

THE 20 MEALS PLAN

August 2016

Recipes

Slow Cooker Baja Shredded Chicken
Chicken & Broccoli Alfredo Bake
Honey Sesame Chicken
Greek Chicken Bake
Teriyaki Beef & Veggie Stir-fry
Ginger Beef Stir-fry
Bacon Cheeseburger Chili
Sloppy Dogs {Topping}
Grilled Turkey Burgers
Crunchy Coconut Baked Tilapia

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Prep & Assembly of Meals

Assembly Prep Instructions
Assembly Instructions for Loading Bags

{Other Notes & Printable Labels Found in Accompanying Downloads}

1. Slow Cooker Baja Shredded Chicken Tacos

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1/2 cup brown sugar
- 1 Tbsp cumin
- 1/2 cup salsa
- 4 oz. can green chiles
- Salt and pepper
- 8 flour tortillas
- **Side:** salad

Cooking Directions for Single Meal

1. Place the chicken breasts and chicken thighs into the base of the slow cooker and add the brown sugar, ground cumin, salsa, green chiles, salt and pepper on top of the chicken.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
3. Spoon the shredded chicken into tortillas and make tacos.
4. Prepare the salad.
5. Serve Baja Shredded Chicken Tacos with side salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of green chiles.

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1/2 cup brown sugar
- 1 Tbsp cumin
- 1/2 cup salsa
- 4 oz. can green chiles
- Salt and pepper

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 served with gluten-free tortillas instead of flour tortillas.*

2. Chicken & Broccoli Alfredo Bake

Yield: 4 servings

Prep Time: 15 minutes • Cook Time: 25 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

- 12 oz. box penne pasta noodles
- 3 cups shredded rotisserie chicken
- 24 oz. jar alfredo sauce
- 12 oz. bag frozen broccoli florets
- 2 cups shredded mozzarella cheese
- **Garnish:** shaved Parmesan cheese
- **Side:** salad

Cooking Directions for Single Meal

1. Cook the pasta noodles for 7 minutes, or al dente. Drain and rinse with cool water.
2. Preheat oven to 375 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
3. Place the cooked pasta noodles into the base of the prepared dish. Add the shredded chicken and frozen broccoli florets in and gently toss with the cooked noodles. Pour the alfredo sauce over the top and gently stir in with the pasta, chicken and broccoli. Top with the shredded mozzarella cheese.
4. Bake in the preheated oven for 20 to 25 minutes, or until cheese begins to golden.
5. Prepare the salad.
6. Serve Chicken & Broccoli Alfredo Bake with shaved Parmesan cheese garnish and salad.

Assembly Prep Directions for 2 Meals

Cook 2 boxes of pasta noodles for 7 minutes, or al dente. Drain and rinse with cool water.

To each disposable baking tray, add the following ingredients:

- Half of the cooked and cooled pasta
- 3 cups shredded rotisserie chicken
- 24 oz. jar alfredo sauce
- 12 oz. bag frozen broccoli florets
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray 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 tray of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

Special Notes: *None.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free pasta.*

3. Honey Sesame 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

- 3 large boneless chicken breasts
- 1 small white onion
- 1/2 cup honey
- 1/2 cup soy sauce
- 2 Tbsp rice vinegar
- 2 Tbsp sesame oil
- 2 tsp minced garlic
- 2 Tbsp canola oil
- Salt and pepper
- **Garnish:** green onions and sesame seeds
- **Side:** rice
- **Side:** veggies

Cooking Directions for Single Meal

1. Cook rice, as directed.
2. Cut the chicken breasts into bite-size pieces. In a small mixing bowl, whisk together the honey, soy sauce, rice vinegar, sesame oil and minced garlic. Pour the marinade over the chicken pieces and let marinate in the fridge for at least 30 minutes.*
3. Dice the white onion.
4. Heat the canola oil over high heat in large skillet or wok. Add the chicken pieces, diced onion, and marinade and saute over high heat for 10 minutes, or until chicken is cooked through. Add salt and pepper, as desired.
5. Prepare the veggies.
6. Serve Honey Sesame Chicken over rice with veggies.

Assembly Prep Directions for 2 Meals

Cut 6 chicken breasts into bite-size pieces.

Dice 2 white onions.

In a small mixing bowl, whisk together 1 cup honey, 1 cup soy sauce, 4 Tbsp rice vinegar, 4 Tbsp sesame oil, and 4 tsp minced garlic.

