

ALL CHICKEN MEALS

August 2016

Recipes

1. Grilled Asian Chicken Foil Packs
2. Slow Cooker Baja Shredded Chicken
3. Greek Chicken Bake
4. Chicken & Broccoli Alfredo Bake
5. Ranch Chicken & Baby Potato Bake

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Assembly Instructions for Loading Bags

{Other Notes & Printable Labels Found in Member Area}

1. Grilled Asian Chicken Foil Packs

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

- 4 small boneless chicken breasts
- Salt and pepper
- 4 Tbsp soy sauce
- 4 tsp sesame oil
- 1 tsp ground ginger
- Salt and pepper
- 16 oz. bag frozen Asian-mix veggies
- **Side:** rice
- **Side:** frozen eggrolls
- Foil

Cooking Directions for Single Meal

1. Preheat grill.
2. Place each chicken breast on a piece of foil that's large enough to wrap around the chicken. To each piece of chicken, add 1 Tbsp soy sauce, 1 tsp sesame oil, 1/4 tsp ground ginger and pinch of salt and pepper. Divide the frozen veggies evenly among the chicken packs. Wrap the foil up into packs.
3. Grill around 400 F for 15 to 20 minutes, or until chicken is cooked through. Cooking time may vary, depending on thickness of the chicken and heat of the grill.
4. Cook the rice, as directed.
5. Cook the eggrolls, as directed.
6. Serve Grilled Asian Chicken Packets with rice and eggrolls.

Assembly Prep Directions for 2 Meals

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- 1 chicken breast
- 1 Tbsp soy sauce
- 1 tsp sesame oil
- 1/4 tsp ground ginger
- Pinch of salt and pepper
- 16 oz. bag frozen veggies, evenly divided among the packs

Wrap the foil packets and seal by folding the foil edges together. Place 4 packets into each gallon-size baggie. 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 putting the packets onto the grill and grilling until chicken is cooked through.

Special Notes: None.

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

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free soy sauce and serve with another side besides the eggrolls, like veggies.

2. 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.

3. 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 Greek lemon 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.

4. 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 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.

5. Ranch Chicken & Baby Potato Bake

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 60 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
- 2 lb. bag baby potatoes
- 1 cup bacon crumbles
- 2 tsp dried parsley
- 1 tsp dried basil
- 2 tsp dill
- 2 tsp garlic powder
- 2 tsp onion powder
- Salt and pepper
- 1 cup shredded cheddar cheese
- **Garnish:** green onions, chives, sour cream
- **Side:** veggies

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Preheat oven to 400 F. Lightly grease a 9×13-inch glass baking dishes with non-stick cooking spray.
3. Add the chicken pieces, baby potatoes and bacon crumbles into the baking dish and gently toss together. Sprinkle the parsley, basil, dill, garlic powder, onion powder, salt and pepper over the top.
4. Bake in the preheated oven for 50 minutes. Remove and add the shredded cheese on top and return to the oven for 5-10 minutes, or until cheese has melted.
5. Prepare veggies and garnish.
6. Serve Ranch Chicken & Potatoes Bake with veggies and preferred garnishes.

Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite size pieces.

In a small mixing bowl, toss together 4 tsp dried parsley, 2 tsp dried basil, 4 tsp dill, 4 tsp garlic powder and 4 tsp onion powder.

To each disposable baking tray, add the following ingredients:

- Half of the chicken pieces
- 2 lbs. baby potatoes
- 1 cup bacon crumbles
- Half of the Ranch spice mix
- Salt and pepper

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 transferring to oven and baking as directed. Add shredded cheese with 10 minutes left in baking.

Special Notes: None.

