



*Low Carb Freezer to Slow Cooker  
or Instant Pot Meal Plan* by: *Sidetracked Sarah*

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## Pizza Soup



Cook time:  
6-8 hours on low



Serving size: 6

### Ingredients:

- 16 oz can crushed tomatoes
- 2 16 oz cans beef broth
- 2 16 oz cans mushrooms
- 1 green pepper, chopped
- 1 onion, chopped
- 1 lb ground Italian sausage
- ½ lb pepperoni, thinly sliced
- 1 teaspoon garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons italian seasoning
- 1 cup grated mozzarella cheese
- ¼ cup grated parmesan cheese

### Slow Cooker Directions:

1. Saute the sausage until brown.
2. Chop pepper and onion.
3. Drain sausage and place in slow cooker.
4. Add all the other ingredients (except the cheeses).
5. Cook on low for 6 to 8 hours.
6. Spoon into bowls and sprinkle with cheeses.

### Freezer Bag Instructions:

1. Saute the sausage until brown.
2. Chop pepper and onion.
3. Drain sausage and place in a freezer safe gallon bag with rest of ingredients except cheeses.
4. Label bag and lay flat to freeze.
5. Remove from freezer the night before cooking.
6. Place contents of freezer bag into slow cooker or Instant Pot.
7. **For Slow Cooker:** Cook on low for 6 to 8 hours.
8. **For Instant Pot:** Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release.
9. Spoon into bowls and sprinkle with cheeses.

### Instant Pot Instructions:

1. Saute the sausage until brown.
2. Chop pepper and onion.
3. Drain sausage and place in the Instant Pot.
4. Add all the other ingredients (except the cheeses).
5. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release.
6. Spoon into bowls and sprinkle with cheeses.

Side suggestions: Side salad

## Chicken and Sausage



Cook time:  
4-6 hours on low



Serving size: 6

### Ingredients:

- 2 lbs boneless skinless chicken breasts
- 1 package andouille sausage
- 8 oz cream cheese, softened
- 1 cup chicken stock
- ½ cup white wine (or chicken stock)
- 1 tablespoon jarred minced garlic
- 1 onion
- 2 tablespoons mustard
- ½ teaspoon salt
- Green onions for garnish

### Slow Cooker Directions:

1. Chop onion.
2. Whip cream cheese with chicken stock, garlic, salt, mustard and wine.
3. Slice sausages and place in slow cooker with chicken.
4. Place onions on top and pour cream cheese mixture over it.
5. Cook on high for 4 hours or low for 6.
6. Garnish with sliced green onions.

Side suggestions: Zoodles

### Freezer Bag Instructions:

1. Chop onion.
2. Whip cream cheese with chicken stock, garlic, salt, mustard and wine.
3. Slice sausages.
4. Place all ingredients except green onions in a freezer safe gallon bag.
5. Label and lay flat to freeze.
6. Remove from freezer the night before cooking.
7. Place contents of bag into slow cooker or Instant Pot.
8. **For Slow Cooker:** Cook on high for 4 hours or low for 6.
9. **For Instant Pot:** Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Naturally release the pressure for 10 minutes, then quick release.
10. Garnish with sliced green onions.

### Instant Pot Directions:

1. Chop onion.
2. Whip cream cheese with chicken stock, garlic, salt, mustard and wine.
3. Slice sausages and place in Instant Pot with chicken.
4. Place onions on top and pour cream cheese mixture over it.
5. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Naturally release the pressure for 10 minutes, then quick release.
6. Garnish with sliced green onions.

## Cowboy Brisket



Cook time:  
8-9 hours on low



Serving size: 6

### Ingredients:

- 1 4 lb flat-cut brisket
- 1 large onion
- 1 tablespoon jarred minced garlic
- 1 cup chopped fresh cilantro
- 2 tablespoons cowboy rub
- 1 tablespoon monkfruit sweetener
- 2 teaspoons smoked paprika
- 1 1/2 teaspoon salt
- 1 teaspoon ground cumin
- Nonstick cooking spray

### Slow Cooker Directions:

1. Spray slow cooker with nonstick cooking spray.
2. Dice onion and place in slow cooker, add garlic.
3. Mix together cowboy rub, brown sugar, paprika, salt and cumin.
4. Trim fat from brisket leaving a thin layer.
5. Rub brisket pieces evenly with spice mixture.
6. Cut meat into 3-inch chunks.
7. Place meat on top of onions and garlic.
8. Sprinkle with cilantro.
9. Cover and cook on low 8-9 hours or until brisket pieces shred easily with a fork.

