

GLUTEN-FREE PLAN

July 2016

Recipes

1. Grilled Garlic Dijon Chicken
2. Ginger Peach Salmon
3. Mediterranean Quinoa Skillet
4. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}
5. Maple Dijon Pork Chops

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Assembly of Meals

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1. 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.

2. 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.*

3. Mediterranean Quinoa Skillet

Yield: 4 servings

Prep Time: 15 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 3/4 cups quinoa
- 1/4 cup lemon juice
- 2 garlic cloves
- 1 small red onion
- 15 oz. can diced tomatoes
- 1 cucumber
- 1 tsp fresh oregano
- 4 oz. Feta cheese
- **Side:** salad

Cooking Directions for Single Meal

1. Bring 4 cups water to boiling in large saucepan.
2. Crush the garlic and finely chop the red onion. Chop the cucumber. Run a knife through the fresh oregano leaves. Drain the diced tomatoes.
3. Once boiling, add the quinoa, lemon juice, crushed garlic cloves, chopped red onion and diced tomatoes. (Do not add the cucumber here.) Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. (The quinoa is cooked when the little circles separate from the grain.)
4. *Let cool for about 10 minutes and toss with chopped cucumber, fresh oregano and feta crumbles.
5. Serve Mediterranean Quinoa with side salad.

Assembly Prep Directions for 2 Meals/Bags

Bring 8 cups water to boiling in large saucepan.

Open 2 cans of diced tomatoes and drain.

Crush 4 garlic cloves and finely chop 2 small red onions.

Add 3 1/2 cups quinoa to boiling water, and stir in 1/2 cup lemon juice, crushed garlic cloves, finely chopped red onions and 2 cans of diced tomatoes. Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. Let cool 10 minutes.

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

- Cooked and cooled quinoa mixture

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 reheating and tossing with other ingredients, as directed.*

Special Notes: *You could add grilled chicken pieces to this meal after it's been warmed to make it a one-dish dinner.*

Dairy-Free Modifications: *Omit the feta cheese for dairy-free meal.*

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

4. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

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 servings each.

Ingredients for Single Meal

- 2 lbs. ground beef
- 1/2 small white onion
- 1/4 cup bacon crumbles
- Salt and pepper
- 1/4 cup blue cheese crumbles
- 8 large lettuce leaves
- **Side:** fruit
- **Side:** potato chips

Cooking Directions for Single Meal

1. Peel and grate 1/2 small white onion.
2. Mix ground beef, grated onion, and bacon crumbles. Make 8 burger patties and season both sides with salt and pepper.
3. Grill burgers to desired temperature. Set patties onto large lettuce leaves and top with blue cheese crumbles.
4. Prepare fruit.
5. Serve Grilled Bacon & Bleu Burgers {Lettuce Wraps} 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 1/2 cup bacon crumbles. 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 sides.*

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

5. Grilled Maple Dijon Pork Chops

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 boneless pork chops
- 1/4 cup maple syrup
- 1/4 cup Dijon mustard
- 1 tsp minced garlic
- 1 Tbsp apple cider vinegar
- Salt and pepper
- **Side:** garlic bread
- **Side:** veggies

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the maple, Dijon mustard, minced garlic and vinegar. Add a little salt and pepper and then whisk the marinade. Add the pork chops and coat them in the marinade. *Put in the fridge and marinate for at least 30 minutes.
2. Preheat the grill.
3. Grill the pork chops for 6 to 8 minutes per side, or until cooked through and internal temperature reaches 145 F. Cooking time may vary depending on thickness of the pork chops. Let rest for 5 minutes before serving or slicing.
4. Warm or grill the garlic bread.
5. Prepare veggies.
6. Serve Grilled Maple Dijon Pork Chops with fresh veggies and garlic bread.

Assembly Prep Directions for 2 Meals/Bags

In a large mixing bowl, whisk together 1/2 cup maple syrup, 1/2 cup Dijon mustard, 2 tsp minced garlic, 2 Tbsp vinegar and salt and pepper.

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

- 4 pork chops
- 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 pork chops 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.*



Complete Shopping List by Recipe

1. 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

2. 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 2
- Side:** rice x 2

3. Mediterranean Quinoa Skillet

- 3 1/2 cups quinoa
- 1/2 cup lemon juice
- 4 garlic cloves
- 2 small red onions
- 2 - 15 oz. cans diced tomatoes
- 2 cucumbers
- 2 tsp fresh oregano
- 8 oz. Feta cheese crumbles
- Side:** salad x 2

4. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

- 4 lbs. ground beef
- 1 small white onion
- 1/2 cup bacon crumbles
- Salt and pepper
- 1/2 cup blue cheese crumbles
- 16 large lettuce leaves
- Side:** fruit x 2
- Side:** potato chips x 2