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

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



Complete Shopping List by Recipe

1. Grilled Asian Chicken Foil Packs

- ☐ 8 small boneless, skinless chicken breasts
- ☐ Salt and pepper
- ☐ 8 Tbsp soy sauce
- ☐ 8 tsp sesame oil
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 2 - 16 oz. bags frozen Asian-mix veggies
- ☐ **Side:** rice x 2
- ☐ **Side:** frozen eggrolls x 2

2. Slow Cooker Shredded Baja Chicken Tacos

- ☐ 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

3. 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

4. Chicken & Broccoli Alfredo

- ☐ 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

5. Ranch Chicken & Baby Potato Bake

- ☐ 4 large boneless chicken breasts
- ☐ 2 - 2 lb. bags baby potatoes
- ☐ 2 cups bacon crumbles
- ☐ 4 tsp dried parsley
- ☐ 2 tsp dried basil
- ☐ 1 tsp dill
- ☐ 4 tsp garlic powder
- ☐ 4 tsp onion powder
- ☐ Salt and pepper
- ☐ 2 cups shredded cheddar cheese
- ☐ **Garnish:** green onions, chives, sour cream x 2
- ☐ **Side:** veggies x 2

Supplies

- ☐ 4 gallon-size freezer baggies
- ☐ 6 - freezer safe disposable 9x13 baking trays
- ☐ Foil for foil packets



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Complete Shopping List by Store Section/Category

Chicken

- ☐ 16 small boneless, skinless chicken breasts
- ☐ 8 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 6 cups shredded rotisserie chicken
- ☐ 2 cups bacon crumbles

Produce

- ☐ 2 pints cherry tomatoes
- ☐ 2 - 2 lb. bags baby potatoes
- ☐ **Garnish:** green onions, chives, sour cream x 2
- ☐ **Side:** salad x 6
- ☐ **Side:** veggies x 2

Pantry Staples - Canned, Boxed, Frozen

- ☐ 2 - 4 oz. cans green chiles
- ☐ 2 cups artichoke hearts
- ☐ 2 cups green olives
- ☐ 2 - 24 oz. jars alfredo sauce

Starchy Sides

- ☐ 16 flour tortillas
- ☐ 2 - 12 oz. boxes penne pasta noodles
- ☐ **Side:** rice x 2

Sauces/Condiments

- ☐ 8 Tbsp soy sauce
- ☐ 8 tsp sesame oil
- ☐ 1 cup salsa
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice

Spices

- ☐ 2 tsp ground ginger
- ☐ 1 cup brown sugar
- ☐ 2 Tbsp cumin
- ☐ 4 tsp minced garlic
- ☐ 4 tsp dried oregano
- ☐ 4 tsp dried parsley
- ☐ 2 tsp dried basil
- ☐ 1 tsp dill
- ☐ 4 tsp garlic powder
- ☐ 4 tsp onion powder
- ☐ Salt and pepper

Dairy/Eggs

- ☐ 2 - 16 oz. bags frozen Asian-mix veggies
- ☐ 2 - 12 oz. bags frozen broccoli florets
- ☐ 4 cups shredded mozzarella cheese
- ☐ 2 cups shredded cheddar cheese
- ☐ **Garnish:** shaved Parmesan cheese x 2
- ☐ **Garnish:** feta cheese crumbles x 2
- ☐ **Side:** frozen eggrolls x 2

Supplies

- ☐ 4 gallon-size freezer baggies
- ☐ 6 - freezer safe disposable 9x13 baking trays
- ☐ Foil for foil packets



FreezEasy

Simple, Easy Freezer Cooking Meal Plans

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items or other ingredients not needed for freezer meal prep.

