

CLEAN EATS PLAN

August 2016

Recipes

1. Greek Chicken Bake
2. Slow Cooker Green Chile Chicken
3. Grilled Turkey Burgers
4. Green Pepper Chili
5. Grilled Honey Mustard Pork Chops

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. 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.

2. Slow Cooker Green Chile Chicken

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

- 8 boneless chicken thighs
- 1/4 cup lime juice
- 2 tsp ground cumin
- 1 tsp garlic powder
- 4 tomatillos
- 1/2 small white onion
- 4 oz. can green chiles
- Salt and pepper
- **Garnish:** lime wedges and cilantro
- **Side:** rice
- **Side:** veggies

Cooking Directions for Single Meal

1. Peel off the husk and cut the tomatillos into quarters. Dice 1/2 white onion.
2. Place the chicken thighs into the base of the slow cooker and add the lime juice, ground cumin, garlic powder, quartered tomatillos, diced onion and green chiles on top of the chicken. Season with salt and pepper.
3. Set the slow cooker on low and cook for 8 hours.
4. Cook the rice, as directed.
5. Once finished cooking, shred the chicken with 2 forks and mix into the sauce. Spoon the shredded chicken over the rice.
6. Prepare veggies and garnish.
7. Serve Slow Cooker Green Chile Chicken over rice, garnished with lime wedges and cilantro with a side of veggies.

Assembly Prep Directions for 2 Meals

Peel off the husk and cut 8 tomatillos into quarters.

Dice 1 small white onion.

Open 2 cans of green chiles.

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

- 8 boneless chicken thighs
- 1/4 cup lime juice
- 2 tsp ground cumin
- 1 tsp garlic powder
- Half of the quartered tomatillos
- Half of the diced onions
- 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 sides.

3. 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 whole wheat 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.

4. Green Pepper Chili

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 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 2 green bell peppers
- 15 oz. can diced tomatoes
- 6 oz. can tomato paste
- 15 oz. can black beans
- 15 oz. can red kidney beans
- 2 tsp minced garlic
- 1 Tbsp chili powder
- Salt and pepper
- **Side:** tortilla chips
- **Side:** fruit

Cooking Directions for Single Meal

1. Brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan.
2. Seed and chop the green bell peppers.
3. Open, drain, and rinse the black beans and red kidney beans.
4. Add the chopped bell peppers, diced tomatoes, tomato paste, black beans, red kidney beans and minced garlic. Stir together and stir in the chili powder and salt and pepper to taste.
5. Bring to bubbling, then reduce heat and simmer for 10 minutes. Ladle into bowls and serve warm.
6. Prepare the fruit.
7. Serve Green Pepper Chili 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. Let cool.

Seed and chop 4 green bell peppers.

Open 2 cans of diced tomatoes. Open 2 cans of tomato paste.

Open, drain and rinse 2 cans of black beans and 2 cans of red kidney beans.

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

- Half of the browned ground beef
- Half of the chopped green bell peppers
- 15 oz. can diced tomatoes
- 6 oz. can tomato paste
- 15 oz. can black beans
- 15 oz. can red kidney beans
- 2 tsp minced garlic
- 1 Tbsp chili powder
- 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 large saucepan for reheating.

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 sides.

5. Grilled Honey Mustard Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup honey mustard dipping sauce
- 1 Tbsp honey
- 2 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar
- **Side:** fruit
- **Side:** salad

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the honey mustard dipping sauce, honey, Dijon mustard and apple cider vinegar.
2. Place pork chops into a baking dish and season with salt and pepper. Pour the honey mustard marinade over the pork chops. Let marinate for at least 30 minutes in the fridge.*
3. Preheat the grill.
4. Grill for 5 to 6 minutes per side, over direct heat, or until cooked to 145 F. Cooking time may vary depending on thickness of the chops. Let rest 5 minutes before serving and slicing.
5. Prepare fruit and salad.
6. Serve Grilled Honey Mustard Pork Chops with fruit and salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1 cup honey mustard dipping sauce, 2 Tbsp honey, 4 Tbsp Dijon mustard, and 4 Tbsp apple cider vinegar.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared honey mustard marinade

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 pork chops completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before grilling as directed.

