

THE 20 MEALS PLAN

July 2016

Recipes

Slow Cooker Italian Chicken & Potatoes
Cilantro Lime Chicken
Grilled Sage Chicken Packs
Grilled Ranch Burgers
Grilled Southwestern Steaks
Slow Cooker Sweet & Sour Meatballs
Ginger Peach Salmon
Roasted Cod with Pesto
Slow Cooker Shredded Pork with Thai Peanut Sauce
Slow Cooker Hawaiian Pork Chops

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Prep & Assembly of Meals

Assembly Prep Instructions
Assembly Instructions for Loading Bags

{Other Notes & Printable Labels Found in Accompanying Downloads}

1. Slow Cooker Italian Chicken & Potatoes

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. boneless chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes
- 2 Tbsp Italian seasoning
- Salt and pepper, to taste
- **Side:** salad

Cooking Directions for Single Meal

1. Place the chicken in the base of the slow cooker and add the baby potatoes and baby carrots around and on top of the chicken. Pour the diced tomatoes and their juices over top of the chicken-potatoes-carrots. Sprinkle the Italian seasoning over top. Sprinkle a little salt and pepper over the top.
2. Set the slow cooker on low and cook for 8 hours.
3. Prepare salad.
4. Serve Slow Cooker Italian Chicken & Potatoes with side salad.

Assembly Prep Directions for 2 Meals/Bags

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 lb. chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes, undrained
- 2 Tbsp Italian seasoning
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

2. Cilantro Lime Chicken

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 30 minutes*

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 2 lbs. boneless chicken thighs
- 1/2 cup canola oil
- 2 limes
- 1 Tbsp brown sugar
- 4 tsp minced garlic
- 1 Tbsp chili powder
- 1/3 cup chopped cilantro
- Salt and pepper
- **Side:** rice
- **Side:** veggies

Cooking Directions for Single Meal

1. Juice both limes. Chop cilantro.
2. In a large mixing bowl, whisk together the canola oil, juice from 2 limes, brown sugar, minced garlic, chili powder and cilantro. Add a little salt and pepper and then whisk the marinade. Add the chicken thighs and coat them in the marinade. Put in the fridge and marinate for at least 30 minutes.*
3. Cook rice, as directed.
4. Preheat oven to 375 F.
5. Over high heat, brown both sides of the chicken thighs with the marinade in an oven-proof skillet or castiron skillet. Once browned, place the skillet into the oven and bake for 25 minutes, or until chicken is cooked through.
6. Carefully remove hot skillet from oven and then sliced the chicken.
7. Prepare veggies.
8. Serve Cilantro Lime Chicken with rice and veggies.

Assembly Prep Directions for 2 Meals/Bags

Juice 4 limes.

Chop cilantro.

In a large mixing bowl, whisk together 1/2 cup canola oil, juice from 4 limes, 2 Tbsp brown sugar, 8 tsp minced garlic, 2 Tbsp chili powder, 2/3 cup chopped cilantro and salt and pepper.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lbs. boneless chicken thighs
- Half of the prepared marinade into each bag

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet for browning and baking as directed.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

3. Grilled Sage Chicken Packs

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 20 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 4 small boneless chicken breasts
- 4 sage sprigs
- 1 small white onion
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- Salt and pepper
- **Side:** focaccia bread
- **Side:** veggies
- Foil

Cooking Directions for Single Meal

1. Dice white onion.
2. Place each chicken breast on a piece of foil that's large enough to wrap around the chicken. Add a sprig of sage, a few pieces of diced onion, a drizzle of olive oil and red wine vinegar. Season with some salt and pepper. Make 4 grill packs.
3. Grill around 400 F for 15 to 20 minutes, or until chicken is cooked through. Cooking time may vary, depending on thickness of the chicken and heat of the grill.
4. Warm bread, as needed.
5. Prepare veggies.
6. Serve Grilled Sage Chicken Packs with side of focaccia bread and veggies.

Assembly Prep Directions for 2 Meals/Bags

Dice 2 small white onions.

