

ALL CHICKEN MEALS

July 2016

Recipes

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1. Sweet & Sour Chicken

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

- 2 large boneless chicken breasts
- 1 small onion
- 1 green bell pepper
- 1 red bell pepper
- 8 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
- Side: veggies

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite size pieces.
2. Cook rice, as directed.
3. In a small mixing bowl, whisk together the tomato sauce, soy sauce, brown sugar, and cider vinegar.
4. Dice 2 small onions. Seed and dice 2 red bell peppers and 2 green bell peppers.
5. In a large skillet or wok, saute the chicken pieces with the diced onion and bell peppers. Once the chicken has browned, pour in the sauce and simmer for 8 to 10 minutes. Stir in the pineapple chunks.
6. In a small mixing bowl, whisk together 2 Tbsp water with 1 Tbsp cornstarch. The stir this into the sauce and let bubble over low heat for 5 minutes to allow sauce to thicken.
7. Prepare veggies.
8. Serve Sweet & Sour Chicken with rice and veggies.

Assembly Prep Directions for 2 Meals/Bags

Cut 4 boneless chicken breasts into bite size pieces.

Dice 2 small onions.

Seed and dice 2 red bell peppers and 2 green bell peppers.

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

In a small mixing bowl, whisk together 2 cans of 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:

- Half of the chicken breast pieces
- Half of the diced onion
- Half of the diced red and green bell peppers
- Half of the prepared sauce
- 20 oz. can pineapple chunks, well drained
- Salt and pepper to taste

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 skillet or wok for sauteing.*

Special Notes: *None.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free soy sauce.*

2. Grilled BBQ Chicken Sandwiches

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
- 1 cup BBQ sauce
- 4 hamburger buns
- Garnish: lettuce, tomato, onion
- Side: veggies
- Side: chips

Cooking Directions for Single Meal

1. Lightly pound the chicken breasts. Place in a shallow dish and cover with BBQ sauce. *Let marinate for at least 30 minutes in the fridge.
2. Preheat the grill.
3. Grill the chicken breasts for 5 to 7 minutes per side, or until cooked through. Grilling time will vary depending on thickness of the pounded chicken.
4. Prepare veggies and fixins.
5. Serve Grilled Chicken Sandwiches with fixins and chips and veggies.

Assembly Prep Directions for 2 Meals/Bags

Lightly pound 8 small chicken breasts.

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

- 4 lightly pounded chicken breasts
- 1 cup BBQ sauce

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 grill and grilling as directed.*

Special Notes: *None.*

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

Gluten-Free Modifications: *Serve BBQ chicken over salad or over rice, in place of the bun.*

3. Grilled Garlic Dijon Chicken

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 Tbsp honey
- 4 Tbsp Dijon mustard
- 2 tsp minced garlic
- Salt and pepper
- **Side:** dinner rolls
- **Side:** salad

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the honey, Dijon mustard and minced garlic. Add a little salt and pepper and then whisk the marinade. Add the chicken breasts and coat them in the marinade. *Put in the fridge and marinate for at least 30 minutes.
2. Preheat the grill.
3. Grill the chicken breasts for 6 to 8 minutes per side, or until cooked through. Cooking time may vary depending on thickness of the chicken.
4. Warm the rolls.
5. Prepare veggies.
6. Serve Grilled Garlic Dijon Chicken with dinner rolls and salad.

Assembly Prep Directions for 2 Meals/Bags

In a large mixing bowl, whisk together 8 Tbsp honey, 8 Tbsp Dijon mustard, 4 tsp minced garlic and salt and pepper.

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

- 4 chicken breasts
- 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 chicken completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before grilling.*

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.*

4. Slow Cooker Chicken Tikka Masala

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 6 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

- 8 boneless, skinless chicken thighs
- 1 small white onion
- 1 small fresh ginger
- 28 oz. can crushed tomatoes
- 1 cup plain yogurt
- 3 tsp minced garlic
- 2 tsp garam masala
- Salt and pepper
- **Garnish:** chopped cilantro
- **Side:** rice
- **Side:** salad

Cooking Directions for Single Meal

1. Dice the onion. Peel and slice the ginger.
2. Cut the chicken into 1-inch pieces and place in the base of the slow cooker. Add the onion and ginger around the chicken.
3. In a large mixing bowl, whisk together the crushed tomatoes, yogurt, minced garlic, garam masala and a few pinches of salt and pepper. Pour over the chicken in the slow cooker. Set on low and cook for 6 hours.
4. Cook rice, as directed.
5. Prepare salad.
6. Serve Slow Cooker Chicken Tikka Masala with cilantro garnish over rice with side salad.

