and 1 tablespoon of olive oil.
3. When the olive oil is fragrant, add the onion to the pan and season with salt. Saute the onion for 2-3 minutes.

4. Add the breakfast sausage and garlic to the onion and combine the ingredients with a spatula. Saute the ingredients together for 2-3 more minutes and then add the kale to the pan.
5. Saute the vegetables with the breakfast sausage until the meat is fully cooked.
6. Pour the whisked eggs into the skillet and cook the eggs over medium/high heat and push the eggs around with a spatula until they are fully cooked.
7. Remove the eggs from the pan and add 1/2 tablespoon of olive oil to the pan. Turn heat to medium.
8. Add the tortilla to the pan and add half of the egg mixture to half of the tortilla. Pour 1 tablespoon of salsa over the eggs and then sprinkle on 1/4 cup of shredded cheese.
9. Fold the tortilla over the eggs and set a heavy cast iron skillet on top of the quesadilla.
10. Let the quesadilla brown for 1-2 minutes or until golden brown (the time could vary by the stove). Carefully flip the quesadilla with a spatula. Place the cast iron back onto the quesadilla and brown for another 1-2 minutes until golden brown.
11. Remove the quesadilla from the pan and repeat steps 8-10 to complete the other quesadillas.
12. Let them cool for 10 minutes and then tightly wrap them in tin foil.
13. Freeze for up to 3 months.

FREEZER

Breakfast Quesadillas

❄️ **Freeze:** up to 3 months

🕒 **Prep Time:** 30 minutes

👤 **Serves:** 6



CALORIES: 557KCAL | SUGAR: 2G | FAT: 41G | CARBS: 8G | FIBER: 1G | PROTEIN: 38G



🔥 TO COOK

ADDITIONAL COOKING INGREDIENTS

- Sour cream, *for topping*
- Salsa, *for topping*
- Avocado, *for topping*

COOKING DIRECTIONS

1. **MICROWAVE:** unwrap the tin foil and then defrost it in the microwave for a few minutes before microwaving on high for 1 - 2 minutes.
2. **OVEN:** preheat oven to 350°F. Place frozen quesadilla in the oven fully wrapped in tin foil. Bake for 30-40 minutes or until the quesadilla is thawed and hot.

INSTANT POT

Instant Pot Butternut Squash Soup

❄️ **Freeze:** up to 3 months 👤 **Serves:** 6

🕒 **Prep Time:** 30 minutes



CALORIES: 156KCAL | SUGAR: 14G | FAT: 5G | CARBS: 31G | FIBER: 4G | PROTEIN: 2G

❄️ TO FREEZE

FREEZER INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion chopped
- 4 cloves garlic peeled and smashed
- 1 large butternut squash quartered
- 2 cups vegetable broth
- 1/2 teaspoon salt or more, *to taste*
- 1/2 teaspoon ground pepper
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon apple cider vinegar

FREEZER DIRECTIONS

1. Begin by preparing butternut squash. Cut the top off of the squash and then cut it in half, length-wise. Use a large spoon to remove the seeds and discard them. Then, cut each half in half again, length-wise to quarter the squash.
2. Next, turn on the Instant Pot's saute feature. Add olive oil.
3. When olive oil is fragrant, add onions and garlic to the Instant Pot and saute for 7-9 minutes, stirring periodically.
4. Then, deglaze your Instant Pot by adding broth. Use a wooden utensil to scrape the brown bits from the bottom of your pot. This will help prevent the burn notice.
5. Set the quartered squash on top of the onions, garlic, and

broth. Season the squash with salt, pepper, and cinnamon. Pour apple cider vinegar over the squash.

6. Close your Instant Pot and turn the valve to seal. Cook on high pressure for 8 minutes. It will take around 10 minutes for the pressure to fully build up and start counting down from 8.
7. When the timer goes off, quick-release the pressure and uncover the Instant Pot.
8. Remove quartered butternut squash from the Instant Pot and carefully scoop the innards out from the butternut squash skin. Be careful, it will be hot! Discard the skin, and place innards back into the Instant Pot.
9. Use an immersion blender to blend everything together until smooth.* Option to add a little more broth if you like your squash soup thinner.
10. Let it cool for about 20 minutes and then transfer it into a silicone freezing tray or freezer-safe container. You can fill 4 portions or 6.
11. Cover and let freeze for at least 12 hours.
12. Once frozen, transfer into a freezer-safe gallon-size bag and store for up to 3 months.

