

TRADITIONAL PLAN

July 2016

Recipes

1. Grilled Ranch Burgers
2. Grilled BBQ Ribs
3. Sweet Orange Ginger Chicken
4. Ginger Peach Salmon
5. BBQ Chicken Quesadillas

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1. 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.*

2. Grilled BBQ Ribs

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 1 hour

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

- 3 lbs. baby back pork ribs
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 Tbsp smoked paprika
- 1 tsp salt
- 1 tsp pepper
- 2 cups sweet BBQ sauce
- **Side:** baked beans
- **Side:** corn on the cob

Cooking Directions for Single Meal

1. Preheat the grill. Set the rack of ribs on large platter or baking sheet.
2. In a small mixing bowl, combine the chili powder, ground cumin, smoked paprika, salt and pepper. Coat the rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto the ribs.
3. Place on the grill over indirect low heat and close the lid and cook for 1 hour. With about 10 minutes left, brush the other 1 cup of BBQ sauce onto the ribs.
4. Warm the baked beans.
5. Cook the corn.
6. Serve BBQ Ribs with baked beans and corn.

Assembly Prep Directions for 2 Meals/Bags

Cut ribs into smaller sections so they will fit in smaller bag. See special notes for alternative packaging ideas.

In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.

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

- 1 rack of ribs with rub and 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 ribs completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before grilling.*

Special Notes: *Because a rack of ribs is large and awkward to freeze, you could cut them into smaller pieces and use gallon size baggies. You could purchase the ziploc 2 gallon or larger baggies. (Most grocery stores don't carry these, but you could get them from Amazon or online.) You could wrap the ribs and rub (not the sauce) in plastic wrap and then foil and freeze that way, then brush the BBQ on just before grilling.*

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. Sweet Orange Ginger 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, cut into bite size chunks
- 1/4 cup flour
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp onion powder
- 1 tsp grated orange peel
- 1/2 tsp salt
- 2 Tbsp canola oil
- 1 small white onion
- 1 red bell pepper
- 1 cup sweet Thai chili sauce
- **Side:** rice

Cooking Directions for Single Meal

1. Dice the white onion.
2. Seed and dice the red bell pepper.
3. In a small mixing bowl, mix together the flour, garlic powder, onion powder, salt and grated orange peel. Toss the chicken pieces in with the dry mix until they are fully coated.
4. In a large skillet, heat the oil and then add the coated chicken pieces and toss often to brown all sides. Add the diced onions and red bell pepper with the chicken and saute as the chicken is browning. Pour the sweet chili sauce over the top and bring to bubbling and finish cooking the chicken over low heat. If necessary, deglaze the skillet with a little water.
5. Cook rice, as directed.
6. Serve Sweet Orange Ginger Chicken over rice.

Assembly Prep Directions for 2 Meals/Bags

Cut 4 large chicken breasts into bite-size pieces.

Dice 2 small white onions.

Seed and dice 2 red bell peppers.

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

- Half of the chicken pieces into each bag
- 1/4 cup flour
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp onion powder
- 1 tsp grated orange peel
- 1/2 tsp salt
- Half of the onion pieces into each bag
- Half of the red bell pepper into each bag
- 1 cup sweet Thai chili 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 skillet for cooking.*

Special Notes: *When assembling the chicken in the bag, toss the pieces with the dry ingredients within the gallon size freezer baggie so the flour and spices coat the chicken. Then add the onions, bell peppers and sauce.*

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. 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.*

5. BBQ Chicken Quesadillas

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

- 2 large boneless, skinless chicken breasts
- 1 cup BBQ sauce
- 8 burrito-size flour tortillas
- 2 cups shredded quesadilla blend cheese
- **Side:** avocado
- **Side:** fruit

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. *Marinate the chicken pieces in the BBQ sauce for at least 30 minutes in the refrigerator.
3. In a large skillet, saute the marinated chicken for about 10 minutes, or until they are cooked through.
4. Set out 4 tortillas and evenly divide the sauteed chicken onto 4 tortillas. Top with $\frac{1}{2}$ cup shredded cheese each. Add the other tortillas on top and brown the quesadillas on both sides on a hot griddle. Slice into 6 or 8 pieces once cooked.
5. Prepare avocado and fruit.
6. Serve BBQ Chicken Quesadillas with avocado and fruit.

Assembly Prep Directions for 2 Meals/Bags

Cut 4 large boneless, skinless chicken breasts into bite-sized pieces.