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

- Half of the chicken pieces
- Half of the diced onion
- Half of the honey sesame marinade
- Salt and pepper

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 before transferring to skillet and cooking as directed.*

Special Notes: *None.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Use gluten-free soy sauce for gluten-free meal.*

4. Greek Chicken Bake

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 45 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings.

Ingredients for Single Meal

- 4 small boneless chicken breasts
- Salt and pepper
- 1 pint cherry tomatoes
- 1 cup artichoke hearts
- 1 cup green olives
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp minced garlic
- 2 tsp dried oregano
- **Garnish:** feta cheese crumbles
- **Side:** salad

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Drain the artichoke hearts, pat dry, and then quarter them.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, minced garlic and oregano.
4. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Add the cherry tomatoes, quartered artichoke hearts and olives around the chicken pieces. Pour the lemon juice marinade over the top.
5. Bake in the preheated oven for 45 minutes, or until chicken is cooked through. Sprinkle Feta cheese crumbles onto warm chicken bake, so they soften up.
6. Prepare the salad.
7. Serve Greek Chicken Bake with salad.

Assembly Prep Directions for 2 Meals

Drain 2 cups artichoke hearts, pat dry and then quarter them.

In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.

To each disposable baking tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- 1 pint cherry tomatoes
- 1 cup artichoke hearts, quartered
- 1 cup green olives
- Half of the prepared marinade

Cover with foil or lid, add label 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 transferring to oven and baking as directed.

Special Notes: None.

Dairy-Free Modifications: Omit Feta cheese garnish for dairy-free & Paleo meal.

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

5. Teriyaki Beef & Veggie Stir-fry

Yield: 4 servings

Prep Time: 10 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 1/2 lbs. sirloin steak
- 2 Tbsp canola oil
- 1 cup teriyaki sauce
- 16 oz. bag frozen Asian-style veggies
- **Side:** rice
- **Side:** salad

Cooking Directions for Single Meal

1. Thinly slice the sirloin steak, slicing across the grain of the meat.
2. Cook rice, as directed.
3. Heat the canola oil over high heat in large skillet or wok. Add the beef slices and brown on all sides, tossing often. Stir in the teriyaki sauce and saute over high heat for 5 minutes. Add the frozen veggies and saute for another 5 to 10 minutes, or until beef is cooked through and veggies are softened.
4. Prepare the salad.
5. Serve Teriyaki Beef & Veggie Stir-fry over rice with salad.

Assembly Prep Directions for 2 Meals

Thinly slice the 2 sirloin steaks, slicing across the grain of the meat.

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

- Half of the sliced steak pieces
- 1 cup teriyaki sauce
- 16 oz. bag frozen Asian-style veggies

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 before transferring to skillet or wok and cooking 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 teriyaki sauce.*

6. Ginger Beef Stir-fry

Yield: 4 servings

Prep Time: 10 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 1/2 lbs. sirloin steak
- 1 Tbsp rice vinegar
- 3 Tbsp soy sauce
- 2 Tbsp sesame oil
- 1 Tbsp honey
- 1 tsp ground ginger
- 2 Tbsp canola oil
- 1 red bell pepper
- 1 bunch green onions
- 1 Tbsp cornstarch
- **Side:** rice
- **Side:** frozen egg rolls

Cooking Directions for Single Meal

1. Thinly slice the sirloin steak, slicing across the grain of the meat. Place into shallow dish for marinating.
2. Cook rice and egg rolls, as directed.
3. In a small mixing bowl, whisk together the rice vinegar, soy sauce, sesame oil, honey and ginger. Pour the marinade over the sliced beef and let marinate in the fridge for at least 30 minutes.*
4. Seed and slice the red bell pepper. Slice the green onions, diagonally to make 3/4-inch long pieces.
5. Heat the canola oil over high heat in large skillet or wok. Add the beef slices and marinade and saute over high heat for 5 minutes. Add the sliced red bell peppers and green onions and saute for another 5 minutes. In a small bowl, stir the 1 Tbsp cornstarch with 2 Tbsp warm water, then swirl into the sauce in the skillet. Reduce heat to low and simmer for 5 minutes, while sauce thickens.
6. Serve Ginger Beef Stir-fry over rice with egg rolls.