Assembly Prep Directions for 2 Meals/Bags

Dice 2 onions. Peel and slice the ginger (about 8 slices).

Cut 16 chicken thighs into 1-inch pieces.

Open 2 cans of crushed tomatoes.

In a large mixing bowl, whisk together 2 cans of crushed tomatoes, 2 cups plain yogurt, 6 tsp, minced garlic, 4 tsp garam masala and a few pinches of salt and pepper.

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

- Half of the chicken thigh pieces
- Half of the onion and fresh ginger
- 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 6 hours.*

Special Notes: *None.*

Dairy-Free Modifications: *You could substitute 1 cup canned coconut milk for the yogurt to make a dairy-free meal.*

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

5. Grilled Sage Chicken Foil 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
- Sprinkling of diced onions
- 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.*



Complete Shopping List by Recipe

1. Sweet & Sour Chicken

- 4 large boneless chicken breasts
- 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
- Side:** veggies x 2

2. Grilled BBQ Chicken Sandwiches

- 8 small boneless chicken breasts
- 2 cups BBQ sauce
- 8 hamburger buns
- Garnish:** lettuce, tomato, onion x 2
- Side:** veggies x 2
- Side:** chips x 2

3. Grilled Garlic Dijon Chicken

- 8 small boneless chicken breasts
- 8 Tbsp honey
- 8 Tbsp Dijon mustard
- 4 tsp minced garlic
- Salt and pepper
- Side:** dinner rolls x 2
- Side:** salad x 2

4. Slow Cooker Chicken Tikka Masala

- 16 boneless, skinless chicken thighs
- 2 small white onions
- 2 small fresh ginger
- 2 - 28 oz. cans crushed tomatoes
- 2 cups plain yogurt
- 6 tsp minced garlic
- 4 tsp garam masala
- Salt and pepper
- Garnish:** chopped cilantro x 2
- Side:** rice x 2
- Side:** salad x 2

5. Grilled Sage Chicken Foil 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

Supplies

- 10 gallon-size freezer baggies
- Foil for chicken packets



Complete Shopping List by Store Section/Category

Chicken

- 4 large boneless chicken breasts
- 24 small boneless chicken breasts
- 16 boneless chicken thighs

Produce

- 6 small white onions
- 2 green bell peppers
- 2 red bell peppers
- 2 small fresh ginger
- 8 sage sprigs
- Garnish:** lettuce, tomato, onion x 2
- Garnish:** chopped cilantro x 2
- Side:** veggies x 6
- Side:** salad x 4

Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans tomato sauce
- 2 - 20 oz. cans pineapple chunks
- 2 - 28 oz. cans crushed tomatoes

Starchy Sides

- 8 hamburger buns
- Side:** rice x 4
- Side:** dinner rolls x 2
- Side:** chips x 2
- Side:** focaccia bread x 2

Sauces/Condiments

- 6 Tbsp soy sauce
- 1/2 cup cider vinegar
- 2 cups BBQ sauce
- 8 Tbsp honey
- 8 Tbsp Dijon mustard
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar

Spices

- 10 tsp minced garlic
- 4 tsp garam masala
- 1/2 cup brown sugar
- 2 Tbsp cornstarch
- Salt and pepper

Dairy/Eggs

- 2 cups plain yogurt

Supplies

- 10 gallon-size freezer baggies
- Foil for chicken packets



Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.