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

- Half of the chicken pieces into each bag
- 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 skillet to cook the chicken, and then make the quesadillas.*

Special Notes: *None.*

Dairy-Free Modifications: *Unfortunately, there's not a great dairy-free option for quesadillas.*

Gluten-Free Modifications: *Unfortunately, there's not a great gluten-free option for these quesadillas unless you want to buy gluten-free tortillas.*



Complete Shopping List by Recipe

1. 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

2. Grilled BBQ Ribs

- 6 lbs. baby back pork ribs
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp salt
- 2 tsp pepper
- 4 cups sweet BBQ sauce
- Side:** baked beans x 2
- Side:** corn on the cob x 2

3. Sweet Orange Ginger Chicken

- 4 large boneless chicken breasts
- 1/2 cup flour
- 2 tsp garlic powder
- 2 tsp ground ginger
- 2 tsp onion powder
- 2 tsp grated orange peel
- 1 tsp salt
- 4 Tbsp canola oil
- 2 small white onions
- 2 red bell peppers
- 2 cup sweet Thai chili sauce
- Side:** rice x 2

4. 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

5. BBQ Chicken Quesadillas

- 4 large boneless, skinless chicken breasts
- 2 cups BBQ sauce
- 16 burrito-size flour tortillas
- 4 cups shredded quesadilla blend cheese
- Side:** avocado x 2
- Side:** fruit x 2

Supplies

- 10 gallon-size freezer baggies
- 2 disposable large freezer safe trays for the ribs, optional
- Foil for trays and in between burgers



Complete Shopping List by Store Section/Category

Meat

- 4 lbs. ground beef
- 6 lbs. baby back pork ribs
- 8 large boneless chicken breasts
- 2 - 1 lb. salmon fillets

Produce

- 3 small white onions
- 2 red bell peppers
- Side:** fruit x 4
- Side:** veggies x 2
- Side:** corn on the cob x 2
- Side:** avocado x 2

Pantry Staples - Canned, Boxed, Frozen

- Side:** baked beans x 2

Bread

- 16 hamburger buns
- 16 burrito-size flour tortillas
- Side:** rice x 4
- Side:** chips x 2

Sauces/Condiments

- 1 cup ranch salad dressing
- 6 cups sweet BBQ sauce
- 2 cups sweet Thai chili sauce
- 1 jar peach preserves
- 4 Tbsp canola oil
- 2 Tbsp sesame oil

Spices

- 2 Tbsp ranch dressing mix
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 1/2 cup flour
- 2 tsp garlic powder
- 4 tsp ground ginger
- 2 tsp onion powder
- 2 tsp grated orange peel
- Salt and pepper

Dairy/Eggs

- 4 cups shredded quesadilla blend cheese

Supplies

- 10 gallon-size freezer baggies
- 2 disposable large freezer safe trays for the ribs, optional
- Foil for trays and in between 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 Ranch Burgers

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

2. Grilled BBQ Ribs

- 6 lbs. baby back pork ribs
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp salt
- 2 tsp pepper
- 4 cups sweet BBQ sauce

3. Sweet Orange Ginger Chicken

- 4 large boneless chicken breasts
- 1/2 cup flour
- 2 tsp garlic powder
- 2 tsp ground ginger
- 2 tsp onion powder
- 2 tsp grated orange peel
- 1 tsp salt
- 2 small white onions
- 2 red bell peppers
- 2 cup sweet Thai chili sauce

4. Ginger Peach Salmon

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

5. BBQ Chicken Quesadillas

- 4 large boneless, skinless chicken breasts
- 2 cups BBQ sauce

Supplies

- 10 gallon-size freezer baggies
- 2 disposable large freezer safe trays for the ribs, optional
- Foil for trays and in between 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

- 4 lbs. ground beef
- 6 lbs. baby back pork ribs
- 8 large boneless chicken breasts
- 2 - 1 lb. salmon fillets

Produce

- 3 small white onions
- 2 red bell peppers

Sauces/Condiments

- 6 cups sweet BBQ sauce
- 2 cups sweet Thai chili sauce
- 1 jar peach preserves
- 2 Tbsp sesame oil

Spices

- 2 Tbsp ranch dressing mix
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 1/2 cup flour
- 2 tsp garlic powder
- 4 tsp ground ginger
- 2 tsp onion powder
- 2 tsp grated orange peel
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies
- 2 disposable large freezer safe trays for the ribs, optional
- Foil for trays and in between burgers



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

- 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.
- Cut ribs into smaller sections so they will fit in gallon size bag.
- In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.
- Cut 8 large chicken breasts into bite-size pieces.
- Cut the 2 salmon fillet into 8 pieces. (TIP: Ask the butcher to cut the salmon fillet for you at the store.)
- Dice 2 small white onions.
- Seed and dice 2 red bell peppers.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

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 BBQ Ribs

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

- 1 rack of ribs with rub and BBQ sauce

Sweet Orange Ginger Chicken

To each of the **Sweet Orange Ginger Chicken** bags, add the following ingredients:

- 1/4 of the chicken pieces
- 1/4 cup flour
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp onion powder
- 1 tsp grated orange peel
- 1/2 tsp salt
- Half of the onion pieces into each bag
- Half of the red bell pepper into each bag
- 1 cup sweet Thai chili sauce

BBQ Chicken Quesadillas

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

- 1/4 of the chicken pieces
- 1 cup BBQ sauce

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

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.