

TRADITIONAL PLAN

August 2016

Recipes

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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 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. 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.*

4. 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.*

5. 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. 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 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. 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

4. 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

5. 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

Supplies

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



Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 4 large boneless chicken breasts
- 8 boneless chicken thighs
- 2 - 1 1/2 lbs. sirloin steaks
- 2 lbs. ground beef
- 16 hot dogs
- 2 - 1 1/2 lbs. tilapia fillets

Produce

- 2 pints cherry tomatoes
- 2 red bell peppers
- 2 bunches green onions
- Side:** fruit x 2
- Side:** salad x 6

Pantry Staples - Canned, Boxed, Frozen

- 2 cups artichoke hearts
- 2 cups green olives
- 2 - 4 oz. cans green chiles
- 2 - 15 oz. cans sloppy joe sauce
- 1 cup breadcrumbs
- Garnish:** apricot preserves x 2

Bread

- 16 flour tortillas
- 16 hot dog buns
- Side:** rice x 2
- Side:** chips x 2
- Side:** dinner rolls x 2

Sauces/Condiments

- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 1 cup salsa
- 2 Tbsp rice vinegar
- 6 Tbsp soy sauce
- 4 Tbsp sesame oil
- 2 Tbsp honey
- 4 Tbsp canola oil

Spices

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

Dairy/Eggs

- 2 cups shredded mild cheddar cheese
- 4 eggs
- Garnish:** feta cheese crumbles x 2
- Side:** frozen egg rolls x 2

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. 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 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. 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
- 2 bunches green onions

4. Sloppy Dogs {Topping}

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

5. 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

Supplies

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



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

- 8 small boneless chicken breasts
- 4 large boneless chicken breasts
- 8 boneless chicken thighs
- 2 - 1 1/2 lbs. sirloin steaks
- 2 lbs. ground beef
- 2 - 1 1/2 lbs. tilapia fillets

Produce

- 2 pints cherry tomatoes
- 2 red bell peppers

Pantry Staples - Canned, Boxed, Frozen

- 2 cups artichoke hearts
- 2 cups green olives
- 2 - 4 oz. cans green chiles
- 2 - 15 oz. cans sloppy joe sauce
- 1 cup breadcrumbs

Sauces/Condiments

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

Spices

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

Dairy/Eggs

- 4 eggs

Supplies

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



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

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. Drain and let cool.
- Cut the 2 tilapia fillets into 8 pieces.
- 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 $\frac{3}{4}$ -inch long pieces.
- Ginger Beef Sauce:** whisk together 2 Tbsp rice vinegar, 6 Tbsp soy sauce, 4 Tbsp sesame oil, 2 Tbsp honey and 2 tsp ginger.
- 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.
- Open 2 cans of sloppy joe sauce.
- 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 $\frac{1}{2}$ 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

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 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

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 Ginger Beef sauce
- Half of the sliced red bell peppers
- Half of the sliced green onions
- Note: Do not add cornstarch to the freezer bag.

Sloppy Dogs {Topping}

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

- Half of the browned ground beef
- 15 oz. can sloppy joe sauce

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.