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- 1 chicken breast
- Pinchful of diced onions into each packet
- 1 sage sprig
- Drizzle of olive oil
- Drizzle of red wine vinegar
- Salt and pepper

Wrap the foil packets and seal by folding the foil edges together. Place 4 packets into each gallon-size baggie. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw completely before putting the packets onto the grill and grilling until chicken is cooked through.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides like rice.

4. Grilled Ranch Burgers

Yield: 8 servings

Prep Time: 10 minutes • Cook Time: 15 minutes

Recipe written below to make 1 meal of 8 burgers. Shopping List contains ingredients to make 2 meals of 8 burgers.

Ingredients for Single Meal

- 2 lbs. ground beef
- 1/2 small white onion
- 1 Tbsp ranch dressing mix
- Salt and pepper to taste
- 8 hamburger buns
- 1/2 cup ranch salad dressing
- **Side:** fruit
- **Side:** chips
- Foil

Cooking Directions for Single Meal

1. Peel and grate 1/2 small white onion.
2. Mix ground beef, grated onion, and ranch dressing mix together. Make 8 burger patties and season both sides with salt and pepper.
3. Grill burgers to desired temperature. Set patties onto buns and top with ranch dressing.
4. Serve Grilled Ranch Burgers with fruit and chips.

Assembly Prep Directions for 2 Meals/Bags

Peel and grate 1 small white onion.

Mix 4 lbs. ground beef, grated onion, and 2 Tbsp ranch dressing mix together. Form 16 burger patties.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 8 burger patties
- Small piece of foil between patties to prevent sticking

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw completely in the fridge before grilling the burgers.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free Ranch dressing and mix.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free buns or in lettuce wrap.

5. Grilled Southwestern Steaks

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 15 minutes*

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 4 small steaks
- 1/4 cup lime juice
- 2 Tbsp canola oil
- 3 tsp chili powder
- 2 tsp minced garlic
- 1 tsp crushed red pepper flakes
- Salt and pepper
- **Side:** avocado
- **Side:** rice

Cooking Directions for Single Meal

1. Add the steaks to a shallow baking dish.
2. In a small bowl, whisk together the lime juice, canola oil, chili powder, minced garlic, crushed red pepper flakes and some salt and pepper. Pour over the steak and let marinate in the fridge for at least 30 minutes.*
3. Cook rice, as directed.
4. Grill the marinated steaks for 5 minutes on each side, or until cooked to desired temperature.
5. Slice avocados.
6. Serve Grilled Southwestern Steaks with rice and avocado

Assembly Prep Directions for 2 Meals/Bags

In a small bowl, whisk together 1/2 cup lime juice, 4 Tbsp canola oil, 6 tsp chili powder, 4 tsp minced garlic, 2 tsp crushed red pepper flakes and some salt and pepper.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 steaks
- Half of the prepared marinade

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw completely before grilling as directed.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

6. Slow Cooker Sweet & Sour Meatballs

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. precooked frozen meatballs
- 1 small white onion
- 1 green bell pepper
- 1 red bell pepper
- 15 oz. can tomato sauce
- 3 Tbsp soy sauce
- 1/4 cup brown sugar
- 1/4 cup cider vinegar
- 20 oz. can pineapple chunks
- Salt and pepper
- 1 Tbsp cornstarch
- **Side:** rice

Cooking Directions for Single Meal

1. Dice onion. Seed and dice both peppers. Open and drain pineapple.
2. To the slow cooker, add the precooked meatballs, diced onion pieces, diced green and red bell pepper pieces.
3. In a small mixing bowl, whisk together the tomato sauce, soy sauce, brown sugar and cider vinegar. Pour over the meatballs and veggies. Add the pineapple chunks on top of the sauce. Add salt and pepper, to taste.
4. Set slow cooker on low and cook for 8 hours. With about 30 minutes left in the cooking cycle, whisk in the cornstarch to thicken the sauce around the beef and veggies.
5. TIP: In a small bowl, whisk together the 1 Tbsp cornstarch with 1 Tbsp of warm water then pour into the sauce. This will prevent the cornstarch from clumping in the sauce.
6. Prepare rice.
7. Serve Slow Cooker Sweet & Sour Meatballs over rice.

