

Fill Your Freezer Retreat – Feb 6-8, 2026

Please review the list below for available meal options.

*Gluten friendly meals include ingredients without gluten, but the risk of cross contamination is high, and meals are not recommended for those who are celiac. Dairy free meals do not contain milk or cheese products.

*The listed price is for the large meal size (4-6 servings/meal). **If you choose the small meal size (2-3 servings/meal), the cost will be ½ the listed amount.** Grab & Go are all one size.

This page is for information purposes only. Registered participants will receive an online order form 1 month prior to the retreat, and it will be due 3 weeks prior to the retreat.

Chicken Recipes					
	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
1	Tex Mex Chicken Casserole	Packed with protein – quinoa, beans and chicken with tex mex seasonings.	\$20	Microwave Oven	Gluten Friendly
2	Chicken Pot Pie	Classic comfort food - flaky pie crust encasing veggies, potatoes, and chicken.	\$15	Oven	Large = 1 10" pie Small = 2 5" pies
3	Chicken Broccoli Rice Casserole	Chicken, rice and broccoli in a creamy sauce, topped with cheese.	\$20	Oven	
4	Chicken Fajitas	Chicken, peppers and onions ready to cook than wrap in a flour tortilla.	\$20	Oven Slow Cooker	GF *sub own tortillas Dairy free
5	Chicken Parmesan Casserole	Chicken, marinara sauce, breadcrumbs and cheese, great with pasta.	\$18	Oven	
6	Thai Peanut Chicken	Chicken breasts in a flavorful peanut sauce with red peppers.	\$18	Slow Cooker Oven	Gluten Friendly Dairy free
7	Cranberry Chicken	Chicken thighs in a sweet and tangy sauce with green beans.	\$20	Oven Slow Cooker	GF (onion soup mix?) DF
8	Chicken Bacon Ranch Casserole	Chicken + bacon + ranch + cheese + broccoli = delicious.	\$22	Oven Slow Cooker	Gluten Friendly
9	Chicken Gnocchi Soup	A rich soup made with cream, cheese, sundried tomatoes, pesto and gnocchi.	\$18	Stovetop Slow Cooker	
Beef Recipes					
	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
10	Bean Stuff	Beef, beans and peppers in a slightly sweet tomato sauce.	\$18	Oven Slow Cooker	Gluten Friendly Dairy Free
11	Beef Barley Soup	Ground beef, vegetables and barley for a hearty warm winter meal.	\$15	Slow Cooker Stovetop	Dairy Free
12	BBQ Beef	Chunks of stewing beef in a BBQ sauce, perfect over rice or potatoes	\$20	Slow Cooker Oven	Gluten Friendly Dairy free

13	Cheeseburger Meatloaf	Ground Beef/pork combo stuffed with cheddar, covered in ketchup/mustard glaze.	\$18	Oven	Gluten Friendly
14	Lazy Rouladen	An easy version of a German classic – with ground beef, bacon, carrots and pickles!	\$15	Skillet Oven	Dairy Free
15	Ginger Beef	Beef strips in ginger, garlic and soy sauce – better than takeout!	\$20	Slow Cooker Oven	Gluten Friendly Dairy Free
16	Beef & Corn Casserole	Pasta casserole with ground beef, corn and a tomato base.	\$20	Oven	
17	Firecracker Beef Stirfry	Ground Beef, veggies and a spicy siracha sauce to go with rice or noodles.	\$18	Skillet Oven	Gluten Friendly Dairy Free
18	Sloppy Joe Tater Tot Casserole	Forget the bun, sloppy joes are moving on to tater tots!	\$18	Oven	Gluten Friendly

Pork Recipes

	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
19	Pulled Pork & Baked Beans	Tender pulled pork and a side of bbq baked beans!	\$18	Microwave, Oven, Slow Cooker	Dairy Free Gluten Friendly
20	Greek Souvlaki	Chunks of pork, veggies and pineapple with sweet and sour sauce.	\$18	Oven Slow Cooker	Dairy Free Gluten friendly
21	Egg Roll Bowl	A ground pork egg roll without the wrapper!	\$15	Skillet	Gluten Friendly Dairy Free
22	Ham & Pea Casserole	Ham, peas and rice in a mushroom soup cream base, a complete meal in a dish!	\$15	Oven Slow Cooker	
23	Everything Bagel Pork Chops	Boneless pork chops and green beans coated in everything bagel seasoning.	\$18	Oven	Gluten Friendly Dairy Free
24	Pork Tenderloin Sheet Pan	Oil & balsamic marinated pork tenderloin with carrots, onions, and beets.	\$18	Oven	Gluten Friendly Dairy Free
25	One Pot Skillet Lasagna	All the lasagna ingredients, mixed up and cooked together in one pot!	\$18	Skillet	
26	Sausage & Shrimp Gumbo	Satisfy your cajun tastebuds with this flavor packed bowl of goodness.	\$22	Slow Cooker Oven	Gluten Friendly Dairy Free

Vegetarian Recipes

	Meal	Description	Price for 4-6 servings	Cooking Methods	Notes
27	Potato & Chickpea Tikka Masala	Indian curry so hearty you won't miss the meat!	\$15	Slow Cooker	Gluten Friendly Dairy Free
28	Corn & Black Bean Enchiladas	Mexican flavors wrapped in flour tortillas, topped with cheese and sauce.	\$15	Oven	

	Grab & Go – great for lunches or a quick meal on the go! – All orders will be full size				
	Meal	Description	ONE SIZE:	Cooking Methods	Notes
29	Egg Bite Tarts (10)	Egg bites we can get out of the tins! Egg, ham, cheese and peppers in a tart shell.	\$12	Microwave	
30	Poutine Pinwheels (12)	A delicious pinwheel with alfredo sauce, cooked chicken, bacon crumble and cheese.	\$12	Microwave	
31	Pizza Pinwheels (12)	Pizza sauce, pepperoni and cheese rolled up in an easy to grab and go lunch.	\$12	Microwave	
32	Corn Dog Muffins (12)	A cornbread muffin with diced hotdog, a quick and easy lunch option.	\$12	Microwave	
34	Granola Bars (12)	Oatmeal, butterscotch chips, pumpkin seeds and coconut made a delicious on the go bar.	\$10	Microwave	
35	Cinnamon Buns (10)	Unbaked frozen cinnamon buns, ready to thaw and bake for a yummy breakfast.	\$10	Oven	