



Freezer Meals

MELISSA SCALA

Hello
Wellness Lovely

MON



BREAKFAST
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cauliflower Shake



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Chicken, Rice & Broccoli



SNACK 3
Chocolate Zucchini Muffins

TUE



BREAKFAST
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cauliflower Shake



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Creamy Potato, Lentil & Kale Casserole



SNACK 3
Chocolate Zucchini Muffins

WED



BREAKFAST
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cauliflower Shake



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Chicken, Rice & Broccoli



SNACK 3
Chocolate Zucchini Muffins

THU



BREAKFAST
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Skillet Sausage & Apples with Avocado



SNACK 3
Chocolate Zucchini Muffins

FRI



BREAKFAST
Freezer Veggie Breakfast Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Creamy Potato, Lentil & Kale Casserole



SNACK 2
Breakfast Oatmeal Cookies



DINNER
Skillet Sausage & Apples with Avocado



SNACK 3
Chocolate Zucchini Muffins

SAT



BREAKFAST
Freezer Veggie Breakfast Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Chicken, Rice & Broccoli



SNACK 2
Breakfast Oatmeal Cookies



DINNER
Creamy Potato, Lentil & Kale Casserole



SNACK 3
No Bake Apple Cinnamon Bites

SUN



BREAKFAST
Freezer Veggie Breakfast Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Chicken, Rice & Broccoli



SNACK 2
Breakfast Oatmeal Cookies



DINNER
Creamy Potato, Lentil & Kale Casserole



SNACK 3
No Bake Apple Cinnamon Bites

MON

FAT 29% CARBS 48% PROTEIN 23%

Calories 1671
Fat 56g
Saturated 7g
Carbs 203g
Fiber 45g
Sugar 45g
Protein 97g
Sodium 1618mg
Vitamin A 16040IU
Vitamin C 168mg
Calcium 960mg
Iron 15mg
Vitamin D 112IU
Vitamin B12 1.0µg
Magnesium 568mg
Zinc 6mg
Selenium 65µg

TUE

FAT 33% CARBS 49% PROTEIN 18%

Calories 1766
Fat 66g
Saturated 25g
Carbs 222g
Fiber 56g
Sugar 51g
Protein 81g
Sodium 1883mg
Vitamin A 30535IU
Vitamin C 139mg
Calcium 1005mg
Iron 19mg
Vitamin D 111IU
Vitamin B12 0.8µg
Magnesium 562mg
Zinc 6mg
Selenium 33µg

WED

FAT 29% CARBS 48% PROTEIN 23%

Calories 1671
Fat 56g
Saturated 7g
Carbs 203g
Fiber 45g
Sugar 45g
Protein 97g
Sodium 1618mg
Vitamin A 16040IU
Vitamin C 168mg
Calcium 960mg
Iron 15mg
Vitamin D 112IU
Vitamin B12 1.0µg
Magnesium 568mg
Zinc 6mg
Selenium 65µg

THU

FAT 39% CARBS 41% PROTEIN 20%

Calories 1598
Fat 71g
Saturated 15g
Carbs 164g
Fiber 40g
Sugar 53g
Protein 80g
Sodium 1464mg
Vitamin A 18658IU
Vitamin C 55mg
Calcium 859mg
Iron 14mg
Vitamin D 111IU
Vitamin B12 0.8µg
Magnesium 364mg
Zinc 5mg
Selenium 27µg

FRI

FAT 46% CARBS 37% PROTEIN 17%

Calories 2038
Fat 106g
Saturated 41g
Carbs 191g
Fiber 43g
Sugar 61g
Protein 85g
Sodium 1766mg
Vitamin A 24009IU
Vitamin C 146mg
Calcium 908mg
Iron 16mg
Vitamin D 160IU
Vitamin B12 1.2µg
Magnesium 399mg
Zinc 7mg
Selenium 41µg

SAT

FAT 34% CARBS 46% PROTEIN 20%

Calories 1776
Fat 67g
Saturated 29g
Carbs 208g
Fiber 36g
Sugar 52g
Protein 89g
Sodium 1812mg
Vitamin A 24116IU
Vitamin C 209mg
Calcium 898mg
Iron 15mg
Vitamin D 151IU
Vitamin B12 1.3µg
Magnesium 429mg
Zinc 8mg
Selenium 75µg

SUN

FAT 34% CARBS 46% PROTEIN 20%

Calories 1776
Fat 67g
Saturated 29g
Carbs 208g
Fiber 36g
Sugar 52g
Protein 89g
Sodium 1812mg
Vitamin A 24116IU
Vitamin C 209mg
Calcium 898mg
Iron 15mg
Vitamin D 151IU
Vitamin B12 1.3µg
Magnesium 429mg
Zinc 8mg
Selenium 75µg

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
- 2 cups Canned Coconut Milk
- 1 1/3 cups Chickpeas
- 2 cups Green Lentils
- 1 1/3 cups 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 1/2 tbsps Dark Chocolate Chips
- 1 1/8 cups Oats
- 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 tbsps Dijon Mustard
- 3/4 tsp Cumin
- 1 1/4 tbsps Tamari
- 1/8 tsp Sea Salt (or more to taste)
- 4 Brown Rice Tortilla (11 inches)

DIRECTIONS

- 01 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.
- 02 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 03 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.
- 04 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 05 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.