Assembly Prep Directions for 2 Meals/Bags

Open 2 cans of tomato sauce. Open and drain 2 cans of pineapple chunks.

Dice 2 small white onions. Dice 2 green bell peppers and 2 red bell peppers.

Whisk together 2 - 15 oz. cans tomato sauce, 6 Tbsp soy sauce, 1/2 cup brown sugar, and 1/2 cup cider vinegar.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 lb. frozen meatballs
- Half of the diced white onions
- Half of the diced green bell peppers
- Half of the diced red bell peppers
- Prepared sweet n sour sauce, half into each bag
- 20 oz. can pineapple chunks, well drained
- Salt and pepper to taste
- Note: Do not add cornstarch to the freezer bag.

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

7. Ginger Peach Salmon

Yield: 4 servings

Prep Time: 5 minutes • Cook Time: 15 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. salmon fillet
- 1 Tbsp sesame oil
- 1 tsp ground ginger
- Salt and pepper
- 1/2 jar peach preserves
- **Side:** veggies
- **Side:** rice

Cooking Directions for Single Meal

1. Cook rice, as directed.
2. Preheat oven to 350 F.
3. Cut salmon fillet into 4 pieces. Place in small baking dish. Drizzle the sesame oil over the salmon. Sprinkle ground ginger, salt and pepper onto each piece of salmon. Add a large spoonful of peach preserves onto each piece of salmon and carefully spread it over the salmon.
4. Bake in the preheated oven for 15 minutes, or until salmon is no longer pink in the middle.
5. Prepare veggies.
6. Serve Ginger Peach Salmon with side of rice and veggies.

Assembly Prep Directions for 2 Meals/Bags

Cut the 2 salmon fillet into 8 pieces.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 salmon pieces
- 1 Tbsp sesame oil
- 1 tsp ground ginger
- Salt and pepper
- Spoonful of peach preserves, spread onto each piece of salmon

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the baking dish and baking as directed.

Special Notes: This salmon could be frozen in a small freezer safe disposable tray.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

8. Roasted Cod with Pesto

Yield: 4 servings

Prep Time: 5 minutes • Cook Time: 15 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. cod fillet
- Salt and pepper
- 4 Tbsp pesto sauce
- **Side:** veggies
- **Side:** rice

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Lightly spray a glass baking dish with cooking spray.
2. Cook rice, as directed.
3. Cut the cod fillet into 4 pieces. Season each piece with pinchful of salt and pepper.
4. Spread 1 Tbsp pesto onto each piece. Bake for 15 minutes, or until cooked through. Cooking time will vary depending on thickness of the fillets.
5. Prepare veggies.
6. Serve Roasted Cod with Pesto with side of rice and veggies

Assembly Prep Directions for 2 Meals/Bags

Cut 2 cod fillets into 8 pieces.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 cod pieces
- Salt and pepper
- 1 Tbsp pesto, spread onto each fillet

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Thaw completely before grilling pork chops alongside the peaches and red onions. Grill as directed.*

Special Notes: *You could prepare this cod with pesto in small disposable freezer safe baking tray.*

Dairy-Free Modifications: *Recipe is dairy-free when you use a dairy-free pesto.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

9. Slow Cooker Shredded Pork with Thai Peanut Sauce

Yield: 4 servings

Prep Time: 5 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 2 lb. pork roast
- Salt and pepper
- 1 red bell pepper
- 1 small white onion
- 1/2 cup soy sauce
- 1/4 cup peanut butter
- 1 Tbsp vinegar
- 1 Tbsp lime juice
- 1 tsp ground ginger
- 1 tsp garlic powder
- **Garnish:** green onions, chopped peanuts, lime slices
- **Side:** rice
- **Side:** salad

