

ALL PORK CHOPS PLAN

July 2016

Recipes

1. Cheesy Ranch Pork Chops
2. Peachy Pork Chop Skillet
3. Grilled Raspberry Chipotle Pork Chops
4. Slow Cooker Hawaiian Pork Chops
5. Maple Dijon 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

Assembly of Meals

Assembly Prep Instructions
Assembly Instructions for Loading Bags

{Other Notes & Printable Labels Found in Member Area}

1. Cheesy Ranch Pork Chops

Yield: 4 servings

Prep Time : 15 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

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup sour cream
- 1 packet Ranch dressing mix
- 1 cup shredded mild cheddar cheese
- **Side:** veggies
- **Side:** frozen French fries

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease an 9x13-inch baking dish or rimmed baking sheet with non-stick cooking spray.
2. Place the pork chops into the baking dish or baking sheet and season with salt and pepper.
3. In a small mixing bowl, combine the sour cream and Ranch dressing mix. Spread evenly onto the pork chops. Top each covered pork with few pincheuls of shredded cheese.
4. Bake in the preheated oven for 25 to 30 minutes, or until pork chops are cooked through. Cooking time may vary depending on thickness of the chops.
5. Bake French fries, as directed.
6. Prepare veggies.
7. Serve Cheesy Ranch Pork Chops with veggies and French fries.

Assembly Prep Directions for 2 Meals/Trays

In a small mixing bowl, combine 1 cup sour cream with 2 Ranch dressing mix packets.

To each 9x13-inch disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the sour cream sauce, divided evenly to the 4 pork chops
- 1 cup shredded cheese, sprinkled evenly over the 4 pork chops

Cover with foil or lid. Add label to tray and freeze.

Freeze & Thaw Instructions: *Pull out the tray the night before and thaw overnight in the fridge. Cook as directed. If only partially thawed, keep covered and bake for an additional 20-30 minutes and then finish baking as directed and until pork chops are cooked.*

Special Notes: *None.*

Dairy-Free Modifications: *Unfortunately, this meal is not dairy-free.*

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

2. Peachy Pork Chop Skillet

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

- 1 Tbsp olive oil
- 4 boneless pork chops
- Salt and pepper
- 2 peaches
- 1 tsp ginger
- **Side:** mashed potatoes
- **Side:** salad

Cooking Directions for Single Meal

1. Seed and slice 4 peaches.
2. Heat the olive oil in a large skillet. Brown both sides of the pork chops. Season with salt and pepper. Once browned, add the peaches and sprinkle the ginger over the top. Saute and cook the pork chops and peaches for another 8 to 10 minutes, or until pork chops are cooked through and peaches are softened.
3. Prepare mashed potatoes or other side.
4. Prepare salad.
5. Serve Peachy Pork Chop Skillet with mashed potatoes and salad.

Assembly Prep Directions for 2 Meals/Bags

Seed and slice 4 peaches.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the sliced peaches
- 1 tsp ginger

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 for cooking.*

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 Raspberry Chipotle Pork Chops

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 boneless pork chops
- Salt and pepper
- 1 cup raspberry chipotle sauce
- **Side:** fruit
- **Side:** salad

Cooking Directions for Single Meal

1. Lightly grease an 8x8-inch baking dish with non-stick cooking spray. Place pork chops into the baking dish and season with salt and pepper. Pour the raspberry chipotle sauce over the pork chops. *Let marinate for at least 30 minutes in the fridge.
2. Preheat the grill.
3. Grill for 5 to 6 minutes per side, over direct heat, or until cooked to 145 F. Cooking time may vary depending on thickness of the chops. Let rest 5 minutes before serving and slicing.
4. Prepare fruit and salad.
5. Serve Grilled Raspberry Chipotle Pork Chops with fruit and salad.

Assembly Prep Directions for 2 Meals/Bags

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

- 4 boneless pork chops
- Salt and pepper
- 1 cup raspberry chipotle 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: Recipe is gluten-free when served with gluten-free sides.

4. 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:** salad

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 salad.
6. Warm dinner rolls.
7. Serve Slow Cooker Hawaiian Pork Chops with rolls and salad.

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: Recipe is gluten-free when you use gluten-free soy sauce and served with gluten-free sides.