NUTRITION

AMOUNT PER SERVING

Calories	369	Vitamin C	12mg
Fat	6g	Calcium	61mg
Saturated	1g	Iron	4mg
Carbs	66g	Vitamin D	0IU
Fiber	13g	Vitamin B12	0µg
Sugar	9g	Magnesium	78mg
Protein	12g	Zinc	1mg
Sodium	643mg	Selenium	2µg

Vitamin A 11152IU

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

- 01 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 02 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.
- 03 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.
- 04 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 05 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

NUTRITION

AMOUNT PER SERVING

Calories	329	Vitamin C	52mg
Fat	14g	Calcium	59mg
Saturated	3g	Iron	3mg
Carbs	38g	Vitamin D	49IU
Fiber	5g	Vitamin B12	0.5µg
Sugar	7g	Magnesium	24mg
Protein	12g	Zinc	1mg
Sodium	521mg	Selenium	19µg
Vitamin A	4973IU		

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

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

NUTRITION

AMOUNT PER SERVING

Calories	449	Vitamin C	67mg
Fat	16g	Calcium	695mg
Saturated	2g	Iron	4mg
Carbs	50g	Vitamin D	101IU
Fiber	17g	Vitamin B12	0.6µg
Sugar	20g	Magnesium	236mg
Protein	31g	Zinc	2mg
Sodium	235mg	Selenium	9µg
Vitamin A	593IU		

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

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

NUTRITION

AMOUNT PER SERVING

Calories	218	Vitamin C	19mg
Fat	3g	Calcium	615mg
Saturated	0g	Iron	2mg
Carbs	28g	Vitamin D	101IU
Fiber	6g	Vitamin B12	0.6µg
Sugar	20g	Magnesium	105mg
Protein	22g	Zinc	2mg
Sodium	222mg	Selenium	7µg
Vitamin A	3411IU		

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 tsps Curry Powder
1 1/3 Garlic (cloves, minced)
1 1/3 cups Vegetable Broth (or any type of broth)
5 1/3 ozs Chicken Breast

DIRECTIONS

- 01 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.
- 02 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.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	185	Vitamin C	4mg
Fat	3g	Calcium	52mg
Saturated	0g	Iron	3mg
Carbs	26g	Vitamin D	0IU
Fiber	6g	Vitamin B12	0.1µg
Sugar	5g	Magnesium	54mg
Protein	15g	Zinc	1mg
Sodium	262mg	Selenium	12µg
Vitamin A	3587IU		

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 tsps Raw Honey
1/2 Apple (peeled, cored and finely diced)

DIRECTIONS

- 01 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 02 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 03 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!

NUTRITION

AMOUNT PER SERVING

Calories	84	Vitamin C	1mg
Fat	4g	Calcium	28mg
Saturated	0g	Iron	1mg
Carbs	10g	Vitamin D	0IU
Fiber	2g	Vitamin B12	0µg
Sugar	4g	Magnesium	25mg
Protein	2g	Zinc	0mg
Sodium	1mg	Selenium	2µg
Vitamin A	7IU		

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 Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	258	Vitamin C	4mg
Fat	12g	Calcium	21mg
Saturated	4g	Iron	1mg
Carbs	31g	Vitamin D	0IU
Fiber	4g	Vitamin B12	0µg
Sugar	11g	Magnesium	67mg
Protein	7g	Zinc	1mg
Sodium	41mg	Selenium	7µg
Vitamin A	28IU		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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.
- 04 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

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)

NUTRITION

AMOUNT PER SERVING

Calories	396	Vitamin C	81mg
Fat	12g	Calcium	65mg
Saturated	2g	Iron	2mg
Carbs	41g	Vitamin D	1IU
Fiber	4g	Vitamin B12	0.2µg
Sugar	2g	Magnesium	107mg
Protein	31g	Zinc	2mg
Sodium	381mg	Selenium	36µg
Vitamin A	601IU		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 02 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.
- 03 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.
- 04 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.
- 05 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

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 Canned Coconut Milk (full fat)
- 1 1/2 cups Pureed Pumpkin
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 1 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly ovetop, 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.
- 03 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.
- 04 Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	491	Vitamin C	52mg
Fat	22g	Calcium	110mg
Saturated	20g	Iron	6mg
Carbs	60g	Vitamin D	0IU
Fiber	15g	Vitamin B12	0µg
Sugar	8g	Magnesium	101mg
Protein	15g	Zinc	2mg
Sodium	646mg	Selenium	4µg
Vitamin A	15096IU		

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)

NUTRITION

AMOUNT PER SERVING

Calories	554	Vitamin C	16mg
Fat	40g	Calcium	44mg
Saturated	12g	Iron	3mg
Carbs	24g	Vitamin D	0IU
Fiber	10g	Vitamin B12	0µg
Sugar	10g	Magnesium	34mg
Protein	23g	Zinc	1mg
Sodium	240mg	Selenium	0µg
Vitamin A	401IU		

DIRECTIONS

- 01 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.
- 02 Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

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)

NUTRITION

AMOUNT PER SERVING

Calories	188	Vitamin C	3mg
Fat	15g	Calcium	59mg
Saturated	2g	Iron	1mg
Carbs	10g	Vitamin D	10IU
Fiber	3g	Vitamin B12	0.1µg
Sugar	5g	Magnesium	68mg
Protein	6g	Zinc	0mg
Sodium	96mg	Selenium	4µg
Vitamin A	100IU		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush each liner with a small amount of coconut oil or use a silicone muffin tray.
- 02 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 03 In a medium-sized bowl, whisk together the oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 04 Spoon the muffin batter into the prepared muffin tray, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
- 05 Let cool completely before eating, to prevent the muffins from sticking to the liners.