Cooking Directions for Single Meal

1. Seed and slice the red bell pepper. Thinly slice the onion.
2. In a mixing bowl, whisk together the soy sauce, peanut butter, vinegar, lime juice, ground ginger and garlic powder. Add in a few pinches of salt and pepper.
3. Add the pork roast to the base of the slow cooker and add the bell peppers and onions over the top. Pour the Thai peanut sauce over the top. (If you slow cooker runs hot, add 1/2 cup of water around the pork roast.)
4. Set on low and cook for 8 hours. Once cooked, use 2 forks and shred the pork meat into the sauce.
5. Cook rice, as directed.
6. Prepare salad.
7. Serve Shredded Pork with Thai Peanut Sauce over rice with side salad.

Assembly Prep Directions for 2 Meals/Bags

Seed and slice 2 red bell peppers. Thinly slice 2 onions.

In a mixing bowl, whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared sauce into each bag

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Use gluten-free soy sauce for gluten-free meal.

10. Slow Cooker Hawaiian Pork Chops

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup soy sauce
- 8 oz. can tomato sauce
- 1/2 cup brown sugar
- 2 tsp minced garlic
- 15 oz. can sliced pineapple in 100% juice
- 1 Tbsp cornstarch
- **Side:** dinner rolls
- **Side:** veggies

Cooking Directions for Single Meal

1. To the slow cooker, add the pork chops and sprinkle with salt and pepper.
2. In a small mixing bowl, whisk together the soy sauce, tomato sauce, brown sugar and minced garlic with 1/4 cup of pineapple juice from the can. Pour over the pork chops in the slow cooker. Place the pineapple slices around and on top of the pork chops. Discard the remaining pineapple juice.
3. Set slow cooker on low and cook for 8 hours. With 30 minutes left in the cooking cycle, whisk in the cornstarch to thicken the sauce.
4. **TIP:** In a small bowl, whisk together the 1 Tbsp cornstarch with 1 Tbsp of warm water then pour into the sauce. This will prevent the cornstarch from clumping in the sauce.
5. Prepare veggies.
6. Warm dinner rolls.
7. Serve Slow Cooker Hawaiian Pork Chops with rolls and veggies.

Assembly Prep Directions for 2 Meals/Bags

Open 2 cans of tomato sauce.

Open and drain juice from 2 cans of pineapple slices. Reserve 1/2 cup pineapple juice.

In a small mixing bowl, whisk together 1 cup soy sauce, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic with 1/2 cup of pineapple juice from the can. Do not whisk in cornstarch now.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce into each bag
- 1 can pineapple slices

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Use gluten-free soy sauce for gluten-free meal.



Complete Shopping List by Recipe

1. Slow Cooker Italian Chicken

- ☐ 2 lbs. boneless chicken breasts
- ☐ 2 - 2 lbs. bags baby potatoes
- ☐ 2 lb. bag baby carrots
- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 4 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ **Side:** salad x 2

2. Cilantro Lime Chicken

- ☐ 4 lbs. boneless chicken thighs
- ☐ 1/2 cup canola oil
- ☐ 4 limes
- ☐ 2 Tbsp brown sugar
- ☐ 8 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ 2/3 cup chopped cilantro
- ☐ Salt and pepper
- ☐ **Side:** rice x 2
- ☐ **Side:** veggies x 2

3. Grilled Sage Chicken Packs

- ☐ 8 small boneless chicken breasts
- ☐ 8 sage sprigs
- ☐ 2 small white onions
- ☐ 2 Tbsp olive oil
- ☐ 2 Tbsp red wine vinegar
- ☐ Salt and pepper
- ☐ **Side:** focaccia bread x 2
- ☐ **Side:** veggies x 2

4. Grilled Ranch Burgers

- ☐ 4 lbs. ground beef
- ☐ 1 small white onion
- ☐ 2 Tbsp ranch dressing mix
- ☐ Salt and pepper
- ☐ 16 hamburger buns
- ☐ 1 cup ranch salad dressing
- ☐ **Side:** fruit x 2
- ☐ **Side:** chips x 2