Special Notes: Alternative Cooking Method: Bake at 350 F for 25 to 30 minutes, or until pork chops are cooked through.

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 sides.



Complete Shopping List by Recipe

1. 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

2. Slow Cooker Green Chile Chicken

- ☐ 16 boneless chicken thighs
- ☐ 1/2 cup lime juice
- ☐ 4 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 8 tomatillos
- ☐ 1 small white onion
- ☐ 2 - 4 oz. cans green chiles
- ☐ Salt and pepper
- ☐ **Garnish:** lime wedges and cilantro x 2
- ☐ **Side:** rice x 2
- ☐ **Side:** veggies x 2

Supplies

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - freezer safe disposable 9x13 baking trays

3. 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 whole wheat hamburger buns
- ☐ **Side:** chips x 2
- ☐ **Side:** fruit x 2

4. Green Pepper Chili

- ☐ 2 lbs. ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 green bell peppers
- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 2 - 6 oz. cans tomato paste
- ☐ 2 - 15 oz. cans black beans
- ☐ 2 - 15 oz. cans red kidney beans
- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ Salt and pepper
- ☐ **Side:** tortilla chips x 2
- ☐ **Side:** fruit x 2

5. Grilled Honey Mustard Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup honey mustard dipping sauce
- ☐ 2 Tbsp honey
- ☐ 4 Tbsp Dijon mustard
- ☐ 4 Tbsp apple cider vinegar
- ☐ **Side:** fruit x 2
- ☐ **Side:** salad x 2



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 small boneless chicken breasts
- ☐ 16 boneless chicken thighs
- ☐ 2 lbs. ground turkey
- ☐ 2 lbs. ground beef
- ☐ 8 boneless pork chops

Produce

- ☐ 2 pints cherry tomatoes
- ☐ 8 tomatillos
- ☐ 2 small white onions
- ☐ 5 green bell peppers
- ☐ 1 red bell pepper
- ☐ **Side:** salad x 4
- ☐ **Side:** veggies x 2
- ☐ **Side:** fruit x 6
- ☐ **Garnish:** lime wedges and cilantro x 2

Pantry Staples - Canned, Boxed, Frozen

- ☐ 2 cups artichoke hearts
- ☐ 2 cups green olives
- ☐ 2 - 4 oz. cans green chiles
- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 2 - 6 oz. cans tomato paste
- ☐ 2 - 15 oz. cans black beans
- ☐ 2 - 15 oz. cans red kidney beans

Bread & Rice

- ☐ 8 whole wheat hamburger buns
- ☐ **Side:** rice x 2
- ☐ **Side:** chips x 2
- ☐ **Side:** tortilla chips x 2

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 1/2 cup lime juice
- ☐ 1 cup honey mustard dipping sauce
- ☐ 2 Tbsp honey
- ☐ 4 Tbsp Dijon mustard
- ☐ 4 Tbsp apple cider vinegar

Spices

- ☐ 10 tsp minced garlic
- ☐ 4 tsp dried oregano
- ☐ 4 tsp ground cumin
- ☐ 4 tsp garlic powder
- ☐ 2 tsp parsley
- ☐ 1 tsp paprika
- ☐ 2 Tbsp minced onion
- ☐ 2 Tbsp chili powder
- ☐ Salt and pepper

Dairy/Eggs

- ☐ Garnish: feta cheese crumbles x 2

Supplies

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - freezer safe disposable 9x13 baking trays



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. 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

2. Slow Cooker Green Chile Chicken

- ☐ 16 boneless chicken thighs
- ☐ 1/2 cup lime juice
- ☐ 4 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 8 tomatillos
- ☐ 1 small white onion
- ☐ 2 - 4 oz. cans green chiles
- ☐ Salt and pepper

Supplies

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - freezer safe disposable 9x13 baking trays

3. 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

4. Green Pepper Chili

- ☐ 2 lbs. ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 green bell peppers
- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 2 - 6 oz. cans tomato paste
- ☐ 2 - 15 oz. cans black beans
- ☐ 2 - 15 oz. cans red kidney beans
- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ Salt and pepper

5. Grilled Honey Mustard Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup honey mustard dipping sauce
- ☐ 2 Tbsp honey
- ☐ 4 Tbsp Dijon mustard
- ☐ 4 Tbsp apple cider vinegar



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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 needed for freezer meal prep.