Assembly Prep Directions for 2 Meals

Thinly slice the 2 sirloin steaks, slicing across the grain of the meat

Seed and slice 2 red bell peppers. Slice 2 bunches of green onions, diagonally to make 3/4-inch long pieces.

In a small mixing bowl, whisk together 2 Tbsp rice vinegar, 6 Tbsp soy sauce, 4 Tbsp sesame oil, 2 Tbsp honey and 2 tsp ginger.

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

- Half of the sliced steak pieces
- Half of the prepared marinade
- Half of the sliced red bell peppers
- Half of the sliced green onions
- Note: Do not add cornstarch to the freezer 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 bowl of warm water for about 20 minutes, before transferring to skillet for cooking. Stir in cornstarch and water, as directed in the recipe.*

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. If needed, use alternative side dish for the frozen eggrolls.*

7. Bacon Cheeseburger Chili

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

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 2 - 15 oz. cans white beans
- 4 cups beef broth
- 2 cups shredded cheddar cheese
- 2 cups whole milk
- Salt and pepper
- **Garnish:** crumbled bacon
- **Side:** veggies

Cooking Directions for Single Meal

1. Open and drain the 2 cans of white beans.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the drained white beans, beef broth plus 1 cup of hot water. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle.
3. Stir in 1 cup of shredded cheese and 2 cups whole milk to the chili and simmer for 10 minutes. Use remaining shredded cheese as garnish.
4. Cook and crumble the bacon, if needed.
5. Prepare veggies.
6. Serve Bacon Cheeseburger Chili with bacon and shredded cheese garnish, and veggies.

Assembly Prep Directions for 2 Meals

Open, drain and rinse 4 cans of white beans.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

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

- Half of the browned ground beef
- 2 - 15 oz. cans white beans
- 4 cups beef broth
- Salt and pepper

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 a saucepan and reheating with 1 cup of hot water. Stir in 1 cup shredded cheese and 2 cups whole milk 10 minutes before serving.*

Special Notes: *None.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

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

8. Sloppy Dogs {Topping}

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 15 minutes

Recipe written below to make 1 meal of 4 servings or 8 hot dogs. Shopping List contains ingredients to make 2 meals of 4 servings or 8 hot dogs each.

Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. can sloppy joe sauce
- 8 hot dogs
- 8 hot dog buns
- 1 cup shredded mild cheddar cheese
- **Side:** fruit
- **Side:** chips

Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the sloppy joe sauce and warm over medium low heat for 5 to 10 minutes.
2. Cook the hot dogs, as directed. Add hot dogs into buns.
3. Spoon the sloppy joe meat over the hot dogs and top with shredded cheese.
4. Prepare fruit.
5. Serve Sloppy Dogs with fruit and chips.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

Open 2 cans of sloppy joe sauce.

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

- Half of the browned ground beef
- 15 oz. can sloppy joe 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 a skillet and reheating.*

Special Notes: *None.*

Dairy-Free Modifications: *Omit cheese garnish for dairy-free meal.*

Gluten-Free Modifications: *Serve hot dogs smothered in sloppy joe sauce without buns for gluten-free meal.*

9. Grilled Turkey Burgers

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 10 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. ground turkey
- 1/2 green bell pepper
- 1/2 red bell pepper
- 1/2 small white onion
- 1 tsp minced garlic
- 1 teaspoon salt
- 1 tsp parsley
- 1/2 tsp paprika
- 4 hamburger buns
- **Side:** chips
- **Side:** fruit

Cooking Directions for Single Meal

1. Preheat the grill.
2. Finely chop the green and red bell peppers and the onion.
3. Combine the ground turkey, chopped green and red bell peppers and chopped onion with the minced garlic, salt, parsley and paprika in a medium mixing bowl. Form into 4 patties.
4. Place the patties on the grill tray or veggie basket. See note about ways to keep patties together when grilling. Grill for 5 to 6 minutes per side, or until internal temperature should reach 165 F.
5. If you need to cook the patties a little longer then you can move them to a cool part of the grill until they're done.
6. Serve Grilled Turkey Burgers with fruit and/or chips.

Assembly Prep Directions for 2 Meals

Finely chop 1 green bell pepper, 1 red bell pepper and 1 white onion.

Combine 2 lbs. ground turkey, the chopped green and red bell peppers and chopped onion with 2 tsp minced garlic, 2 tsp salt, 2 tsp parsley and 1 tsp paprika in a medium mixing bowl. Form into 8 patties.