Side suggestions: Low Carb Cornbread

### Freezer Bag Instructions:

1. Dice onion.
2. Mix together cowboy rub, brown sugar, paprika, salt and cumin.
3. Trim fat from brisket leaving a thin layer.
4. Rub brisket pieces evenly with spice mixture
5. Cut meat into 3-inch chunks.
6. Place all ingredients into gallon size freezer safe bag.
7. Label and lay flat to freeze.
8. Remove from freezer the night before cooking.
9. Place contents of bag into slow cooker or Instant Pot.
10. **For Slow Cooker:** Cover and cook on low 8-9 hours or until brisket pieces shred easily with a fork.
11. **For Instant Pot:** Add 1/2 cup water. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 60 minutes. Natural release.

### Instant Pot Directions:

1. Dice onion and place in Instant Pot, add garlic.
2. Mix together cowboy rub, brown sugar, paprika, salt and cumin.
3. Trim fat from brisket leaving a thin layer.
4. Rub brisket pieces evenly with spice mixture.
5. Cut meat into 3-inch chunks.
6. Place meat on top of onions and garlic.
7. Add 1/2 cup water.
8. Sprinkle with cilantro.
9. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 60 minutes. Natural release.

## Italian Stuffed Peppers



Cook time:  
6-8 hours on low



Serving size: 6

### Ingredients:

- 7 red and green peppers
- 1 lb ground beef
- 1 lb ground Italian sausage
- 1 onion
- Olive oil
- Salt and pepper
- 8 oz sugar-free marinara sauce
- 8 oz shredded mozzarella cheese
- 1/2 cup grated Parmesan, optional

### Slow Cooker Directions:

1. Brown ground beef and sausage. Remove from pan.
2. Cut tops off peppers and clean and wash inside if needed.
3. Square off the bottom of each pepper to make them stand up. It's nice to have a small hole in the bottom so any extra fat can drain out, and cutting off the bottoms also accomplishes this.
4. Spray slow cooker with nonstick spray.
5. Chop 1 pepper and onion.
6. Saute for 3-4 minutes.
7. Turn off heat and add meat back into pan with veggies.
8. Add marinara sauce and salt and pepper to taste.
9. Let mixture cool slightly, then mix in cheeses, saving about 1/4 cup Mozzarella for the top of the peppers.
10. Stuff each pepper with meat/veggie/cheese mixture, using a large spoon and pressing in tightly until you use all the filling.
11. Put a pinch of Mozzarella cheese on the top of each pepper.
12. Put the peppers in slow cooker.
13. Cook on low 6-8 hours.

### Freezer Bag Instructions:

1. Brown ground beef and sausage. Remove meat from pan.
2. Chop 1 pepper and onion.
3. Saute for 3-4 minutes.
4. Turn off heat and add meat back into pan with veggies.
5. Add marinara sauce and salt and pepper to taste.
6. Place mixture into a freezer safe gallon bag.
7. Label and lay flat to freeze.
8. Remove from freezer the night before cooking.
9. Cut tops off peppers and clean and wash inside if needed.
10. Square off the bottom of each pepper to make them stand up. It's nice to have a small hole in the bottom so any extra fat can drain out, and cutting off the bottoms also accomplishes this.
11. Mix in cheeses to the meat mixture, saving about 1/4 cup Mozzarella for the top of the peppers.
12. Stuff each pepper with meat/veggie/cheese mixture, using a large spoon and pressing in tightly until you use all the filling.
13. Put a pinch of Mozzarella cheese on the top of each pepper.
14. **For Slow Cooker:** Spray slow cooker with nonstick spray. Put the peppers in slow cooker. Cook on low 6-8 hours.
15. **For Instant Pot:** Put trivet into Instant Pot with 1/2 cup water. Put the peppers on top of trivet. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release.

