

# CHILLED MASTER CHEAT SHEET

Dinner Options	Thaw or Frozen	Cooking Method	Cook Time	Recommended Side Dishes
Ally's Chicken Ramen Soup	thaw overnight or defrost to fit	stovetop	5-10 min	7-minute egg, dinner roll
Apple Cinnamon Breakfast Bars	thaw overnight	oven	350° 20-25 min	fried egg, fresh fruit
Apple Cinnamon French Toast Casserole	thaw 24 hrs in fridge	oven	350° 40-55 min	fried egg, sausage, bacon
Asian Chicken Lettuce Wraps	thaw overnight defrost to fit	stovetop instant pot	med/hi 5-7 min hi 10 minutes	rice, quinoa, roasted sweet potatoes
Asian Garlic Zucchini Noodles with Shrimp	either	stovetop	until heated, approx. 7-10 min, longer if frozen	tossed salads, dinner rolls
Bacon Cheddar Cauliflower Soup	thaw overnight defrost on 50% 2-3 min	stovetop microwave	med/low until warm; 2 min increments on hi until warm	tossed salads, dinner rolls
Bacon Chicken Ranch Taquitos	frozen	oven microwave air fryer	425° 17-24 min 60-90 secs 400° 8-10 min	cottage cheese, tossed salad
Bacon Chicken Ranch Bake	thaw overnight	oven	400° 35-45 min	chop salad, dinner rolls
Bacon, Egg, and Cheese Breakfast Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Baked Mac and Cheese	thaw overnight frozen	oven stovetop	350° 25-30 min med/low until warm	tossed salad, roasted or steamed broccoli
Bang Bang Shrimp Pasta	thaw overnight or defrost in microwave	stovetop microwave	5-10 min	garlic bread, tossed salad
BBQ Chicken Sliders	thaw overnight	oven	350° 26-32 min	tossed salad, sauteed green beans

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Beef and Potato Foil Pack	thaw 2-4 hrs	grill oven	med/hi 20-25 min 400° 20-25 min	grilled peppers, grilled pineapple
Beef Fajita Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Beefy Vegetable Soup	thaw overnight defrost on 50% 2-3 min	stovetop microwave	med/low until warm; 2 min increments on hi until warm	tossed salads, dinner rolls
Biscuits and Gravy Breakfast Casserole	thaw 24 hrs in fridge	oven	350° 40-55 min	fried egg, bacon
Blueberry Breakfast Bars	thaw overnight	oven	350° 20-25 min	fruit smoothie
Blueberry Cream Cheese French Toast Casserole	thaw 24 hrs in fridge	oven	350° 40-55 min	fried egg, sausage, bacon
Broccoli Cheddar Frittata	thaw 24-36 hrs	oven	350° 40-50 min	fruit smoothie, fresh fruit
Broccoli Cheddar Soup	thaw overnight defrost on 50% 2-3 min	stovetop microwave	med/low until warm; 2 min increments on hi until warm	tossed salads, dinner rolls
Buffalo Chicken Dip	thaw overnight frozen	oven microwave	350° 28-30 min; 50% power 3 min then 60 sec intervals on hi until warm	pita chips, fresh veggies
Buffalo Chicken Sliders	thaw overnight	oven	350° 25-30 min	cottage cheese, tossed salad, fresh veggies
Buffalo Chicken Taquitos	frozen	oven microwave air fryer	425° 17-24 min 60-90 secs 400° 8-10 min	cottage cheese, tossed salad
Butter Chicken	thaw overnight thaw on 50% until broken up	stovetop microwave	med/low until warm; 2 min increments on hi until warm	white rice, noodles, steamed vegetables
Cauliflower Chicken Fried Rice	thaw overnight	stovetop	med/hi 4-5 min	steamed broccoli, baked potato