Meat

- ☐ 8 small boneless chicken breasts
- ☐ 16 boneless chicken thighs
- ☐ 2 lbs. ground turkey
- ☐ 2 lbs. ground beef
- ☐ 8 boneless pork chops

Produce

- ☐ 2 pints cherry tomatoes
- ☐ 8 tomatillos
- ☐ 2 small white onions
- ☐ 5 green bell peppers
- ☐ 1 red bell pepper

Pantry Staples - Canned, Boxed, Frozen

- ☐ 2 cups artichoke hearts
- ☐ 2 cups green olives
- ☐ 2 - 4 oz. cans green chiles
- ☐ 2 - 15 oz. cans diced tomatoes
- ☐ 2 - 6 oz. cans tomato paste
- ☐ 2 - 15 oz. cans black beans
- ☐ 2 - 15 oz. cans red kidney beans

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 1/2 cup lime juice
- ☐ 1 cup honey mustard dipping sauce
- ☐ 2 Tbsp honey
- ☐ 4 Tbsp Dijon mustard
- ☐ 4 Tbsp apple cider vinegar

Spices

- ☐ 10 tsp minced garlic
- ☐ 4 tsp dried oregano
- ☐ 4 tsp ground cumin
- ☐ 4 tsp garlic powder
- ☐ 2 tsp parsley
- ☐ 1 tsp paprika
- ☐ 2 Tbsp minced onion
- ☐ 2 Tbsp chili powder
- ☐ Salt and pepper

Supplies

- ☐ 8 gallon-size freezer baggies
- ☐ 2 - freezer safe disposable 9x13 baking trays



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

- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- ☐ Peel off the husk and cut 8 tomatillos into quarters.
- ☐ Dice 1 small white onion.
- ☐ Finely chop 1 green bell pepper, 1 red bell pepper and 1 white onion.
- ☐ Seed and chop 4 green bell peppers.
- ☐ Open 2 cans of diced tomatoes. Open 2 cans of tomato paste.
- ☐ Open, drain and rinse 2 cans of black beans and 2 cans of red kidney beans.
- ☐ Open 2 cans of green chiles.
- ☐ Drain 2 cups artichoke hearts, pat dry and then quarter them.
- ☐ **Greek Lemon Marinade:** whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.
- ☐ **Honey Mustard Sauce:** whisk together 1 cup honey mustard dipping sauce, 2 Tbsp honey, 4 Tbsp Dijon mustard, and 4 Tbsp apple cider vinegar.
- ☐ 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.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

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

Slow Cooker Green Chile Chicken

To each of the **Slow Cooker Green Chile Chicken** bags, add the following ingredients:

- 8 boneless chicken thighs
- 1/4 cup lime juice
- 2 tsp ground cumin
- 1 tsp garlic powder
- Half of the quartered tomatillos
- Half of the diced onions
- 4 oz. can green chiles
- Salt and pepper

Grilled Turkey Burgers

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

- 4 turkey burger patties

Green Pepper Chili

To each of the **Green Pepper Chili** bags, add the following ingredients:

- Half of the browned ground beef
- Half of the chopped green bell peppers
- 15 oz. can diced tomatoes
- 6 oz. can tomato paste
- 15 oz. can black beans
- 15 oz. can red kidney beans
- 2 tsp minced garlic
- 1 Tbsp chili powder
- Salt and pepper

Grilled Honey Mustard Pork Chops

To each of the **Grilled Honey Mustard Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared honey mustard sauce

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.