

# CLEAN EATS PLAN

## July 2016

### Recipes

1. Mango Chicken Lettuce Wraps
2. Roasted Cod with Pesto
3. Mediterranean Quinoa Skillet
4. Grilled Southwestern Steaks
5. Grilled Sage Chicken Foil Packs

### Shopping Lists

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# 1. Mango Chicken Lettuce Wraps

*Yield: 4 servings*

*Prep Time: 15 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.*

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## Ingredients for Single Meal

- 1 1/2 lbs. boneless chicken thighs
- 1 cup spicy mango marinade, divided
- 1 tsp minced garlic
- 2 mangos
- 1 celery stalk
- Salt and pepper
- 8 large lettuce leaves
- **Side:** veggies
- **Side:** rice

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## Cooking Directions for Single Meal

1. \*Marinate the chicken thighs in about 3/4 cups of the spicy mango marinade and 1 tsp minced garlic for at least 30 minutes in the refrigerator.
2. Dice the mango and chop the celery. Toss the mango and celery together in a mixing bowl. Season with salt and pepper.
3. Grill the marinated chicken for 6 to 8 minutes per side, or until they are cooked through. Dice the grilled chicken and toss with the mango mixture and remaining 1/4 cup of Spicy Mango Marinade.
4. Cook rice, as directed.
5. Prepare veggies.
6. Serve Grilled Mango Chicken Lettuce Wraps with veggie and rice.

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## Assembly Prep Directions for 2 Meals/Bags

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

- 1 1/2 lbs. chicken thighs
- 1 cup spicy mango marinade
- 1 tsp minced garlic

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. Thaw completely before grilling and assembling lettuce wraps 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 sides.*

## 2. Roasted Cod with Pesto

*Yield: 4 servings*

*Prep Time: 5 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.*

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### Ingredients for Single Meal

- 1 lb. cod fillet
- Salt and pepper
- 4 Tbsp pesto sauce
- **Side:** veggies
- **Side:** rice

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### Cooking Directions for Single Meal

1. Preheat oven to 400 F. Lightly spray a glass baking dish with cooking spray.
2. Cook rice, as directed.
3. Cut the cod fillet into 4 pieces. Season each piece with pinchful of salt and pepper.
4. Spread 1 Tbsp pesto onto each piece. Bake for 15 minutes, or until cooked through. Cooking time will vary depending on thickness of the fillets.
5. Prepare veggies.
6. Serve Roasted Cod with Pesto with side of rice and veggies.

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### Assembly Prep Directions for 2 Meals/Bags

Cut 2 cod fillets into 8 pieces.

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

- 4 cod pieces
- Salt and pepper
- 1 Tbsp pesto, spread onto each fillet

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Thaw completely before baking cod as directed.*

**Special Notes:** *You could prepare this cod with pesto in small disposable freezer safe baking tray.*

**Dairy-Free Modifications:** *Recipe is dairy-free when you use a dairy-free pesto.*

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

## 3. Mediterranean Quinoa Skillet

*Yield: 4 servings*

*Prep Time: 15 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.*

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### Ingredients for Single Meal

- 2 cups quinoa
- 1/4 cup lemon juice
- 2 tsp minced garlic
- 1 small red onion
- 15 oz. can diced tomatoes
- 1 cucumber
- 1 tsp fresh oregano
- 4 oz. Feta cheese
- **Side:** salad

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### Cooking Directions for Single Meal

1. Bring 4 cups water to boiling in large saucepan.
2. Finely chop the red onion. Chop the cucumber. Run a knife through the fresh oregano leaves.
3. Once boiling, add the quinoa, lemon juice, minced garlic, chopped red onion and diced tomatoes. (Do not add the cucumber here.) Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. (The quinoa is cooked with the little circles separate from the grain.)
4. \*Let cool for about 10 minutes and toss with chopped cucumber, fresh oregano and feta crumbles.
5. Prepare salad.
6. Serve Mediterranean Quinoa with side salad.

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### Assembly Prep Directions for 2 Meals/Bags

Bring 8 cups water to boiling in large saucepan.

Open 2 cans of diced tomatoes.

Finely chop 2 small red onions.

Add 4 cups quinoa to boiling water, and stir in 1/2 cup lemon juice, garlic cloves, red onion and 2 cans of diced tomatoes. Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. Let cool 10 minutes.