5. Grilled Southwestern Steaks

- ☐ 8 small steaks
- ☐ 1/2 cup lime juice
- ☐ 4 Tbsp canola oil
- ☐ 6 tsp chili powder
- ☐ 4 tsp minced garlic
- ☐ 2 tsp crushed red pepper flakes
- ☐ Salt and pepper
- ☐ **Side:** avocado x 2
- ☐ **Side:** rice x 2

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Complete Shopping List by Recipe

6. Slow Cooker Sweet & Sour Meatballs

- ☐ 2 lbs. precooked frozen meatballs
- ☐ 2 small white onions
- ☐ 2 green bell peppers
- ☐ 2 red bell peppers
- ☐ 2 - 15 oz. cans tomato sauce
- ☐ 6 Tbsp soy sauce
- ☐ 1/2 cup brown sugar
- ☐ 1/2 cup cider vinegar
- ☐ 2 - 20 oz. cans pineapple chunks
- ☐ Salt and pepper
- ☐ 2 Tbsp cornstarch
- ☐ **Side:** rice x 2

7. Ginger Peach Salmon

- ☐ 2 - 1 lb. salmon fillets
- ☐ 2 Tbsp sesame oil
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 1 jar peach preserves
- ☐ **Side:** veggies x 1
- ☐ **Side:** rice x 2

Supplies

- ☐ 20 gallon-size freezer baggies
- ☐ Foil for burgers and chicken packets

8. Roasted Cod with Pesto

- ☐ 2 - 1 lb. cod fillets
- ☐ Salt and pepper
- ☐ 8 Tbsp pesto sauce
- ☐ **Side:** veggies x 2
- ☐ **Side:** rice x 2

9. Slow Cooker Shredded Pork with Thai Peanut Sauce

- ☐ 2 - 2 lb. pork roasts
- ☐ Salt and pepper
- ☐ 2 red bell peppers
- ☐ 2 small white onions
- ☐ 1 cup soy sauce
- ☐ 1/2 cup peanut butter
- ☐ 2 Tbsp vinegar
- ☐ 2 Tbsp lime juice
- ☐ 2 tsp ground ginger
- ☐ 2 tsp garlic powder
- ☐ **Garnish:** green onions, chopped peanuts, lime slices x 2
- ☐ **Side:** rice x 2
- ☐ **Side:** salad x 2

10. Slow Cooker Hawaiian Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup soy sauce
- ☐ 2 - 8 oz. cans tomato sauce
- ☐ 1 cup brown sugar
- ☐ 4 tsp minced garlic
- ☐ 2 - 15 oz. cans sliced pineapple in 100% juice
- ☐ 2 Tbsp cornstarch
- ☐ **Side:** dinner rolls x 2
- ☐ **Side:** salad x 2



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Complete Shopping List by Store Section/Category

Meat

- ☐ 2 lbs. boneless chicken breasts
- ☐ 4 lbs. boneless chicken thighs
- ☐ 8 small boneless chicken breasts
- ☐ 4 lbs. ground beef
- ☐ 8 small steaks
- ☐ 2 lbs. precooked frozen meatballs
- ☐ 2 - 1 lb. salmon fillets
- ☐ 2 - 1 lb. cod fillets
- ☐ 2 - 2 lb. pork roasts
- ☐ 8 boneless pork chops

Produce

- ☐ 2 - 2 lbs. bags baby potatoes
- ☐ 2 lb. bag baby carrots
- ☐ 4 limes
- ☐ 4 red bell peppers
- ☐ 2 green bell peppers
- ☐ 7 small white onions
- ☐ 8 sage sprigs
- ☐ 2/3 cup chopped cilantro
- ☐ **Garnish:** green onions, chopped peanuts, lime slices x 2
- ☐ **Side:** veggies x 8
- ☐ **Side:** fruit x 2
- ☐ **Side:** salad x 6
- ☐ **Side:** avocado x 2