***In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.*

1. Sweet & Sour Chicken

- 4 large boneless chicken breasts
- 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. Grilled BBQ Chicken Sandwiches

- 8 small boneless chicken breasts
- 2 cups BBQ sauce

3. Grilled Garlic Dijon Chicken

- 8 small boneless chicken breasts
- 8 Tbsp honey
- 8 Tbsp Dijon mustard
- 4 tsp minced garlic
- Salt and pepper

4. Slow Cooker Chicken Tikka Masala

- 16 boneless, skinless chicken thighs
- 2 small white onions
- 2 small fresh ginger
- 2 - 28 oz. cans crushed tomatoes
- 2 cups plain yogurt
- 6 tsp minced garlic
- 4 tsp garam masala
- Salt and pepper

5. Grilled Sage Chicken Foil 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

Supplies

- 10 gallon-size freezer baggies
- Foil for chicken packets



Freezer Meal Prep Day Shopping List by Store Section/ Category

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.

Chicken

- 4 large boneless chicken breasts
- 24 small boneless chicken breasts
- 16 boneless chicken thighs

Produce

- 6 small white onions
- 2 green bell peppers
- 2 red bell peppers
- 2 small fresh ginger
- 8 sage sprigs

Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans tomato sauce
- 2 - 20 oz. cans pineapple chunks
- 2 - 28 oz. cans crushed tomatoes

Sauces/Condiments

- 6 Tbsp soy sauce
- 1/2 cup cider vinegar
- 2 cups BBQ sauce
- 8 Tbsp honey
- 8 Tbsp Dijon mustard
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar

Spices

- 10 tsp minced garlic
- 4 tsp garam masala
- 1/2 cup brown sugar
- Salt and pepper

Dairy/Eggs

- 2 cups plain yogurt

Supplies

- 10 gallon-size freezer baggies
- Foil for chicken packets



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Prep Instructions

- Print out the Assembly Instructions page and/or Loading Table and set out on the counter.
- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or stations.

Pre-Cook & Chop Instructions

- Cut 4 boneless chicken breasts into bite size pieces.
- Cut 16 chicken thighs into 1-inch pieces.
- Lightly pound 8 small chicken breasts.
- Dice 6 small onions.
- Seed and dice 2 red bell peppers and 2 green bell peppers.
- Peel and slice the ginger (about 8 slices).
- Open 2 cans tomato sauce. Open and drain 2 cans of pineapple chunks.
- Open 2 cans of crushed tomatoes.
- Sweet & Sour Sauce:** whisk together 2 cans of tomato sauce, 6 Tbsp soy sauce, 1/2 cup brown sugar, and 1/2 cup cider vinegar.
- Garlic Dijon Sauce:** whisk together 8 Tbsp honey, 8 Tbsp Dijon mustard, 4 tsp minced garlic and salt and pepper.
- Tikka Masala Sauce:** whisk together 2 cans of crushed tomatoes, 2 cups plain yogurt, 6 tsp, minced garlic, 4 tsp garam masala and a few pinches of salt and pepper.
- Set up 8 large pieces of foil.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Sweet & Sour Chicken

To each of the **Sweet & Sour Chicken** bags, add the following ingredients:

- Half of the chicken breast pieces
- Half of the diced onion
- Half of the diced red and green bell peppers
- Half of the prepared sauce
- 20 oz. can pineapple chunks, well drained
- Salt and pepper to taste

Grilled BBQ Chicken Sandwiches

To each of the **Grilled BBQ Chicken Sandwiches** bags, add the following ingredients:

- 4 lightly pounded chicken breasts
- 1 cup BBQ sauce

Grilled Garlic Dijon Chicken

To each of the **Grilled Garlic Dijon Chicken** bags, add the following ingredients:

- 4 chicken breasts
- Half of the prepared marinade into each bag

Slow Cooked Chicken Tikka Masala

To each of the **Slow Cooker Chicken Tikka Masala** bags, add the following ingredients:

- Half of the chicken thigh pieces
- Half of the onion and fresh ginger
- Half of the prepared sauce into each bag

Grilled Sage Chicken Foil Packs

To each piece of foil, add the following ingredients

- 1 chicken breast
- Sprinkling of diced onions
- 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 **Grilled Sage Chicken Packet** baggie. Add label to baggie and freeze.

For all the baggies, 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.