### Instant Pot Directions:

1. Brown ground beef and sausage. Remove meat from pan.
2. Cut tops off peppers and clean and wash inside if needed.
3. Square off the bottom of each pepper to make them stand up. It's nice to have a small hole in the bottom so any extra fat can drain out, and cutting off the bottoms also accomplishes this.
4. Chop 1 pepper and onion.
5. Saute for 3-4 minutes.
6. Turn off heat and add meat back into pan with veggies.
7. Add marinara sauce and salt and pepper to taste.
8. Let mixture cool slightly, then mix in cheeses, saving about 1/4 cup Mozzarella for the top of the peppers.
9. Stuff each pepper with meat/veggie/cheese mixture, using a large spoon and pressing in tightly until you use all the filling.
10. Put a pinch of Mozzarella cheese on the top of each pepper.
11. Put trivet into Instant Pot with 1/2 cup water.
12. Put the peppers on top of trivet.
13. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release.

Side suggestions: Side salad

## Low Carb Cheeseburger Salad



Cook time:  
2-4 hours on low



Serving size: 8

### Ingredients:

#### Dressing:

- 1 cup mayonnaise
- 2 tablespoons diced dill pickles
- 2 teaspoons mustard
- 1 teaspoons white vinegar
- 1/2 teaspoons smoked paprika
- 1 1/2 tablespoons Stevia

#### Salad:

- 2 lbs ground beef
- 1 shallot
- 8 oz shredded cheddar cheese
- 1 head lettuce
- 1 cup diced tomatoes
- 1/2 cup dill pickles

### Slow Cooker Directions:

1. In a blender or food processor, blend all the dressing ingredients until smooth. Refrigerate until ready to serve.
2. Brown ground beef in a skillet. Drain.
3. Chop shallot.
4. Place shallots and ground beef in slow cooker.
5. Cook on low for 2-4 hours.
6. Place lettuce on a plate, then add meat and whatever else you want on the salad.

### Freezer Bag Instructions:

1. Brown ground beef in a skillet. Drain.
2. Chop shallot.
3. Place shallots and ground beef in a freezer safe gallon bag.
4. Label bag and lay flat to freeze.
5. Remove from freezer the night before cooking.
6. Place in the slow cooker or Instant Pot.
7. **For Slow Cooker:** Cook on low 2-4 hours.
8. **For Instant Pot:** Add 1/2 cup water. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release.
9. Place lettuce on a plate, then add meat and whatever else you want on the salad.

### Instant Pot Directions:

1. In a blender or food processor, blend all the dressing ingredients until smooth. Refrigerate until ready to serve.
2. Brown ground beef in a skillet. Drain.
3. Chop shallot.
4. Place shallots and ground beef in Instant Pot.
5. Add 1/2 cup water. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release.
7. Place lettuce on a plate, then add meat and whatever else you want on the salad.

Side suggestions: None needed

## Creamy Garlic Mushroom and Bacon Chicken



Cook time:  
6 hours on low



Serving size: 6

### Ingredients:

#### For the Chicken:

- 6 chicken thighs (bone-in, skin on or off)
- 1 tablespoon olive oil
- 2 teaspoons jarred minced garlic
- 2 tablespoons chopped fresh parsley
- Salt and pepper

#### For the Cream Sauce:

- 4 teaspoons jarred minced garlic
- 7 ounces diced bacon
- 14 ounces sliced brown mushrooms
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/2 cup freshly grated Parmesan
- 1/4 teaspoon pepper
- Salt
- Fresh parsley
- Fresh grated parmesan

### Slow Cooker Directions:

1. Mix the olive oil, garlic, parsley, salt and pepper together. Rub over the chicken.
2. Place in slow cooker and cook on low for 6 hours.
3. Cook diced bacon and mushrooms in a pan with garlic. Add some of the chicken juices, cream, parmesan and chicken broth.
4. Allow to thicken slightly.
5. Season with pepper and salt if needed.
6. Pour over chicken.
7. Garnish with parsley and shaved or grated parmesan.

### Freezer Bag Instructions:

1. Mix the olive oil, garlic, parsley, salt and pepper together. Rub over the chicken.
2. Place in a freezer safe gallon bag.
3. Label and lay flat to freeze.
4. Remove from freezer the night before cooking.
5. Place contents of bag into slow cooker or Instant Pot.
6. **For Slow Cooker:** Cook on low for 6 hours.
7. **For Instant Pot:** Add 1/2 cup water. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Naturally release the pressure for 10 minutes, then quick release.
8. Cook bacon and mushrooms in a pan with garlic.
9. Add some of the chicken juices, cream, parmesan and chicken broth.
10. Allow to thicken slightly.
11. Season with pepper and salt if needed.
12. Pour over chicken.
13. Garnish with parsley and shaved or grated parmesan.