Pantry Staples - Canned, Boxed

- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 2 - 15 oz. cans tomato sauce
- ☐ 2 - 8 oz. cans tomato sauce
- ☐ 2 - 20 oz. cans pineapple chunks
- ☐ 2 - 15 oz. cans sliced pineapple in 100% juice

Bread, Tortillas, Pasta, Rice

- ☐ 16 hamburger buns
- ☐ **Side:** focaccia bread x 2
- ☐ **Side:** chips x 2
- ☐ **Side:** rice x 12
- ☐ **Side:** dinner rolls x 2



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Complete Shopping List by Store Section/Category

Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 2 Tbsp red wine vinegar
- ☐ 1 cup ranch salad dressing
- ☐ 1/2 cup + 2 Tbsp lime juice
- ☐ 3/4 cup canola oil
- ☐ 2 cups + 6 Tbsp soy sauce
- ☐ 1/2 cup cider vinegar
- ☐ 2 Tbsp sesame oil
- ☐ 1 jar peach preserves
- ☐ 1/2 cup peanut butter
- ☐ 2 Tbsp vinegar

Dairy/Frozen

- ☐ 8 Tbsp pesto sauce

Supplies

- ☐ 20 gallon-size freezer baggies
- ☐ Foil for burgers and chicken packets

Spices

- ☐ 4 Tbsp Italian seasoning
- ☐ 2 Tbsp ranch dressing mix
- ☐ 2 Tbsp + 6 tsp chili powder
- ☐ 2 tsp crushed red pepper flakes
- ☐ 4 tsp ground ginger
- ☐ 2 tsp garlic powder
- ☐ 1 1/2 cups + 2 Tbsp brown sugar
- ☐ 16 tsp minced garlic
- ☐ 4 Tbsp cornstarch
- ☐ Salt and pepper



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Freezer Meal Prep Day Shopping List by Recipe

1. Slow Cooker Italian Chicken

- ☐ 2 lbs. boneless chicken breasts
- ☐ 2 - 2 lbs. bags baby potatoes
- ☐ 2 lb. bag baby carrots
- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 4 Tbsp Italian seasoning
- ☐ Salt and pepper

2. Cilantro Lime Chicken

- ☐ 4 lbs. boneless chicken thighs
- ☐ 1/2 cup canola oil
- ☐ 4 limes
- ☐ 2 Tbsp brown sugar
- ☐ 8 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ 2/3 cup chopped cilantro
- ☐ Salt and pepper

3. Grilled Sage Chicken Packs

- ☐ 8 small boneless chicken breasts
- ☐ 8 sage sprigs
- ☐ 2 small white onions
- ☐ 2 Tbsp olive oil
- ☐ 2 Tbsp red wine vinegar
- ☐ Salt and pepper

4. Grilled Ranch Burgers

- ☐ 4 lbs. ground beef
- ☐ 1 small white onion
- ☐ 2 Tbsp ranch dressing mix
- ☐ Salt and pepper

5. Grilled Southwestern Steaks

- ☐ 8 small steaks
- ☐ 1/2 cup lime juice
- ☐ 4 Tbsp canola oil
- ☐ 6 tsp chili powder
- ☐ 4 tsp minced garlic
- ☐ 2 tsp crushed red pepper flakes
- ☐ Salt and pepper

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Freezer Meal Prep Day Shopping List by Recipe

6. Slow Cooker Sweet & Sour Meatballs

- ☐ 2 lbs. precooked frozen meatballs
- ☐ 2 small white onions
- ☐ 2 green bell peppers
- ☐ 2 red bell peppers
- ☐ 2 - 15 oz. can tomato sauce
- ☐ 6 Tbsp soy sauce
- ☐ 1/2 cup brown sugar
- ☐ 1/2 cup cider vinegar
- ☐ 2 - 20 oz. cans pineapple chunks
- ☐ Salt and pepper

7. Ginger Peach Salmon

- ☐ 2 - 1 lb. salmon fillets
- ☐ 2 Tbsp sesame oil
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 1 jar peach preserves