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Cauliflower Mac and Cheese	thaw overnight	oven	350° 20-30 min	green beans, broccoli, brussels sprouts
Cheeseburger Casserole	thaw overnight	oven	375° 45-60 min	mashed potatoes, roasted asparagus
Cheeseburger Soup	thaw overnight defrost on 50% 2-3 min	stovetop microwave	med/low until warm; 2 min increments on hi until warm	tossed salads, dinner rolls
Cheesy Beef Taquitos	frozen	oven microwave air fryer	425° 17-19 min 60-90 secs 400° 8-10 min	tossed salad, salsa
Cheesy Enchilada Chili	frozen defrost until fits	crockpot instant pot	low 6 hrs or hi 4 hrs; high 20 min + 10 min natural release	breadsticks, tossed salad
Cheesy Pull Apart Garlic Bread	thaw overnight	oven	350° 20-25 min	broccoli cheddar soup, tossed salad
Cheesy Reuben Bake	thaw 24 hrs in fridge	oven	350° 40-45 min	tossed salad, breadsticks
Chicken and Wild Rice Soup	thaw overnight defrost on 50% 2-3 min	stovetop microwave	5-10 min	tossed salads, dinner rolls
Chicken Enchilada Casserole	thaw overnight	oven	350° 30 min	tossed salad, guacamole
Chicken Fajitas	frozen defrost until fits	oven 9x13 baking dish instant pot	400° 35-40 min; high 20 min + 10 min natural release	rice, guacamole, tortilla with sour cream
Chicken Fried Rice	thaw overnight or defrost until broken up	stovetop	med/hi 4-5 min or until warm	egg, steamed broccoli, baked potato
Chicken Parmesan Sliders	thaw overnight	oven	350° 25-30 min	tossed salad, fresh veggies
Chocolate Chip Breakfast Bars	thaw overnight	oven	350° 20-25 min	fruit smoothie
Chocolate Peanut Butter Breakfast Bars	thaw overnight	oven	350° 20-25 min	fried egg, fresh fruit

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Chocolate Swirl French Toast Casserole	thaw 24 hrs in fridge	oven	350° 40-55 min	fried egg, sausage, bacon
Chorizo Breakfast Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Copy Cat Maid-Rite Meat	either	stovetop crock pot microwave	med/low; low 3-4 hrs; hi power 60 sec intervals	toasted bun, roasted broccoli
Crack Chicken Sliders	thaw overnight	oven	350° 25-30 min	steamed broccoli, roasted potatoes
Creamy Fiesta Green Chile Chicken Bake	thaw overnight	oven	400° 43-50 min	rice, cauliflower rice
Crock Pot Broccoli Beef	frozen	crock pot instant pot	low 4-6 hrs; hi 30 + 10 min natural release	rice, party potatoes, corn
Crock Pot Chicken Taco Chili	frozen defrost until fits	crockpot instant pot	low 4-6 hr or hi 3-4 hr; high 20 min + 10 min natural release	breadsticks, tossed salad
Crock Pot Honey Lime Chicken	frozen defrost until fits	crock pot instant pot	low 4-6 hr or hi 3-4 hr; high 20 min + 10 min natural release	rice, tossed salad, hawaiian rolls
Crock Pot Mexican Quinoa	either	crock pot instant pot	hi 3-4 hr then low 30 min; hi 3 min + 10 min natural release	snap peas, sauteed green beans
Crock Pot Tomato Soup	frozen	crock pot instant pot	low 4-6 hr or hi 3-4 hr; hi 10 min	grilled cheese, tossed salad
Crockpot BBQ Chicken	either defrost until fits	crock pot instant pot	low 4-6 hr or hi 3-4 hr; high 20 min + 10 min natural release	green beans, broccoli, brussels sprouts
Darn Good Chili	thaw overnight defrost until fits	crockpot instant pot	low 4-6 hr or hi 3-4 hr; high 20 min + 10 min natural release	breadsticks, tossed salad
Egg and Cheese Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fried egg, fresh fruit

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Egg Roll in a Bowl	either defrost to fit	stovetop instant pot	med/hi 5-7 min hi 10 min	snap peas, sauteed green beans
Freezer-To-Grill Shish Kabobs	thaw overnight	grill oven	med until cooked 400° 15-18 min	tossed salad, roasted potatoes
Garlic Parmesan Shrimp with Spiralized Zucchini	thaw 4-6 hrs	stovetop	med/hi sear shrimp 2 min + remove, 3-5 min other ingredients	tossed salad, breadsticks
Green Chile Cornbread	thaw overnight	oven	350° 30-35 min	fresh fruit
Ham and Cheese Breakfast Bake	thaw 24-36 hrs in fridge	oven	350° 40-50 min	fresh fruit
Ham and Cheese Breakfast Enchiladas	thaw overnight	oven	350° 35-40 min	fried egg, fresh fruit
Hawaiian Chicken Bake	thaw overnight	oven	375° 35-45 min	tossed salad, hawaiian rolls
Hawaiian Chicken Kabobs	thaw overnight	grill oven	until temp is 165° 400° 15 min	tossed salad, roasted potatoes
Hawaiian Pork Burrito Bowls	thaw overnight	crock pot stovetop	4-6hrs	tossed salad, hawaiian rolls
Homestyle Chicken Noodle Soup	thaw overnight	crockpot instant pot	low 4-6 hr or hi 3-4 hr then add noodles & cook until tender; hi 10 min	grilled cheese, tossed salad
Honey Sesame Chicken	thaw overnight defrost until fits	crock pot instant pot	low 3-4 hrs; high 20 min + 10 min natural release	rice, tossed salad, hawaiian rolls
Iowa Ham Balls	thaw overnight	oven	325° 45 min	grilled zucchini, mashed potatoes
Italian Beef Sliders	thaw overnight	oven	350° 25-30 min	roasted potatoes, carrots, and parsnips