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

- 4 turkey burger patties

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 grill and grilling as directed.*

Special Notes: *If you don't have a tray for your grill, put the patties in the freezer for 30 minutes to help them firm up and hold together better when grilling. Or you could grill them from partially frozen. Alternative cooking method: wrap the patties tightly in foil and place them in a 350 F oven for about 5 to 10 minutes until the desired temperature is reached.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Use gluten-free soy sauce for gluten-free bun or in lettuce wrap.*

10. Crunchy Coconut Baked Tilapia

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 1/2 lbs. tilapia fillets
- 1/2 cup coconut flakes
- 1/2 cup breadcrumbs
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 cup flour
- 2 eggs
- **Garnish:** apricot preserves
- **Side:** salad
- **Side:** dinner rolls

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Cut the tilapia fillet into 4 pieces, if needed.
3. In a small bowl, toss together the coconut flakes, breadcrumbs, salt and pepper. Set up 3 dipping stations for the flour, whisked egg and the coconut flake mixture. Coat each tilapia fillet with flour, then dip into the egg, then the coconut flakes mixture. Place in a 9x13-inch baking dish.
4. Bake in the preheated oven for 20 minutes, or until fish is cooked through. Baking time may depend on thickness of the tilapia fillet.
5. Prepare the side salad.
6. Warm the dinner rolls.
7. Serve Crunchy Coconut Baked Tilapia with apricot preserves for dipping, salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Cut the 2 tilapia fillets into 8 pieces.

In a small bowl, toss together 1 cup coconut flakes, 1 cup breadcrumbs, 2 tsp salt and 1 tsp pepper. Set up 3 dipping stations for 1/2 cup flour, 2 whisked eggs and the coconut flake mixture. Coat each tilapia fillet with flour, then dip into the egg, then the coconut flakes mixture.

To each disposable baking tray, add the following ingredients:

- 4 coated tilapia fillets

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: Put tray 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 shallow dish with warm water for about 20 minutes, before baking in the oven for 20 minutes at 400 F.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free if you use gluten-free breadcrumbs, gluten free flour blend and serve with rice.



Complete Shopping List by Recipe

1. Slow Cooker Baja Shredded Chicken

- 4 large boneless chicken breasts
- 8 boneless chicken thighs
- 1 cup brown sugar
- 2 Tbsp cumin
- 1 cup salsa
- 2 - 4 oz. cans green chiles
- Salt and pepper
- 16 flour tortillas
- Side:** salad x 2

2. Chicken & Broccoli Alfredo Bake

- 2 - 12 oz. boxes penne pasta noodles
- 6 cups shredded rotisserie chicken
- 2 - 24 oz. jars alfredo sauce
- 2 - 12 oz. bags frozen broccoli florets
- 4 cups shredded mozzarella cheese
- Garnish:** shaved Parmesan cheese x 2
- Side:** salad x 2

3. Honey Sesame Chicken

- 6 large boneless chicken breasts
- 2 small white onions
- 1 cup honey
- 1 cup soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp sesame oil
- 4 tsp minced garlic
- 4 Tbsp canola oil
- Salt and pepper
- Garnish:** green onions and sesame seeds x 2
- Side:** rice x 2
- Side:** veggies x 2

4. Greek Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2 pints cherry tomatoes
- 2 cups artichoke hearts
- 2 cups green olives
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 4 tsp minced garlic
- 4 tsp dried oregano
- Garnish:** feta cheese crumbles x 2
- Side:** salad x 2

5. Teriyaki Beef & Veggie Stir-fry

- 2 - 1 1/2 lbs. sirloin steaks
- 4 Tbsp canola oil
- 2 cups teriyaki sauce
- 2 - 16 oz. bags frozen Asian-style veggies
- Side:** rice x 2
- Side:** salad x 2

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Complete Shopping List by Recipe

6. Ginger Beef Stir-fry

- 2 - 1 1/2 lbs. sirloin steaks
- 2 Tbsp rice vinegar
- 6 Tbsp soy sauce
- 4 Tbsp sesame oil
- 2 Tbsp honey
- 2 tsp ground ginger
- 4 Tbsp canola oil
- 2 red bell peppers
- 2 bunches green onions
- 2 Tbsp cornstarch
- Side:** rice x 2
- Side:** frozen egg rolls x 2

