

Grilled Garlic Dijon Chicken

Thaw chicken completely before grilling for 6 to 8 minutes per side, or until cooked through. Serve with dinner rolls and salad.

Date: _____



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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.

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Mediterranean Quinoa Skillet

Thaw baggie in fridge before transferring to a skillet for reheating. Serve with chopped cucumbers, feta cheese, and fresh oregano.

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Grilled Bacon & Bleu Burgers {Lettuce Wraps}

Thaw patties in the fridge, then grill to desired temperature.
Serve on lettuce leaves with blue cheese crumbles and fruit and chips.

Date: _____
 **FreezEasy**
Simple, Easy Freezer Cooking Meal Plans

Grilled Bacon & Bleu Burgers {Lettuce Wraps}

Thaw patties in the fridge, then grill to desired temperature.
Serve on lettuce leaves with blue cheese crumbles and fruit and chips.

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 **FreezEasy**
Simple, Easy Freezer Cooking Meal Plans

Grilled Maple Dijon Pork Chops

Thaw pork chops completely before grilling for 6 to 8 minutes per side, or until cooked through and internal temperature is 145 F.
Serve with garlic bread and veggies.

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Serve with garlic bread and veggies.

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