INSTANT POT

Instant Pot Butternut Squash Soup

❄️ **Freeze:** up to 3 months 👤 **Serves:** 6

🕒 **Prep Time:** 30 minutes



CALORIES: 156KCAL | SUGAR: 14G | FAT: 5G | CARBS: 31G | FIBER: 4G | PROTEIN: 2G



🔥 TO COOK

ADDITIONAL COOKING INGREDIENTS

- Crumbled feta cheese, *for serving*
- Cooked wild rice, *for serving*
- Raw pepitas, *for serving*

COOKING DIRECTIONS

1. Remove 1 cube from the silicone mold.
2. Place it into a medium saucepan and heat over medium heat.
3. Stir periodically until soup is fully melted and heated. You may need to thin the soup out. You can do so by adding broth or water until it reaches the desired consistency.

MAKE-AHEAD

Lactation Cookies

❄️ **Freeze:** up to 3 months

🕒 **Prep Time:** 30 minutes

👤 **Serves:** 12



CALORIES: 173KCAL | SUGAR: 11G | FAT: 10G | CARBS: 18G | FIBER: 2G | PROTEIN: 5G

❄️ TO FREEZE

FREEZER INGREDIENTS

- 1/4 cup melted unsalted butter
- 1/2 cup light brown sugar, *packed*
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 large egg
- 1/2 cup creamy all-natural peanut butter
- 2 cups quick-cooking oats, *gluten-free if desired*
- 2 tablespoons flaxseed meal
- 2 tablespoons brewers yeast
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup dark chocolate chips
- Sea salt, *for garnish*

FREEZER DIRECTIONS

1. First, preheat the oven to 350°F and spray a baking sheet with nonstick cooking spray. Set aside.
2. Cream the butter, brown sugar, maple syrup, and vanilla together in a large mixing bowl (we used an electric mixer but you can use a whisk and do it by hand, too). Then, add the egg and peanut butter to the creamed mixture and mix until combined.
3. Next, add the oats, flaxseed meal, brewers yeast, baking

soda, and salt to the bowl and mix until combined. Add the chocolate chips and mix again. Your dough should be the consistency of cookie dough.

4. Scoop 2 tablespoons of batter into your hands and form it into a ball. Place it onto the cookie sheet and slightly press down to form a cookie shape. The batter will feel a bit wet, but they will be so soft and chewy when done baking!* Sprinkle the tops with sea salt.
5. Repeat the process above until you've fit 6 cookies on your baking sheet.
6. Bake cookies at 350°F for 11-14 minutes or until they begin to turn golden brown.
7. Remove cookies and let cool for a couple of minutes on the baking sheet before transferring to a wire rack to continue cooling for at least 1 hour to firm up.
8. Once cooled, transfer them back onto a parchment-lined baking sheet.
9. Place the baking sheet in the freezer and freeze for 2 hours. This step prevents the cookies from sticking together in the plastic bag.
10. Transfer the partially frozen cookies into a freezer-safe gallon-size bag and store in the freezer for up to 3 months.

❄️ **To Serve:** when you're ready to eat a lactation cookie, simply grab a cookie from the bag and let it sit on the counter for 5 minutes!

SNACK

Collagen Cookie Dough

❄️ **Freeze:** up to 3 months

🕒 **Prep Time:** 15 minutes

👤 **Serves:** 18



CALORIES: 141KCAL | SUGAR: 6G | FAT: 8G | CARBS: 9G | FIBER: 1G | PROTEIN: 10G

❄️ TO FREEZE

FREEZER INGREDIENTS

- 1 cup drippy, all-natural peanut butter
- 1/2 cup vanilla collagen powder we used Vital Proteins
- 1 cup quick-cooking oats
- 3 tablespoons honey or maple syrup
- 1/4 cup mini chocolate chips or mini M&M's
- 1-4 tablespoons water*

FREEZER DIRECTIONS

1. Place peanut butter, collagen powder, rolled oats, honey, and mini chocolate chips into a medium bowl.
2. Use a wooden spoon or your hands to mix the dough together. At this point, begin to add water by the teaspoon. Depending on how drippy your peanut butter is, you'll need to add more or less water*. The water not only helps moisten things so your balls hold shape, but they actually help your balls become less chalky.
3. Use a 1-tablespoon cookie scoop to scoop a heaping tablespoon into your palms. Roll into balls until all dough is gone. You should get somewhere between 16 balls.
4. Transfer them onto a parchment-lined baking sheet and freeze for 2 hours.



5. Once they are almost frozen, transfer them into a freezer-safe gallon-size bag and freeze for up to 3 months.

❄️ **To Serve:** remove a few balls from the freezer and let them come to room temperature on the counter. Enjoy!