Supplies

- ☐ 20 gallon-size freezer baggies
- ☐ Foil for burgers and chicken packets

8. Roasted Cod with Pesto

- ☐ 2 - 1 lb. cod fillets
- ☐ Salt and pepper
- ☐ 8 Tbsp pesto sauce

9. Slow Cooker Shredded Pork with Thai Peanut Sauce

- ☐ 2 - 2 lb. pork roasts
- ☐ Salt and pepper
- ☐ 2 red bell peppers
- ☐ 2 small white onions
- ☐ 1 cup soy sauce
- ☐ 1/2 cup peanut butter
- ☐ 2 Tbsp vinegar
- ☐ 2 Tbsp lime juice
- ☐ 2 tsp ground ginger
- ☐ 2 tsp garlic powder

10. Slow Cooker Hawaiian Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup soy sauce
- ☐ 2 - 8 oz. cans tomato sauce
- ☐ 1 cup brown sugar
- ☐ 4 tsp minced garlic
- ☐ 2 - 15 oz. cans sliced pineapple in 100% juice



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Simple, Easy Freezer Cooking Meal Plans

Freezer Meal Prep Day Shopping List by Store Section/ Category

Meat

- ☐ 2 lbs. boneless chicken breasts
- ☐ 4 lbs. boneless chicken thighs
- ☐ 8 small boneless chicken breasts
- ☐ 4 lbs. ground beef
- ☐ 8 small steaks
- ☐ 2 lbs. precooked frozen meatballs
- ☐ 2 - 1 lb. salmon fillets
- ☐ 2 - 1 lb. cod fillets
- ☐ 2 - 2 lb. pork roasts
- ☐ 8 boneless pork chops

Produce

- ☐ 2 - 2 lbs. bags baby potatoes
- ☐ 2 lb. bag baby carrots
- ☐ 4 limes
- ☐ 4 red bell peppers
- ☐ 2 green bell peppers
- ☐ 7 small white onions
- ☐ 8 sage sprigs
- ☐ 2/3 cup chopped cilantro

Pantry Staples - Canned, Boxed

- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 2 - 15 oz. cans tomato sauce
- ☐ 2 - 8 oz. cans tomato sauce
- ☐ 2 - 20 oz. cans pineapple chunks
- ☐ 2 - 15 oz. cans sliced pineapple in 100% juice

Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 2 Tbsp red wine vinegar
- ☐ 1 cup ranch salad dressing
- ☐ 1/2 cup + 2 Tbsp lime juice
- ☐ 3/4 cup canola oil
- ☐ 2 cups + 6 Tbsp soy sauce
- ☐ 1/2 cup cider vinegar
- ☐ 2 Tbsp sesame oil
- ☐ 1 jar peach preserves
- ☐ 1/2 cup peanut butter
- ☐ 2 Tbsp vinegar

Spices

- ☐ 4 Tbsp Italian seasoning
- ☐ 2 Tbsp ranch dressing mix
- ☐ 2 Tbsp + 6 tsp chili powder
- ☐ 2 tsp crushed red pepper flakes
- ☐ 4 tsp ground ginger
- ☐ 2 tsp garlic powder
- ☐ 1 1/2 cups + 2 Tbsp brown sugar
- ☐ 16 tsp minced garlic
- ☐ Salt and pepper

Dairy/Frozen

- ☐ 8 Tbsp pesto sauce

Supplies

- ☐ 20 gallon-size freezer baggies
- ☐ Foil for burgers and chicken packets



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Simple, Easy Freezer Cooking Meal Plans

Assembly Prep Instructions

- ☐ Juice 4 limes.
- ☐ Chop cilantro.
- ☐ Seed and slice 2 red bell peppers.
- ☐ Dice 2 green bell peppers and 2 red bell peppers.
- ☐ Thinly slice 2 onions.
- ☐ Dice 4 small white onions.
- ☐ Peel and grate 1 small white onion.
- ☐ Cut the 2 salmon fillet into 8 pieces. (TIP: Have the butcher slice the fish fillets for you at the store.)
- ☐ Cut the 2 cod fillets into 8 pieces.
- ☐ Mix 4 lbs. ground beef, grated onion, and 2 Tbsp ranch dressing mix together. Form 16 burger patties.
- ☐ Open 4 cans of tomato sauce.
- ☐ Open and drain 2 cans of pineapple chunks.
- ☐ Open and drain juice from 2 cans of pineapple slices. Reserve 1/2 cup pineapple juice.