5. Grilled Maple Dijon Pork Chops

- 8 boneless pork chops
- 1/2 cup maple syrup
- 1/2 cup Dijon mustard
- 2 tsp minced garlic
- 2 Tbsp apple cider vinegar
- Salt and pepper
- Side:** garlic bread x 2
- Side:** veggies x 2

Supplies

- 10 gallon-size freezer baggies
- Foil for between the burgers



Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 2 - 1 lb. salmon fillets
- 4 lbs. ground beef
- 8 boneless pork chops

Produce

- 4 garlic cloves
- 2 small red onions
- 2 cucumbers
- 2 tsp fresh oregano
- 1 small white onion
- 16 large lettuce leaves
- Side:** fruit x 2
- Side:** salad x 4
- Side:** veggies x 4

Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans diced tomatoes
- 1/2 cup bacon crumbles

Bread & Tortillas

- 3 1/2 cups quinoa
- Side:** dinner rolls x 2
- Side:** rice x 2
- Side:** potato chips x 2
- Side:** garlic bread x 2

Sauces/Condiments

- 8 Tbsp honey
- 1 cup Dijon mustard
- 2 Tbsp sesame oil
- 1 jar peach preserves
- 1/2 cup lemon juice
- 2 Tbsp apple cider vinegar
- 1/2 cup maple syrup

Spices

- 6 tsp minced garlic
- 2 tsp ground ginger
- Salt and pepper

Dairy/Eggs

- 8 oz. Feta cheese crumbles
- 1/2 cup blue cheese crumbles

Supplies

- 10 gallon-size freezer baggies
- Foil for between the burgers



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. Grilled Garlic Dijon Chicken

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

2. Ginger Peach Salmon

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

3. Mediterranean Quinoa Skillet

- 3 1/2 cups quinoa
- 1/2 cup lemon juice
- 4 garlic cloves
- 2 small red onions
- 2 - 15 oz. cans diced tomatoes

4. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

- 4 lbs. ground beef
- 1 small white onion
- 1/2 cup bacon crumbles
- Salt and pepper

5. Grilled Maple Dijon Pork Chops

- 8 boneless pork chops
- 1/2 cup maple syrup
- 1/2 cup Dijon mustard
- 2 tsp minced garlic
- 2 Tbsp apple cider vinegar
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies
- Foil for between the burgers



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.

Meat

- 8 small boneless chicken breasts
- 2 - 1 lb. salmon fillets
- 4 lbs. ground beef
- 8 boneless pork chops

Produce

- 4 garlic cloves
- 2 small red onions
- 1 small white onion

Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans diced tomatoes
- 1/2 cup bacon crumbles

Bread & Tortillas

- 3 1/2 cups quinoa

Sauces/Condiments

- 8 Tbsp honey
- 1 cup Dijon mustard
- 2 Tbsp sesame oil
- 1 jar peach preserves
- 1/2 cup lemon juice
- 2 Tbsp apple cider vinegar
- 1/2 cup maple syrup

Spices

- 6 tsp minced garlic
- 2 tsp ground ginger
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies
- Foil for between the burgers



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

- Bring 8 cups water to boiling in large saucepan.
- Open 2 cans of diced tomatoes and drain.
- Crush 4 garlic cloves and finely chop 2 small red onions.
- Add 3 1/2 cups quinoa to boiling water, and stir in 1/2 cup lemon juice, crushed garlic cloves, finely chopped red onions and 2 cans of diced tomatoes. Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. Let cool 10 minutes.
- Peel and grate 1 small white onion.
- Mix 4 lbs. ground beef, grated onion, and 1/2 cup bacon crumbles. Form 16 burger patties.
- Cut the 2 salmon fillet into 8 pieces. (TIP: Ask the butcher to cut the salmon fillet for you at the store.)
- Garlic Dijon Sauce:** In a large mixing bowl, whisk together 8 Tbsp honey, 8 Tbsp Dijon mustard 4 tsp minced garlic and salt and pepper.
- Maple Dijon Sauce:** whisk together 1/2 cup maple syrup, 1/2 cup Dijon mustard, 2 tsp minced garlic, 2 Tbsp vinegar and salt and pepper.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

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

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

Mediterranean Quinoa Skillet

To each of the **Mediterranean Quinoa Skillet** bags, add the following ingredients:

- Cooked and cooled quinoa mixture

Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

To each of the **Grilled Bacon & Bleu Burgers** bags, add the following ingredients:

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

Grilled Maple Dijon Pork Chops

To each of the **Slow Cooker Peach Glazed Pork Roast** bags, add the following ingredients:

- 4 pork chops
- Half of the prepared marinade into each bag

For all bags, 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.