

## Slow Cooker Italian Chicken

Thaw and slow cook on low for 8 hours.  
Serve with side salad.

Date: \_\_\_\_\_



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## Cilantro Lime Chicken

Thaw chicken in the marinade and transfer to oven-safe skillet. Brown the chicken thighs on both sides, then bake at 375 F for 25 minutes.  
Serve with rice and veggies.

Date: \_\_\_\_\_



## Cilantro Lime Chicken

Thaw chicken in the marinade and transfer to oven-safe skillet. Brown the chicken thighs on both sides, then bake at 375 F for 25 minutes.  
Serve with rice and veggies.

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## Grilled Sage Chicken Packs

Thaw chicken and veggies completely before adding foil packs to the grill and grilling for 20 minutes, or until chicken is cooked through.  
Serve with focaccia bread and veggies.

Date: \_\_\_\_\_



## Grilled Sage Chicken Packs

Thaw chicken and veggies completely before adding foil packs to the grill and grilling for 20 minutes, or until chicken is cooked through.  
Serve with focaccia bread and veggies.

Date: \_\_\_\_\_



## Grilled Ranch Burgers

Thaw patties in the fridge,  
then grill to desired temperature.  
Serve on buns with ranch dressing and fruit  
and chips.

Date: \_\_\_\_\_



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then grill to desired temperature.  
Serve on buns with ranch dressing and fruit  
and chips.

Date: \_\_\_\_\_



## Grilled Southwestern Steaks

Thaw steaks in the fridge, then grill to desired  
temperature.  
Serve with rice and avocado.

Date: \_\_\_\_\_



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Thaw steaks in the fridge, then grill to desired  
temperature.  
Serve with rice and avocado.

Date: \_\_\_\_\_



## Slow Cooker Sweet n Sour Meatballs

Thaw and cook on low for 6 to 8 hours. Add  
cornstarch at end of cooking cycle, as directed  
on the recipe.  
Serve over rice.

Date: \_\_\_\_\_



## Slow Cooker Sweet n Sour Meatballs

Thaw and cook on low for 6 to 8 hours. Add  
cornstarch at end of cooking cycle, as directed  
on the recipe.  
Serve over rice.

Date: \_\_\_\_\_



## Ginger Peach Salmon

Thaw completely before baking at 350 F for 15 minutes, or until no longer pink in the middle.  
Serve with rice and veggies.

Date: \_\_\_\_\_



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Thaw completely before baking at 350 F for 15 minutes, or until no longer pink in the middle.  
Serve with rice and veggies.

Date: \_\_\_\_\_



## Roasted Cod with Pesto

Thaw fish completely. Bake at 400 F for 10 to 15 minutes, or until cod is cooked through.  
Serve with rice and veggies.

Date: \_\_\_\_\_



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Thaw fish completely. Bake at 400 F for 10 to 15 minutes, or until cod is cooked through.  
Serve with rice and veggies.

Date: \_\_\_\_\_



## Slow Cooker Shredded Pork with Thai Peanut Sauce

Thaw and slow cook on low for 8 hours. Shred pork meat with sauce once cooked.  
Serve over rice with side salad.

Date: \_\_\_\_\_



## Slow Cooker Shredded Pork with Thai Peanut Sauce

Thaw and slow cook on low for 8 hours. Shred pork meat with sauce once cooked.  
Serve over rice with side salad.

Date: \_\_\_\_\_



## Slow Cooker Hawaiian Pork Chops

Thaw and cook on low for 6 to 8 hours. Whisk in 1 Tbsp cornstarch at end of cooking cycle, as directed on the recipe.  
Serve with dinner rolls and salad.

Date: \_\_\_\_\_



## Slow Cooker Hawaiian Pork Chops

Thaw and cook on low for 6 to 8 hours. Whisk in 1 Tbsp cornstarch at end of cooking cycle, as directed on the recipe.  
Serve with dinner rolls and salad.

Date: \_\_\_\_\_

