

## 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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## Grilled BBQ Ribs

Thaw ribs completely before grilling for over  
indirect low heat for 1 hour. Brush another 1  
cup BBQ sauce onto ribs with 10 minutes of  
grilling left.  
Serve with baked beans and corn on the cob.

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



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Thaw ribs completely before grilling for over  
indirect low heat for 1 hour. Brush another 1  
cup BBQ sauce onto ribs with 10 minutes of  
grilling left.  
Serve with baked beans and corn on the cob.

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## Sweet Orange Ginger Chicken

Thaw completely before sauteing in skillet for  
10 to 15 minutes, or until chicken is cooked  
through.  
Serve over rice.

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



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Serve over rice.

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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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Serve with rice and veggies.

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## BBQ Chicken Quesadillas {Filling}

Thaw completely and saute the chicken and sauce in skillet for 10 minutes, before assembling and grilling the quesadillas.  
Serve with avocado and fruit.

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



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Thaw completely and saute the chicken and sauce in skillet for 10 minutes, before assembling and grilling the quesadillas.  
Serve with avocado and fruit.

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