7. Bacon Cheeseburger Chili

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 - 15 oz. cans white beans
- 8 cups beef broth
- 4 cups shredded cheddar cheese
- 4 cups whole milk
- Salt and pepper
- Garnish:** crumbled bacon x 2
- Side:** veggies x 2

Supplies

- 14 gallon-size freezer baggies
- 6 - 9x13 freezer safe disposable baking trays

8. Sloppy Dogs {Topping}

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans sloppy joe sauce
- 16 hot dogs
- 16 hot dog buns
- 2 cups shredded mild cheddar cheese
- Side:** fruit x 2
- Side:** chips x 2

9. Grilled Turkey Burgers

- 2 lbs. ground turkey
- 1 green bell pepper
- 1 red bell pepper
- 1 small white onion
- 2 tsp minced garlic
- 2 teaspoon salt
- 2 tsp parsley
- 1 tsp paprika
- 8 hamburger buns
- Side:** chips x 2
- Side:** fruit x 2

10. Crunchy Coconut Baked Tilapia

- 2 - 1 1/2 lbs. tilapia fillets
- 1 cup coconut flakes
- 1 cup breadcrumbs
- 2 tsp salt
- 1 tsp pepper
- 1/2 cup flour
- 4 eggs
- Garnish:** apricot preserves x 2
- Side:** salad x 2
- Side:** dinner rolls x 2



Complete Shopping List by Store Section/Category

Meat

- 10 large boneless chicken breasts
- 8 small boneless chicken breasts
- 8 boneless chicken thighs
- 6 cups shredded rotisserie chicken
- 4 - 1 1/2 lbs. sirloin steaks
- 4 lbs. ground beef
- 16 hot dogs
- 2 lbs. ground turkey
- 2 - 1 1/2 lbs. tilapia fillets
- Garnish:** crumbled bacon x 2

Produce

- 3 small white onions
- 2 pints cherry tomatoes
- 3 red bell peppers
- 2 bunches green onions
- 1 green bell pepper
- Garnish:** green onions and sesame seeds x 2
- Side:** salad x 10
- Side:** veggies x 4
- Side:** fruit x 4

Pantry Staples - Canned, Boxed

- 2 - 4 oz. cans green chiles
- 2 - 24 oz. jars alfredo sauce
- 2 cups artichoke hearts
- 2 cups green olives
- 4 - 15 oz. cans white beans
- 8 cups beef broth
- 2 - 15 oz. cans sloppy joe sauce
- 1 cup breadcrumbs

Bread, Tortillas, Pasta, Rice

- 16 flour tortillas
- 2 - 12 oz. boxes penne pasta noodles
- 16 hot dogs buns
- 8 hamburger buns
- Side:** rice x 6
- Side:** chips x 4
- Side:** dinner rolls x 2



Complete Shopping List by Store Section/Category

Sauces/Condiments

- 1 cup salsa
- 1 cup + 2 Tbsp honey
- 1 cup + 6 Tbsp soy sauce
- 6 Tbsp rice vinegar
- 12 Tbsp canola oil
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 2 cups teriyaki sauce
- 8 Tbsp sesame oil
- Garnish:** apricot preserves x 2

Spices

- 1 cup brown sugar
- 2 Tbsp cumin
- 10 tsp minced garlic
- 4 tsp dried oregano
- 2 tsp ground ginger
- 2 Tbsp cornstarch
- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp parsley
- 1 tsp paprika
- 1 cup coconut flakes
- 1/2 cup flour
- Salt and pepper

Dairy/Frozen

- 2 - 12 oz. bags frozen broccoli florets
- 4 cups shredded mozzarella cheese
- 2 - 16 oz. bags frozen Asian-style veggies
- 4 cups shredded cheddar cheese
- 4 cups whole milk
- 2 cups shredded mild cheddar cheese
- 4 eggs
- Garnish:** shaved Parmesan cheese x 2
- Garnish:** feta cheese crumbles x 2
- Side:** frozen egg rolls x 2

Supplies

- 14 gallon-size freezer baggies
- 6 - 9x13 freezer safe disposable baking trays



Freezer Meal Prep Day Shopping List by Recipe

1. Slow Cooker Baja Shredded Chicken

- 4 large boneless chicken breasts
- 8 boneless chicken thighs
- 1 cup brown sugar
- 2 Tbsp cumin
- 1 cup salsa
- 2 - 4 oz. cans green chiles
- Salt and pepper