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

- Cooked and cooled quinoa mixture

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 skillet for reheating and tossing with other fresh ingredients before serving, as directed.*

**Special Notes:** *None.*

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

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

## 4. Grilled Southwestern Steaks

*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.*

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### Ingredients for Single Meal

- 4 small steaks
- 1/4 cup lime juice
- 2 Tbsp canola oil
- 3 tsp chili powder
- 2 tsp minced garlic
- 1 tsp crushed red pepper flakes
- Salt and pepper
- **Side:** avocado
- **Side:** rice

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### Cooking Directions for Single Meal

1. Add the steaks to a shallow baking dish.
2. In a small bowl, whisk together the lime juice, canola oil, chili powder, minced garlic, crushed red pepper flakes and some salt and pepper. Pour over the steak and let marinate in the fridge for at least 30 minutes.\*
3. Cook rice, as directed.
4. Grill the marinated steaks for 5 minutes on each side, or until cooked to desired temperature.
5. Slice avocados.
6. Serve Grilled Southwestern Steaks with rice and avocado

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### Assembly Prep Directions for 2 Meals/Bags

In a small bowl, whisk together 1/2 cup lime juice, 4 Tbsp canola oil, 6 tsp chili powder, 4 tsp minced garlic, 2 tsp crushed red pepper flakes and some salt and pepper.

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

- 4 steaks
- Half of the prepared 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 completely before grilling 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 sides.*

## 5. Grilled Sage 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.*

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### Ingredients for Single Meal

- 4 small boneless chicken breasts
- 4 sage sprigs
- 1 small white onion
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- Salt and pepper
- **Side:** focaccia bread
- **Side:** veggies
- Foil

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### Cooking Directions for Single Meal

1. Dice white onion.
2. Place each chicken breast on a piece of foil that's large enough to wrap around the chicken. Add a sprig of sage, a few pieces of diced onion, a drizzle of olive oil and red wine vinegar. Season with some salt and pepper. Make 4 grill 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. Warm bread, as needed.
5. Prepare veggies.
6. Serve Grilled Sage Chicken Packets with side of focaccia bread and veggies.

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### Assembly Prep Directions for 2 Meals/Bags

Dice 2 small white onions.

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- 1 chicken breast
- Sprinkling of diced onions
- 1 sage sprig
- Drizzle of olive oil
- Drizzle of red wine vinegar
- Salt and pepper

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 served with gluten-free sides like rice.*



## Complete Shopping List by Recipe

### 1. Mango Chicken Lettuce Wraps

- 3 lbs. boneless chicken thighs
- 2 cups spicy mango marinade
- 2 tsp minced garlic
- 4 mangos
- 2 celery stalks
- Salt and pepper
- 16 large lettuce leaves
- Side:** veggies x 2
- Side:** rice x 2

### 2. Roasted Cod with Pesto

- 2 - 1 lb. cod fillets
- Salt and pepper
- 8 Tbsp pesto sauce
- Side:** veggies x 2
- Side:** rice x 2

### 3. Mediterranean Quinoa Skillet

- 4 cups quinoa
- 1/2 cup lemon juice
- 2 tsp minced garlic
- 2 small red onions
- 2 - 15 oz. cans diced tomatoes
- 2 cucumbers
- 2 tsp fresh oregano
- 8 oz. Feta cheese
- Side:** salad x 2

### 4. Grilled Southwestern Steaks

- 8 small steaks
- 1/2 cup lime juice
- 4 Tbsp canola oil
- 6 tsp chili powder
- 4 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper
- Side:** avocado x 2
- Side:** rice x 2

### 5. Grilled Sage Chicken Foil Packs

- 8 small boneless chicken breasts
- 8 sage sprigs
- 2 small white onions
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar
- Salt and pepper
- Side:** focaccia bread x 2
- Side:** veggies x 2

### Supplies

- 10 gallon-size freezer baggies
- Foil for chicken packets



## Complete Shopping List by Store Section/Category

### Meat

- 3 lbs. boneless chicken thighs
- 2 - 1 lb. cod fillets
- 8 small steaks
- 8 small boneless chicken breasts

### Produce

- 4 mangos
- 2 celery stalks
- 16 large lettuce leaves
- 2 small red onions
- 2 cucumbers
- 2 tsp fresh oregano
- 8 sage sprigs
- 2 small white onions
- Side:** veggies x 6
- Side:** salad x 2
- Side:** avocado x 2

### Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans diced tomatoes

### Bread & Rice

- 4 cups quinoa
- Side:** rice x 6
- Side:** focaccia bread x 2

### Sauces/Condiments

- 2 cups spicy mango marinade
- 1/2 cup lemon juice
- 1/2 cup lime juice
- 4 Tbsp canola oil
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar

### Spices

- 6 tsp chili powder
- 8 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper

### Dairy/Eggs

- 8 Tbsp pesto sauce
- 8 oz. Feta cheese

### Supplies

- 10 gallon-size freezer baggies
- Foil for chicken packets





## 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. Mango Chicken Lettuce Wraps

- 3 lbs. boneless chicken thighs
- 2 cups spicy mango marinade
- 2 tsp minced garlic

### 2. Roasted Cod with Pesto

- 2 - 1 lb. cod fillets
- Salt and pepper
- 8 Tbsp pesto sauce

### 3. Mediterranean Quinoa Skillet

- 4 cups quinoa
- 1/2 cup lemon juice
- 2 tsp minced garlic
- 2 small red onions
- 2 - 15 oz. cans diced tomatoes

### 4. Grilled Southwestern Steaks

- 8 small steaks
- 1/2 cup lime juice
- 4 Tbsp canola oil
- 6 tsp chili powder
- 4 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper

### 5. Grilled Sage Chicken Foil Packs

- 8 small boneless chicken breasts
- 8 sage sprigs
- 2 small white onions
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar
- Salt and pepper

### Supplies

- 10 gallon-size freezer baggies
- Foil for chicken packets



## 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

- 3 lbs. boneless chicken thighs
- 2 - 1 lb. cod fillets
- 8 small steaks
- 8 small boneless chicken breasts

### Produce

- 2 small red onions
- 8 sage sprigs
- 2 small white onions

### Pantry Staples - Canned, Boxed, Frozen

- 2 - 15 oz. cans diced tomatoes

### Bread & Rice

- 4 cups quinoa

### Sauces/Condiments

- 2 cups spicy mango marinade
- 1/2 cup lemon juice
- 1/2 cup lime juice
- 4 Tbsp canola oil
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar

### Spices

- 6 tsp chili powder
- 8 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper

### Dairy/Eggs

- 8 Tbsp pesto sauce

### Supplies

- 10 gallon-size freezer baggies
- Foil for chicken 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

- Bring 8 cups water to boiling in large saucepan.
- Open 2 cans of diced tomatoes.
- Finely chop 2 small red onions.
- Add 4 cups quinoa to boiling water, and stir in 1/2 cup lemon juice, 2 tsp minced garlic, red onion and 2 cans of diced tomatoes. Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. Let cool 10 minutes.
- Cut 2 cod fillets into 8 pieces.
- Dice 2 small white onions.
- Southwestern Steak Marinade:** whisk together 1/2 cup lime juice, 4 Tbsp canola oil, 6 tsp chili powder, 4 tsp minced garlic, 2 tsp crushed red pepper flakes and some salt and pepper.
- Set up 8 large pieces of foil.



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## Assembly Instructions for Loading Bags

### Mango Chicken Lettuce Wraps

To each of the **Mango Chicken Lettuce Wraps** bags, add the following ingredients:

- 1 1/2 lbs. chicken thighs
- 1 cup spicy mango marinade
- 1 tsp minced garlic

### Roasted Cod with Pesto

To each of the **Roasted Cod with Pesto** bags, add the following ingredients:

- 4 cod pieces
- Salt and pepper
- 1 Tbsp pesto, spread onto each fillet

### Mediterranean Quinoa Skillet

To each of the **Mediterranean Quinoa Skillet** bags, add the following ingredients:

- Cooked and cooled quinoa mixture

### Grilled Southwestern Steaks

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

- 4 steaks
- Half of the prepared marinade

### Grilled Sage Chicken Foil Packs

To each of the **Grilled Sage Chicken Packets** bags, add the following ingredients:

- 1 chicken breast
- Sprinkling of diced onions
- 1 sage sprig
- Drizzle of olive oil
- Drizzle of red wine vinegar
- Salt and pepper

For all the baggies, remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.