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Italian Wedding Soup	thaw overnight defrost on 50% 2-3 min	stovetop microwave	med/low until warm; 2 min increments on hi until warm	tossed salads, breadsticks
Keto Mini Zucchini Lasagnas	frozen	oven microwave	350° 30-45 min 80% power 4-8 min	garlic bread, tossed salad
Lasagna Primavera	frozen	oven microwave	350° 30-45 min 80% power 4-8 min	garlic bread, tossed salad
Lasagna Soup	either	crockpot instant pot	low 4-6 hr or hi 3-4 hr then add noodles & cook until tender; hi 10 min	grilled cheese, tossed salad
Mango Lime Pork Chops	thaw overnight	grill stovetop	med/hi 2-3 min each side	grilled zucchini, roasted potatoes
Marinated Chicken Breasts	thaw overnight	grill oven	med/hi 12 min 425° 20-25 min	caesar salad, grilled veggies, quinoa
Mashed Potatoes	thaw overnight either	oven microwave	350° 20-25 min; 80% power up to 5 min then 45 sec increments	garlic bread, tossed salad, chicken breasts
Mexican Chicken Soup	thaw overnight	crock pot instant pot	hi 3-4 hr or low 4-6 hr hi 10 min	tossed salad, avocado
Mexican Cornbread Casserole	thaw overnight	oven	400° 35-40 min	spanish rice, tossed salad
Mexican Lasagna	thaw overnight	oven	350° 30 min	spanish rice, tossed salad
Minestrone Soup	either	crockpot instant pot	low 4-6 hr or hi 3-4 hr and add noodles for last 30 min; hi 10 min	grilled cheese, tossed salad
Mini BBQ Cheddar Meatloaves	thaw overnight	oven	425° 20-25 min	mashed potatoes, roasted asparagus
Mini Chicken Alfredo Lasagnas	frozen	oven microwave	350° 30-45 min 80% power 4-8 min	garlic bread, tossed salad

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Mini Lasagnas	frozen	oven microwave	350° 30-45 min 80% power 4-8 min	garlic bread, tossed salad
Mississippi Chicken	thaw defrost to fit	crock pot instant pot	low 6-8 hr or hi 3-4 hr high 20 min + 10 min natural release	mashed potatoes, cauliflower rice
Mississippi Pot Roast	thaw defrost to fit	crock pot instant pot	low 6-8 hrs high 60 min	mashed potatoes, cauliflower rice
Monte Cristo Sliders	thaw overnight	oven	350° 25-30 min	tossed salad, fresh veggies
Parmesan Meatball Bake	thaw overnight	oven microwave	400° 15-20 min 80% power 4-8 min	tossed salad, dinner rolls
Pasta Packs	either	microwave	2 min if frozen 30 secs thawed	texas toast, tossed salad, sauteed vegetable
Pepperoni Pizza Dip	thaw overnight frozen	oven microwave	350° 28-30 min; 50% power 3 min then 60 sec intervals on hi until warm	pita chips, fresh veggies
Philly Cheese Steak Casserole	thaw overnight	oven microwave	350° 20-30 min 80% power 4-8 min	chop salad, roasted potatoes
Pork Butt Mac and Cheese	thaw overnight frozen	oven stovetop	350° 25-30 min med/low until warm	tossed salad, roasted or steamed broccoli
Pumpkin Spice Break-fast Bars	thaw overnight	oven	350° 35-40 min	fried egg, fresh fruit
Salsa Chicken Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Sausage and Corn Chowder	thaw overnight defrost on 50% 2-3 min	stovetop microwave	med/low until warm; 2 min increments on hi until warm	tossed salads, dinner rolls
Sausage and Potato Break-fast Hash	either	stovetop microwave	med/hi until warm; 30 sec intervals until warm	fried egg, fruit smoothie
Sausage and Veggie Frittata	thaw 24-36 hrs	oven	350° 40-50 min	fruit smoothie, fresh fruit