2. Chicken & Broccoli Alfredo Bake

- 2 - 12 oz. boxes penne pasta noodles
- 6 cups shredded rotisserie chicken
- 2 - 24 oz. jars alfredo sauce
- 2 - 12 oz. bags frozen broccoli florets
- 4 cups shredded mozzarella cheese

3. Honey Sesame Chicken

- 6 large boneless chicken breasts
- 2 small white onions
- 1 cup honey
- 1 cup soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp sesame oil
- 4 tsp minced garlic
- Salt and pepper

4. Greek Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2 pints cherry tomatoes
- 2 cups artichoke hearts
- 2 cups green olives
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 4 tsp minced garlic
- 4 tsp dried oregano

5. Teriyaki Beef & Veggie Stir-fry

- 2 - 1 1/2 lbs. sirloin steaks
- 2 cups teriyaki sauce
- 2 - 16 oz. bags frozen Asian-style veggies

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Freezer Meal Prep Day Shopping List by Recipe

6. Ginger Beef Stir-fry

- 2 - 1 1/2 lbs. sirloin steaks
- 2 Tbsp rice vinegar
- 6 Tbsp soy sauce
- 4 Tbsp sesame oil
- 2 Tbsp honey
- 2 tsp ground ginger
- 2 red bell peppers

7. Bacon Cheeseburger Chili

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 - 15 oz. cans white beans
- 8 cups beef broth
- Salt and pepper

Supplies

- 14 gallon-size freezer baggies
- 6 - 9x13 freezer safe disposable baking trays

8. Sloppy Dogs {Topping}

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans sloppy joe sauce

9. Grilled Turkey Burgers

- 2 lbs. ground turkey
- 1 green bell pepper
- 1 red bell pepper
- 1 small white onion
- 2 tsp minced garlic
- 2 teaspoon salt
- 2 tsp parsley
- 1 tsp paprika

10. Crunchy Coconut Baked Tilapia

- 2 - 1 1/2 lbs. tilapia fillets
- 1 cup coconut flakes
- 1 cup breadcrumbs
- 2 tsp salt
- 1 tsp pepper
- 1/2 cup flour
- 4 eggs



Freezer Meal Prep Day Shopping List by Store Section/ Category

Meat

- 10 large boneless chicken breasts
- 8 small boneless chicken breasts
- 8 boneless chicken thighs
- 6 cups shredded rotisserie chicken
- 4 - 1 1/2 lbs. sirloin steaks
- 4 lbs. ground beef
- 16 hot dogs
- 2 lbs. ground turkey
- 2 - 1 1/2 lbs. tilapia fillets

Produce

- 3 small white onions
- 2 pints cherry tomatoes
- 3 red bell peppers
- 2 bunches green onions
- 1 green bell pepper

Pantry Staples - Canned, Boxed

- 2 - 4 oz. cans green chiles
- 2 - 24 oz. jars alfredo sauce
- 2 cups artichoke hearts
- 2 cups green olives
- 4 - 15 oz. cans white beans
- 8 cups beef broth
- 2 - 15 oz. cans sloppy joe sauce
- 1 cup breadcrumbs

Supplies

- 14 gallon-size freezer baggies
- 6 - 9x13 freezer safe disposable baking trays

Sauces/Condiments

- 1 cup salsa
- 1 cup + 2 Tbsp honey
- 1 cup + 6 Tbsp soy sauce
- 6 Tbsp rice vinegar
- 8 Tbsp sesame oil
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 2 cups teriyaki sauce

Spices

- 1 cup brown sugar
- 2 Tbsp cumin
- 10 tsp minced garlic
- 4 tsp dried oregano
- 2 tsp ground ginger
- 2 Tbsp cornstarch
- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp parsley
- 1 tsp paprika
- 1 cup coconut flakes
- 1/2 cup flour
- Salt and pepper

Dairy/Frozen

- 2 - 12 oz. bags frozen broccoli florets
- 4 cups shredded mozzarella cheese
- 2 - 16 oz. bags frozen Asian-style veggies
- 2 cups shredded mild cheddar cheese
- 4 eggs



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Prep Instructions

- Cook 2 boxes of pasta noodles for 7 minutes, or al dente. Drain and rinse with cool water.
- Brown 4 lbs. ground beef with 4 Tbsp minced onion and 4 tsp garlic powder. Drain and let cool.
- Cut the 2 tilapia fillets into 8 pieces.
- Cut 6 chicken breasts into bite-size pieces.
- Thinly slice the 4 sirloin steaks, slicing across the grain of the meat.
- Finely chop 1 green bell pepper, 1 red bell pepper and 1 white onion.
- Seed and slice 2 red bell peppers. Slice 2 bunches of green onions, diagonally to make 3/4-inch long pieces.
- Dice 2 white onions.
- Drain 2 cups artichoke hearts, pat dry and then quarter them.
- Open 2 cans of sloppy joe sauce.
- Open, drain and rinse 4 cans of white beans.
- Open 2 cans of green chiles.