### Instant Pot Directions:

1. Mix the olive oil, garlic, parsley, salt and pepper together. Rub over the chicken.
2. Place in Instant Pot with 1/2 cup water.
3. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Naturally release the pressure for 10 minutes, then quick release.
4. Cook diced bacon and mushrooms in a pan with garlic. Add some of the chicken juices, cream, parmesan and chicken broth.
5. Allow to thicken slightly.
6. Season with pepper and salt if needed.
7. Pour over chicken.
8. Garnish with parsley and shaved or grated parmesan.

Side suggestions: Zoodles



# Low Carb Freezer to Slow Cooker or Instant Pot Meal Plan

by: *Sidetracked Sarah*

## Slow Cooker Labels

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### Pizza Soup

Cook on low for 6 to 8 hours.  
Spoon into bowls and sprinkle with cheeses.

 Cook time:  
6-8 hours on low

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### Italian Stuffed Peppers

Follow directions on recipe.

 Cook time:  
6-8 hours on low

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### Chicken and Sausage

Cook on high for 4 hours or low for 6.  
Garnish with sliced green onions

 Cook time:  
6 hours on low

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### Low Carb Cheeseburger Salad

Cook on low 2-4 hours. Place lettuce on a plate, then add  
meat and whatever else you want on the salad.

 Cook time:  
2-4 hours on low

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### Cowboy Brisket

Place contents in slow cooker. Cover and cook on low 8-9 hours  
or until brisket pieces shred easily with a fork.

 Cook time:  
8-9 hours on low

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### Creamy Garlic Mushroom and Bacon Chicken

Cook on low for 6 hours. Follow instructions on recipe for sauce.

 Cook time:  
6 hours on low

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# Low Carb Freezer to Slow Cooker or Instant Pot Meal Plan

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## Instant Pot Labels

### Pizza Soup

Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release. Spoon into bowls and sprinkle with cheeses.

 Cook time:  
10 minutes on high

### Italian Stuffed Peppers

Follow directions on recipe.

 Cook time:  
10 minutes on high

### Chicken and Sausage

Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Naturally release the pressure for 10 minutes, then quick release. Garnish with sliced green onions.

 Cook time:  
20 minutes on high

### Low Carb Cheeseburger Salad

Add ½ cup water. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Quick release. Place lettuce on a plate, then add meat and whatever else you want on the salad.

 Cook time:  
10 minutes on high

### Cowboy Brisket

Place contents in Instant Pot. Add ½ cup water. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 60 minutes. Natural release.

 Cook time:  
60 minutes on high

### Creamy Garlic Mushroom and Bacon Chicken

Add ½ cup water. Close lid and valve. Cook on Manual/Pressure Cook, high pressure for 10 minutes. Naturally release the pressure for 10 minutes, then quick release. Follow recipe instructions for sauce.

 Cook time:  
20 minutes on high

# Low Carb Freezer to Slow Cooker or Instant Pot Meal Plan

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## Shopping List

### Produce:

quantity	items	meals
1	green pepper	1
7	red and green peppers	4
4	onions	1, 2, 3, 4
	Green onions	2
	Cilantro	3
1	shallot	5
1	head lettuce	5
2	tomatoes	5
	Parsley	6
14 ounces	sliced brown mushrooms	6

### Spices:

items	meals
Dried oregano	1
Garlic powder	1
Italian seasoning	1
Salt	2, 3, 4, 6
Pepper	4, 6
Ground cumin	3
Smoked paprika	3, 5

### Other:

- Cooking spray
- Gallon size freezer safe bags
- Nonstick cooking spray

### Meat:

quantity	items	meals
2 lb	ground Italian sausage	1, 4
12 lb	pepperoni	1
2 lbs	boneless skinless chicken breasts	2
1 package	andouille sausage	2
1 4 lb	flat-cut brisket	3
3 lbs	ground beef	4, 5
6	chicken thighs	6
7 ounces	bacon	6