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Sausage Stuffed Peppers in Marinara	thaw overnight	oven	400° 50 min	tossed salad, pasta, rice
Sausage, Egg, and Cheese Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Savory Apple Pork Chops	either	crock pot instant pot	low 5-6 hr or hi 3-4 hr high 15 min + 10 min natural release	grilled zucchini, roasted potatoes
Shepherd's Pie	thaw overnight	oven	400° 25-30min	roasted potatoes, carrots, & parsnips
Shipwreck Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Shipwreck Frittata	thaw 24-36 hrs	oven	350° 40-50 min	fruit smoothie, fresh fruit
Shrimp Boil Foil Pack	thaw 2-4 hrs	grill oven	med/hi 20-25 min 400° 20-25 min	rice, quinoa, tossed salad
Southwest Breakfast Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Southwest Chicken Foil Pack	thaw 2-4 hrs	grill oven	med/hi 20-25 min 400° 20-25 min	rice, quinoa, tossed salad
Southwest Veggie Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Spinach and Artichoke Dip	thaw overnight frozen	oven microwave	350° 28-30 min; 50% power 3 min then 60 sec intervals on hi until warm	pita chips, fresh veggies
Stir Fry Noodles with Peanut Sauce	either	stovetop	med/hi 5-8 min	asian chop salad, roasted asparagus
Strawberry Breakfast Bars	thaw overnight	oven	350° 20-25 min	fried egg, fresh fruit



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Stuffed Chicken Parmesan Meatloaf	thaw overnight	oven	400° 40-45 min	mashed potatoes, cauliflower rice
Stuffed Pepper Soup	either	crock pot instant pot	low 4-6 hr or hi 3-4 hr hi 10 min	grilled cheese, tossed salad
Superfood Rotini	thaw overnight defrost until fits defrost until fits	crock pot instant pot stovetop	4-6 hours 10-20 min 10-20 min	grilled cheese, tossed salad
Supreme Pizza Chicken	thaw overnight	oven	400° 30 min	pasta, tossed salad
Sweet and Spicy Chicken	Either defrost until fits	crock pot instant pot	hi 3-4 hr or low 4-6 hr; hi 20 min + 10 min natural release	tortillas, cilantro, sour cream, onion
Sweet and Spicy Shrimp and Cauliflower Rice	either	stovetop	med/hi 4-5 min	tossed salad, roasted vegetables
Sweet and Spicy Shrimp and Rice	either	stovetop	med/hi 5-7 min	tossed salad, roasted vegetables
Taco Pie	thaw overnight	oven	350° 30-35 min	guacamole, salsa
Teriyaki Pork Chops	thaw overnight	grill oven	med/hi 3-4 min each side; sear each side then 350° 30-35 min	grilled zucchini, roasted potatoes
Three Little Pigs Breakfast Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fruit smoothie, toast and jam
Tortilla Chicken Stew	either defrost to fit	crock pot instant pot	low 6-8 hrs; hi 20 min + 10 min natural release	cheese quesadillas
Tuscan Chicken Pasta	thaw overnight	oven	350° 30-40 min	tossed salad, sauteed green beans
Tuscan Shrimp Linguine	thaw overnight or defrost in microwave	stovetop microwave	5-10 min	garlic bread, tossed salad

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Twice Baked Cauliflower Mash	thaw overnight frozen	oven	350° 28-30 min 50% power 3 min then 60 sec intervals on hi until warm	dinner rolls, meatloaf
Uncle Matt's Pasta Bake	thaw overnight frozen	oven stovetop	350° 30-40 min med/low until warm	garlic bread, roasted vegetables
Vegetarian Sloppy Joes	thaw overnight thaw overnight either	stovetop crock pot	med/low until warm; low 1-2 hr; 50% power 4 min then 60 sec intervals on hi until warm	tossed salad, dinner rolls
Veggie Breakfast Burritos	frozen	microwave oven air fryer	1-2 min 425° 20-25 min 400° 10-15 min	fried egg, fresh fruit
Veggie Breakfast Hash	thaw overnight	stovetop	med/hi until warm	fried egg, fruit smoothie
Veggie Frittata	thaw 24-36 hrs	oven	350° 40-50 min	fruit smoothie, fresh fruit
Whipped Sweet Potatoes	thaw overnight either	oven microwave	350° 20-25 min; 80% power up to 5 min then 45 sec increments	garlic bread, tossed salad, chicken breasts
White Chicken Chili	thaw overnight defrost 50% 2-3 min	stovetop microwave	med/low until warm; hi 2 min increments	breadsticks
Zuppa Toscana	thaw overnight defrost 50% 2-3 min	stovetop microwave	med/low until warm; hi 2 min increments	breadsticks