5. Maple Dijon Pork Chops

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 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 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: Recipe is gluten-free when served with other gluten-free sides, like rice or sweet potatoes.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Complete Shopping List by Recipe

1. Cheesy Ranch Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup sour cream
- ☐ 2 packets Ranch dressing mix
- ☐ 2 cups shredded mild cheddar cheese
- ☐ **Side:** veggies x 2
- ☐ **Side:** frozen French fries x 2

2. Peachy Pork Chop Skillet

- ☐ 2 Tbsp olive oil
- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 peaches
- ☐ 2 tsp ginger
- ☐ **Side:** mashed potatoes x 2
- ☐ **Side:** salad x 2

3. Grilled Raspberry Chipotle Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 cups raspberry chipotle sauce
- ☐ **Side:** fruit x 2
- ☐ **Side:** salad x 2

4. 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

5. 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

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - 9x13-inch freezer safe disposable trays



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Complete Shopping List by Store Section/Category

Pork Chops

- ☐ 40 boneless pork chops

Produce

- ☐ 4 peaches
- ☐ **Side:** veggies x 4
- ☐ **Side:** salad x 6
- ☐ **Side:** fruit x 2

Pantry Staples - Canned, Boxed, Frozen

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

Starchy Sides

- ☐ **Side:** mashed potatoes x 2
- ☐ **Side:** dinner rolls x 2
- ☐ **Side:** garlic bread x 2

Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 2 cups raspberry chipotle sauce
- ☐ 1 cup soy sauce
- ☐ 1/2 cup maple syrup
- ☐ 1/2 cup Dijon mustard
- ☐ 2 Tbsp apple cider vinegar

Spices

- ☐ 2 packets Ranch dressing mix
- ☐ 2 tsp ginger
- ☐ 1 cup brown sugar
- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp cornstarch
- ☐ Salt and pepper

Dairy/Refrigerated

- ☐ 1 cup sour cream
- ☐ 2 cups shredded mild cheddar cheese
- ☐ **Side:** frozen French fries x 2

Supplies

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - 9x13-inch freezer safe disposable trays



FreezEasy

Simple, Easy Freezer Cooking Meal Plans

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. Cheesy Ranch Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup sour cream
- ☐ 2 packets Ranch dressing mix
- ☐ 2 cups shredded mild cheddar cheese

2. Peachy Pork Chop Skillet

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 peaches
- ☐ 2 tsp ginger

3. Grilled Raspberry Chipotle Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 cups raspberry chipotle sauce

4. 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

5. 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

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - 9x13-inch freezer safe disposable trays



FreezEasy

Simple, Easy Freezer Cooking Meal Plans

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.

Pork Chops

- ☐ 40 boneless pork chops

Produce

- ☐ 4 peaches

Pantry Staples - Canned, Boxed, Frozen

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

Sauces/Condiments

- ☐ 2 cups raspberry chipotle sauce
- ☐ 1 cup soy sauce
- ☐ 1/2 cup maple syrup
- ☐ 1/2 cup Dijon mustard
- ☐ 2 Tbsp apple cider vinegar

Spices

- ☐ 2 packets Ranch dressing mix
- ☐ 2 tsp ginger
- ☐ 1 cup brown sugar
- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp cornstarch
- ☐ Salt and pepper

Dairy/Refrigerated

- ☐ 1 cup sour cream
- ☐ 2 cups shredded mild cheddar cheese

Supplies

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - 9x13-inch freezer safe disposable trays



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

- ☐ Seed and slice 4 peaches.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open and drain juice from 2 cans of pineapple slices. Reserve 1/2 cup pineapple juice.
- ☐ **Ranch-Sour Cream Topping:** combine 1 cup sour cream with 2 Ranch dressing mix packets.
- ☐ **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.
- ☐ **Maple Dijon Marinade:** 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

Cheesy Ranch Pork Chops

To each of the **Cheesy Ranch Pork Chops** trays, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the sour cream sauce, divided evenly to the 4 pork chops
- 1 cup shredded cheese, sprinkled evenly over the 4 pork chops

Cover with foil or lid. Add label to tray and freeze.

Peachy Pork Chop Skillet

To each of the **Peachy Pork Chops Skillet** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the sliced peaches
- 1 tsp ginger

Grilled Raspberry Chipotle Pork Chops

To each of the **Grilled Raspberry Chipotle Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 1 cup raspberry chipotle sauce

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

Maple Dijon Pork Chops

To each of the **Maple Dijon Pork Chops** bags, add the following ingredients:

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

For all of 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.