

GLUTEN-FREE PLAN

August 2016

Recipes

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1. 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.*

2. 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 gluten-free 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.
3. 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.*
4. Dice the white onion.
5. 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.
6. Prepare the veggies.
7. 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.*

3. Pesto Chicken 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

- 4 small boneless chicken breasts
- Salt and pepper
- 8 oz. container pesto
- 15 oz. can diced tomatoes
- 1 Tbsp Italian seasoning
- 2 cups shredded mozzarella cheese
- **Garnish:** fresh basil
- **Side:** salad
- **Side:** gluten-free pasta noodles

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Spread a dollop of pesto onto each chicken breasts. Pour the diced tomatoes over the top of all the chicken, then sprinkle the Italian seasoning over the top. Add the shredded mozzarella cheese on top.
3. Bake in the preheated oven for 50 to 60 minutes, or until chicken is cooked through. Cooking time may vary depending on thickness of the chicken.
4. Prepare the salad.
5. Prepare the gluten free pasta.
6. Serve Pesto Chicken Bake over gluten free pasta with salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of diced tomatoes.

To each disposable baking tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Dollop of pesto to each chicken
- 15 oz. can diced tomatoes
- 1 Tbsp Italian seasoning
- 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 shallow dish with warm water for about 20 minutes, before transferring to oven and baking as directed.*

Special Notes: *None.*

Dairy-Free Modifications: *Omit the cheese for dairy-free meal. Check pesto for dairy and make homemade if needed.*

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

4. 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.*

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. 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

2. Honey Sesame Chicken

- 6 large boneless chicken breasts
- 2 small white onions
- 1 cup honey
- 1 cup gluten-free 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

Supplies

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

3. Pesto Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2 - 8 oz. containers pesto
- 2 - 15 oz. cans diced tomatoes
- 2 Tbsp Italian seasoning
- 4 cups shredded mozzarella cheese
- Garnish:** fresh basil x 2
- Side:** salad x 2
- Side:** gluten-free pasta noodles x 2

4. 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

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



Complete Shopping List by Store Section/Category

Meat

- 10 large boneless chicken breasts
- 8 small boneless chicken breasts
- 2 lbs. ground beef
- 8 boneless pork chops
- 2 cups bacon crumbles
- Garnish:** crumbled bacon x 2

Produce

- 2 - 2 lb. bags baby potatoes
- 2 small white onions
- Garnish:** green onions, chives, sour cream x 2
- Garnish:** green onions and sesame seeds x 2
- Garnish:** fresh basil x 2
- Side:** fruit x 2
- Side:** veggies x 6
- Side:** salad x 4

Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans diced tomatoes
- 4 - 15 oz. cans white beans
- 8 cups beef broth

Bread & Tortillas

- Side:** rice x 2
- Side:** gluten-free pasta noodles x 2

Sauces/Condiments

- 1 cup + 2 Tbsp honey
- 1 cup soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp sesame oil
- 4 Tbsp canola oil
- 1 cup honey mustard dipping sauce
- 4 Tbsp Dijon mustard
- 4 Tbsp apple cider vinegar

Spices

- 4 tsp dried parsley
- 2 tsp dried basil
- 1 tsp dill
- 6 tsp garlic powder
- 4 tsp onion powder
- 4 tsp minced garlic
- 2 Tbsp Italian seasoning
- 2 Tbsp minced onion
- Salt and pepper

Dairy/Eggs

- 6 cups shredded cheddar cheese
- 2 - 8 oz. containers pesto
- 4 cups shredded mozzarella cheese
- 4 cups whole milk

Supplies

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



Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.

***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. 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. 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

Supplies

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

3. Pesto Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2 - 8 oz. containers pesto
- 2 - 15 oz. cans diced tomatoes
- 2 Tbsp Italian seasoning
- 4 cups shredded mozzarella cheese

4. 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

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



Freezer Meal Prep Day Shopping List by Store Section/ Category

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.

Meat

- 10 large boneless chicken breasts
- 8 small boneless chicken breasts
- 2 lbs. ground beef
- 8 boneless pork chops
- 2 cups bacon crumbles

Produce

- 2 - 2 lb. bags baby potatoes
- 2 small white onions

Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans diced tomatoes
- 4 - 15 oz. cans white beans
- 8 cups beef broth

Sauces/Condiments

- 1 cup + 2 Tbsp honey
- 1 cup soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp sesame oil
- 1 cup honey mustard dipping sauce
- 4 Tbsp Dijon mustard
- 4 Tbsp apple cider vinegar

Spices

- 4 tsp dried parsley
- 2 tsp dried basil
- 1 tsp dill
- 6 tsp garlic powder
- 4 tsp onion powder
- 4 tsp minced garlic
- 2 Tbsp Italian seasoning
- 2 Tbsp minced onion
- Salt and pepper

Dairy/Eggs

- 2 - 8 oz. containers pesto
- 4 cups shredded mozzarella cheese

Supplies

- 6 gallon-size freezer baggies
- 4 - 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

- Cut 10 chicken breasts into bite-size pieces.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Dice 2 white onions.
- 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.
- 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.
- Honey Mustard Sauce:** whisk together 1 cup honey mustard dipping sauce, 2 Tbsp honey, 4 Tbsp Dijon mustard, and 4 Tbsp apple cider vinegar.
- Open, drain and rinse 4 cans of white beans.
- Open 2 cans of diced tomatoes.



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Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Ranch Chicken & Baby Potato Bake Bacon Cheeseburger Chili

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

- 1/4 of the chicken pieces
- 2 lbs. baby potatoes
- 1 cup bacon crumbles
- Half of the Ranch spice mix
- Salt and pepper

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

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

Honey Sesame Chicken

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

- 1/4 of the chicken pieces
- Half of the diced onion
- Half of the prepared honey sesame sauce
- 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

Pesto Chicken Bake

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

- 4 small boneless chicken breasts
- Salt and pepper
- Dollop of pesto to each chicken
- 15 oz. can diced tomatoes
- 1 Tbsp Italian seasoning
- 2 cups shredded mozzarella cheese

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.