### Cans/Jars/Boxes/Dry Goods:

quantity	items	meals
16 oz can	crushed tomatoes	1
8 oz	sugar-free marinara sauce	4
2 16 oz cans	beef broth	1
12 oz	chicken broth	2, 6
2 16 oz cans	mushrooms	1
	Jarred minced garlic	2, 3, 6
4 oz	white wine (or chicken stock)	2
	Mustard	2, 5
	Cowboy rub	3
	Monkfruit sweetener	3
	Olive oil	4, 6
8 oz	dill pickles	5
8 oz	mayonnaise	5
	White vinegar	5
	Stevia	5

### Refrigerator/Freezer:

quantity	items	meals
16 oz	grated mozzarella cheese	1, 4
5 oz	grated parmesan cheese	1, 4, 6
8 oz	shredded cheddar cheese	5
8 oz	cream cheese	2
8 oz	heavy cream	6



# Low Carb Freezer to Slow Cooker or Instant Pot Meal Plan

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## Side Suggestions

1. Side salad
2. Zoodles
3. Low Carb Combread
4. Side salad
5. None needed
6. Zoodles

## Shopping List

### Produce:

quantity	items	meals
■	Mixed greens	1, 4
■ 12	zucchini	2, 6

### Cans/Jars/Boxes/Dry Goods:

items	meals
■ Low Carb Combread Mix	3
■ Jarred minced garlic	2, 6
■ Olive oil	2, 6

### Spices:

items	meals
■ Salt	2, 6
■ Pepper	2, 6

### Refrigerator/Freezer:

quantity	items	meals
■ 4 oz	butter	2, 6
■ 1 cup	grated Parmesan cheese	2, 6

## Recipes

### Zoodles

- 4 tablespoons butter
- 1/4 cup olive oil
- 6 zucchini
- 1 teaspoon jarred minced garlic
- 2/3 cup grated Parmesan cheese
- salt and pepper to taste

### Directions:

1. Spiralize zucchini into thin noodles using a spiralizer.
2. Heat large pan with butter and garlic.
3. Add zucchini noodles and cheese. Season with salt and pepper.
4. Cook 1-2 minutes.





# Low Carb Freezer to Slow Cooker or Instant Pot Meal Plan

by: *Sidetracked Sarah*

## Assembly Instructions

- Saute the ground Italian sausage until brown. Drain.
- Brown all the hamburger. Drain.
- Chop 4 onions and 2 peppers.
- Slice andouille sausage.
- Chop shallot.
- Cook 1 cup chopped peppers and 1 cup chopped onions for 3-4 minutes.
- Place half of the browned sausage, 1 cup chopped onion and chopped green pepper in a freezer safe gallon bag with rest of ingredients from "Pizza Soup".
- Label "Pizza Soup" and lay flat to freeze.
- From recipe "Chicken and Sausage" whip cream cheese with chicken stock, garlic, salt, mustard and wine together.
- Place 1 cup chopped onion, sliced sausage and all ingredients in a freezer safe gallon bag.
- Label "Chicken and Sausage" and lay flat to freeze.
- From recipe "Cowboy Brisket" mix together cowboy rub, brown sugar, paprika, salt and cumin.
- Trim fat from brisket leaving a thin layer
- Rub brisket pieces evenly with spice mixture
- Cut meat into 3-inch chunks
- Place 1 cup chopped onion and all ingredients into gallon size freezer safe bag.
- Label "Cowboy Brisket" and lay flat to freeze.
- From recipe "Stuffed Italian Peppers" mix half of browned sausage, 1 lb ground beef and cooked peppers and onions.
- Add Marinara sauce and salt and pepper to taste.
- Place mixture into a freezer safe gallon bag.
- Label "Stuffed Italian Peppers" and lay flat to freeze.
- Place shallots and 2 lbs ground beef in a freezer safe gallon bag.
- Label bag "Low Carb Cheeseburger Salad" and lay flat to freeze.
- From recipe "Creamy Garlic Mushroom and Bacon Chicken" mix the olive oil, garlic, parsley, salt and pepper together. Rub over the chicken.
- Place in a freezer safe gallon bag.
- Label "Creamy Garlic Mushroom and Bacon Chicken" and lay flat to freeze.