***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 Asian Chicken Foil Packs

- ☐ 8 small boneless, skinless chicken breasts
- ☐ Salt and pepper
- ☐ 8 Tbsp soy sauce
- ☐ 8 tsp sesame oil
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 2 - 16 oz. bags frozen Asian-mix veggies

2. Slow Cooker Shredded Baja Chicken Tacos

- ☐ 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

3. 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

4. Chicken & Broccoli Alfredo

- ☐ 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

5. Ranch Chicken & Baby Potato Bake

- ☐ 4 large boneless chicken breasts
- ☐ 2 - 2 lb. bags baby potatoes
- ☐ 2 cups bacon crumbles
- ☐ 4 tsp dried parsley
- ☐ 2 tsp dried basil
- ☐ 1 tsp dill
- ☐ 4 tsp garlic powder
- ☐ 4 tsp onion powder
- ☐ Salt and pepper

Supplies

- ☐ 4 gallon-size freezer baggies
- ☐ 6 - freezer safe disposable 9x13 baking trays
- ☐ Foil for foil packets



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Freezer Meal Prep Day Shopping List by Store Section/ Category

Note: *This shopping list doesn't include any side dish items or other ingredients not added to freezer meals before freezing.*

Chicken

- ☐ 16 small boneless, skinless chicken breasts
- ☐ 8 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 6 cups shredded rotisserie chicken
- ☐ 2 cups bacon crumbles

Produce

- ☐ 2 pints cherry tomatoes
- ☐ 2 - 2 lb. bags baby potatoes

Pantry Staples - Canned, Boxed, Frozen

- ☐ 2 - 4 oz. cans green chiles
- ☐ 2 cups artichoke hearts
- ☐ 2 cups green olives
- ☐ 2 - 24 oz. jars alfredo sauce

Starchy Sides

- ☐ 2 - 12 oz. boxes penne pasta noodles

Sauces/Condiments

- ☐ 8 Tbsp soy sauce
- ☐ 8 tsp sesame oil
- ☐ 1 cup salsa
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice

Spices

- ☐ 2 tsp ground ginger
- ☐ 1 cup brown sugar
- ☐ 2 Tbsp cumin
- ☐ 4 tsp minced garlic
- ☐ 4 tsp dried oregano
- ☐ 4 tsp dried parsley
- ☐ 2 tsp dried basil
- ☐ 1 tsp dill
- ☐ 4 tsp garlic powder
- ☐ 4 tsp onion powder
- ☐ Salt and pepper

Dairy/Eggs

- ☐ 2 - 16 oz. bags frozen Asian-mix veggies
- ☐ 2 - 12 oz. bags frozen broccoli florets
- ☐ 4 cups shredded mozzarella cheese

Supplies

- ☐ 4 gallon-size freezer baggies
- ☐ 6 - freezer safe disposable 9x13 baking trays
- ☐ Foil for foil packets



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

- ☐ Cook 2 boxes of pasta noodles for 7 minutes, or al dente. Drain and rinse with cool water.
- ☐ Cut 4 chicken breasts into bite size pieces.
- ☐ **Ranch Dressing Mix:** toss together 4 tsp dried parsley, 2 tsp dried basil, 4 tsp dill, 4 tsp garlic powder and 4 tsp onion powder.
- ☐ **Greek Lemon Marinade:** whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.
- ☐ Drain 2 cups artichoke hearts, pat dry and then quarter them.
- ☐ Open 2 cans of green chiles.
- ☐ Set up 8 large pieces of foil.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Grilled Asian Chicken Foil Packs

To each piece of foil, add the following ingredients:

- 1 chicken breast
- 1 Tbsp soy sauce
- 1 tsp sesame oil
- ¼ tsp ground ginger
- Pinch of salt and pepper
- 16 oz. bag frozen veggies, evenly divided among the packs

Wrap the foil packets and seal by folding the foil edges together. Place 4 packets into each **Grilled Asian Chicken Foil Packs** baggie. Add label to baggie and freeze.

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

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.

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

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. frozen broccoli florets
- 2 cups shredded mozzarella cheese

Ranch Chicken & Baby Potato Bake

To each of the **Ranch Chicken & Baby Potato Bake** trays, add the following ingredients:

- Half of the chicken pieces
- 2 lbs. baby potatoes
- 1 cup bacon crumbles
- Half of the Ranch spice mix
- Salt and pepper