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FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Prep Instructions

- Honey Sesame Sauce:** whisk together 1 cup honey, 1 cup soy sauce, 4 Tbsp rice vinegar, 4 Tbsp sesame oil and 4 tsp minced garlic.
- Greek Lemon Marinade:** whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.
- Ginger Beef Marinade and Sauce:** whisk together 2 Tbsp rice vinegar, 6 Tbsp soy sauce, 4 Tbsp sesame oil, 2 Tbsp honey and 2 tsp ginger.
- Combine 2 lbs. ground turkey, the chopped green and red bell peppers and chopped onion with 2 tsp minced garlic, 2 tsp salt, 2 tsp parsley and 1 tsp paprika in a medium mixing bowl. Form into 8 patties.
- In a small bowl, toss together 1 cup coconut flakes, 1 cup breadcrumbs, 2 tsp salt and 1 tsp pepper. Set up 3 dipping stations for 1/2 cup flour, 2 whisked eggs and the coconut flake mixture. Coat each tilapia fillet with flour, then dip into the egg, then the coconut flakes mixture.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Slow Cooker Baja Shredded Chicken

To each of the **Slow Cooker Baja Shredded Chicken** bags, add the following ingredients:

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1/2 cup brown sugar
- 1 Tbsp cumin
- 1/2 cup salsa
- 4 oz. can green chiles
- Salt and pepper

Chicken & Broccoli Alfredo Bake

To each of the **Chicken & Broccoli Alfredo Bake** trays, add the following ingredients:

- Half of the cooked and cooled pasta
- 3 cups shredded rotisserie chicken
- 24 oz. jar alfredo sauce
- 12 oz. bag frozen broccoli florets
- 2 cups shredded mozzarella cheese

Honey Sesame Chicken

To each of the **Honey Sesame Chicken** bags, add the following ingredients:

- Half of the chicken pieces
- Half of the diced onion
- Half of the honey sesame marinade
- Salt and pepper

Greek Chicken Bake

To each of the **Greek Chicken Bake** trays, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- 1 pint cherry tomatoes
- 1 cup artichoke hearts, quartered
- 1 cup green olives
- Half of the prepared Greek lemon marinade

Teriyaki Beef & Veggie Stir-fry

To each of the **Teriyaki Beef & Veggie Stir-fry** bags, add the following ingredients:

- Half of the sliced steak pieces
- 1 cup teriyaki sauce
- 16 oz. bag frozen Asian-style veggies

As you assemble each baggie for the freezer, remove as much air as you can and seal. Cover trays with lid or foil and label.

Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Ginger Beef Stir-fry

To each of the **Ginger Beef Stir-fry** bags, add the following ingredients:

- Half of the sliced steak pieces
- Half of the prepared marinade
- Half of the sliced red bell peppers
- Half of the sliced green onions
- Note: Do not add cornstarch to the freezer bag.

Bacon Cheeseburger Chili

To each of the **Bacon Cheeseburger Chili** bags, add the following ingredients:

- 1/4 of the browned ground beef
- 2 - 15 oz. cans white beans
- 4 cups beef broth
- Salt and pepper

Sloppy Dogs {Topping}

To each of the **Sloppy Dogs {Topping}** bags, add the following ingredients:

- 1/4 of the browned ground beef
- 15 oz. can sloppy joe sauce

Grilled Turkey Burgers

To each of the **Grilled Turkey Burgers** bags, add the following ingredients:

- 4 turkey burger patties

Crunchy Coconut Baked Tilapia

To each of the **Crunchy Coconut Baked Tilapia** trays, add the following ingredients:

- 4 coated tilapia fillets

As you assemble each baggie for the freezer, remove as much air as you can and seal. Cover trays with lid or foil and label.

Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.