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Assembly Prep Instructions

- ☐ **Sweet & Sour Sauce:** whisk together 2 - 15 oz. cans tomato sauce, 6 Tbsp soy sauce, 1/2 cup brown sugar, and 1/2 cup cider vinegar.
- ☐ **Steak Marinade:** whisk together 1/2 cup lime juice, 4 Tbsp canola oil, 6 tsp chili powder, 4 tsp minced garlic, 2 tsp crushed red pepper flakes and some salt and pepper.
- ☐ **Cilantro Lime Chicken Marinade:** whisk together 1/2 cup canola oil, juice from 4 limes, 2 Tbsp brown sugar, 8 tsp minced garlic, 2 Tbsp chili powder, 2/3 cup chopped cilantro and salt and pepper.
- ☐ **Thai Peanut Sauce:** whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.
- ☐ **Hawaiian Pork Chop Marinade:** whisk together 1 cup soy sauce, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic with 1/2 cup of pineapple juice from the can. Do not whisk in cornstarch now.
- ☐ Set up 8 large pieces of foil.



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Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Slow Cooker Italian Chicken

To each of the **Slow Coker Italian Chicken** bags, add the following ingredients:

- 1 lb. chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes, undrained
- 2 Tbsp Italian seasoning
- Salt and pepper

Cilantro Lime Chicken

To each of the **Cilantro Lime Chicken** bags, add the following ingredients:

- 2 lbs. boneless chicken thighs
- Half of the prepared marinade into each bag

Grilled Sage Chicken Packs

To each of the **Grilled Sage Chicken Packs** bags, add the following ingredients:

- 1 chicken breast
- Pinchful of diced onions into each pack
- 1 sage sprig
- Drizzle of olive oil
- Drizzle of red wine vinegar
- Salt and pepper

Grilled Ranch Burgers

To each of the **Grilled Ranch Burgers** bags, add the following ingredients:

- 8 burger patties
- Small piece of foil between patties to prevent sticking

Grilled Southwestern Steaks

To each of the **Grilled Southwestern Steaks** bags, add the following ingredients:

- 4 steaks
- Half of the prepared marinade

As you assemble each baggie for the freezer, remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Slow Cooker Sweet & Sour Meatballs

To each of the **Slow Cooker Sweet & Sour Meatballs** bags, add the following ingredients:

- Frozen meatballs
- Half of the remaining diced white onions
- Half of the diced green bell peppers
- Half of the diced red bell peppers
- Prepared sweet n sour sauce, half into each bag
- 20 oz. can pineapple chunks, well drained
- Salt and pepper to taste
- Note: Do not add cornstarch to the freezer bag

Ginger Peach Salmon

To each of the **Ginger Peach Salmon** bags, add the following ingredients:

- 4 salmon pieces
- 1 Tbsp sesame oil
- 1 tsp ground ginger
- Salt and pepper
- Spoonful of peach preserves, spread onto each piece of salmon

Roasted Cod with Pesto

To each of the **Roasted Cod with Pesto** bags, add the following ingredients:

- 4 cod pieces
- Salt and pepper
- 1 Tbsp pesto, spread onto each fillet

Slow Cooker Shredded Pork with Thai Peanut Sauce

To each of the **Slow Cooker Shredded Pork with Thai Peanut Sauce** bags, add the following ingredients:

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared sauce into each bag

Slow Cooker Hawaiian Pork Chops

To each of the **Slow Cooker Hawaiian Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce into each bag
- 1 can pineapple slices

As you assemble each baggie for the freezer, remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.