

# High Protein Freezer Meals

5 Batch-Cook Dinners | 20g+ Protein Per Serving | One 3-Hour Sunday Session

## Turkey and White Bean Chili

Serves 6 | ~28g protein/serving | Freezes up to 3 months

### Ingredients

1.5 lbs ground turkey  
2 cans (15 oz) cannellini beans, drained  
1 can (15 oz) diced tomatoes  
1 can (4 oz) diced green chiles  
2 cups low-sodium chicken broth  
1 small onion, diced | 3 cloves garlic, minced  
1 tsp each: cumin, chili powder, smoked paprika  
Salt, pepper, 2 tsp olive oil

### Steps

1. Brown turkey in olive oil 6 min. Season with salt.
2. Add onion and garlic. Cook 2 min until soft.
3. Stir in spices. Toast 1 min.
4. Add broth, tomatoes, chiles, beans. Simmer uncovered 20 min.
5. Cool 30 min. Portion and label. Freeze.

## Chicken Thigh Tikka Masala

Serves 6 | ~31g protein/serving | Freezes up to 3 months

### Ingredients

2 lbs boneless chicken thighs, cut in 1.5-in pieces  
1 can (14 oz) full-fat coconut milk  
1 can (14 oz) crushed tomatoes  
1 small onion, diced | 4 cloves garlic, minced  
1 tbsp fresh ginger (or 1 tsp ground)  
2 tsp garam masala, 1 tsp each: turmeric, cumin, paprika  
2 tbsp olive oil | Salt to taste

### Steps

1. Sear chicken in oil over med-high 3 min. Do not stir.
2. Flip. Add onion, garlic, ginger. Cook 2 min.
3. Add spices. Stir and toast 1 min.
4. Pour in tomatoes and coconut milk. Scrape pan. Simmer 20 min.
5. Cool 30 min. Portion with equal sauce. Freeze without rice.

## Ground Beef and Lentil Stuffed Peppers

Serves 6 | ~27g protein/serving | Freezes up to 2 months

### Ingredients

1 lb lean ground beef (85/15)  
1 cup dry red lentils, cooked  
1 can (14 oz) diced tomatoes, drained  
1 tsp each: cumin, garlic powder, smoked paprika  
6 medium bell peppers, halved and seeded  
1/2 cup shredded mozzarella or cheddar  
Salt and pepper to taste

### Steps

1. Cook lentils per package. Drain.
2. Brown beef. Drain fat.
3. Combine beef, lentils, tomatoes, spices. Cook 3 min.
4. Fill pepper halves. Top with cheese.
5. Cool fully. Wrap and freeze. Bake from thawed at 375°F for 30 min.

## Chicken Meatballs in Marinara

Serves 6 | ~24g protein/serving | Freezes up to 3 months

### Ingredients

1.5 lbs ground chicken  
1/3 cup breadcrumbs | 1 egg  
1/4 cup grated parmesan  
3 cloves garlic, minced  
1 tsp each: dried oregano, garlic powder  
2 cups jarred marinara sauce  
1 tbsp olive oil | Salt, pepper

### Steps

1. Mix chicken, breadcrumbs, egg, parmesan, garlic, spices. Do not overwork.
2. Roll into 1.5-in balls (~24 total).
3. Sear in oil med-high 2 min per side until golden.
4. Add marinara. Cover and simmer 12 min until cooked through.
5. Cool fully. Portion meatballs with sauce. Freeze flat.

## Black Bean and Beef Enchilada Casserole

Serves 8 | ~26g protein/serving | Freezes up to 2 months

### Ingredients

1 lb ground beef (85/15)  
1 can (15 oz) black beans, drained  
1 can (28 oz) red enchilada sauce  
6 corn tortillas, cut into strips  
1.5 cups shredded Mexican cheese blend  
1 tsp each: cumin, garlic powder | Salt

### Steps

1. Brown beef. Drain fat. Add cumin and garlic powder.
2. Stir in beans and 1/2 cup enchilada sauce. Remove from heat.
3. Layer in 9x13 dish: sauce, tortilla strips, beef mix, repeat.
4. Top with remaining sauce and cheese.
5. Cover with plastic wrap and foil. Freeze. Bake from thawed 375°F 35 min, uncover last 10 min.

### Reheat Guide

**Thaw first:** Move from freezer to fridge the night before.

**Microwave:** 50% power in 2-min intervals. Stir between each.

**Stovetop:** Low heat with lid. Add 2 tbsp broth if sauce thickened.

**Oven:** Cover with foil first 20 min. Uncover last 10 min.

**Temp check:** All proteins to 165°F before serving.

### 3-Hour Sunday Sequence

0:00 -- Start longest-cook items (chili, casserole) first.

0:15 -- Dice all onions, mince all garlic for every recipe at once.

0:30 -- Run oven and stovetop tracks in parallel.

1:30 -- Move finished dishes to sheet pans to cool.

2:00 -- Portion, label with name and date, and pack.

2:30 -- Freezer loaded. 30 min buffer remaining.