

# ALL CHICKEN MEALS PLAN

SEPTEMBER 2016

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# 1. Slow Cooker Rosemary Artichoke Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 6 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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## Ingredients for Single Meal

- 4 small boneless chicken breasts
- 1 x 7.5 oz. jar(s) artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper
- Side: pasta
- Side: veggies
- 1 gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Drain the artichoke hearts.
2. Place the chicken breasts into the base of the slow cooker and add the artichoke hearts over the top. Drizzle the olive oil on top and then sprinkle with dried rosemary, garlic powder and dried basil. Season with salt and pepper.
3. Set the slow cooker on low and cook for 6 hours.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Rosemary Artichoke Chicken with pasta and veggies.

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## Assembly Prep Directions for 2 Meals

Open and drain 2 jars of artichoke hearts.

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 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 6 hours.*

**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 side, like gluten free pasta. Serve with cauliflower rice for Paleo meal.*

## 2. New Mexican Chicken Lettuce Wraps {Filling}

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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### Ingredients for Single Meal

- 3 large boneless chicken breasts
- 1 cup(s) red salsa
- 1 x 4 oz. can(s) green chiles
- 1 Tbsp minced onion
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper
- Garnish: chopped cilantro
- Side: lettuce leaves
- Side: veggies
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the chicken breasts into the base of the slow cooker and add the red salsa, green chiles, minced onion, ground cumin, garlic powder and salt and pepper.
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 lettuce leaves and make lettuce wraps.
4. Prepare veggies.
5. Serve New Mexican Chicken Lettuce Wraps with veggies.

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### Assembly Prep Directions for 2 Meals

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

- 3 large boneless chicken breasts
- 1 cup red salsa
- 1 - 4 oz. can green chiles
- 1 Tbsp minced onion
- 1 Tbsp ground cumin
- 1 tsp garlic 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 a slow cooker and cooking as directed.*

**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. Thai Chicken Tacos

*Yield: 4 servings*

*Active Time: 10 minutes\* . Cook Time: 15 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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### Ingredients for Single Meal

- 2 large boneless chicken breasts
- 3 Tbsp rice vinegar
- 3 Tbsp soy sauce
- 2 Tbsp lime juice
- Salt and pepper
- 8 flour tortillas
- 2 cup(s) shredded cabbage
- 1/2 cup(s) Thai peanut sauce
- Garnish: chopped cilantro
- Side: veggies
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Cut up the chicken breasts into bite-size pieces.
2. In a large mixing bowl, whisk together the rice vinegar, soy sauce, and lime juice with a few pinches of salt and pepper. Add the chicken pieces and toss them in the marinade. Put in the fridge and marinate for at least 30 minutes.\*
3. In a large skillet, saute the chicken and marinade until chicken is cooked through. Assemble tacos with chicken, shredded cabbage in each tortilla, topped with drizzles of the Thai peanut sauce.
4. Prepare veggies.
5. Serve Thai Chicken Tacos with veggies.

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### Assembly Prep Directions for 2 Meals

Cut up 4 chicken breasts into bite-size pieces.

In a large mixing bowl, whisk together the 6 Tbsp rice vinegar, 6 Tbsp soy sauce, 4 Tbsp lime juice with a few pinches of salt and pepper.

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

- Half of the chicken pieces
- Half of the prepared marinade into each 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 warm bowl of water for about 20 minutes, before transferring to the skillet for browning and cooking as directed.*

**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 and corn tortillas in place of the flour tortillas.*

## 4. Chicken Fajita Bake

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 45 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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### Ingredients for Single Meal

- 4 small boneless chicken breasts
- Salt and pepper
- 1 cup(s) salsa
- 1 Tbsp taco seasoning
- bag(s) frozen peppers and onions
- Garnish: sour cream
- Garnish: shredded cheese
- Side: rice
- 1 9x13 disposable foil tray

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### Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Cut up the chicken breasts into bite-size pieces. Place the chicken pieces into a 9x13-inch baking dish. Sprinkle salt and pepper over the top.
3. Spread the salsa over the top and sprinkle the taco seasoning evenly over the top. Add the frozen peppers and onions over the top.
4. Bake in the preheated oven for 45 minutes, or until chicken is cooked through.
5. Cook rice, as directed.
6. Serve Chicken Fajita Bake over rice with garnishes.

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### Assembly Prep Directions for 2 Meals

Cut up 8 small chicken breasts into bite-size pieces.

To each disposable tray, add the following ingredients:

- Half of the chicken pieces into each tray
- Salt and pepper
- 1 cup salsa
- 1 Tbsp taco seasoning
- 12 oz. bag frozen peppers and onions

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 warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

**Dairy-Free Modifications:** *Omit the cheese and sour cream garnishes for dairy-free meal.*

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

## 5. Peach & Balsamic Chicken Skillet

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 20 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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### Ingredients for Single Meal

- 2 Tbsp canola oil
- 4 small boneless chicken breasts
- 1 small white onion(s)
- 4 small peach(es)
- 1 x 15 oz. can(s) diced tomatoes
- 1/4 cup(s) balsamic vinegar
- 3 Tbsp honey
- Side: veggies
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion.
2. Seed and slice the peaches.
3. In a large skillet, heat the canola oil, and brown both sides of the chicken breasts. Once browned, add the sliced onion, sliced peaches, diced tomatoes, balsamic vinegar and honey. Gently stir to combine.
4. Bring to bubbling and let cook over medium low heat for 10 to 12 minutes, or until chicken is cooked through. Flip the chicken pieces at least twice, while simmering.
5. Prepare veggies.
6. Warm the dinner rolls.
7. Serve Peach & Balsamic Chicken Skillet with veggies and dinner rolls.

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### Assembly Prep Directions for 2 Meals

Slice 2 onions.

Seed and slice 8 peaches.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the sliced onions
- Half of the sliced peaches
- 1 - 15 oz. can diced tomatoes
- 1/4 cup balsamic vinegar
- 3 Tbsp honey

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 cooking as directed.*

**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. Slow Cooker Rosemary Artichoke Chicken

- 8 small boneless chicken breasts
- 2x7.5 oz. jar(s) artichoke hearts
- 2 Tbsp olive oil
- 2 tsp dried rosemary
- 2 tsp garlic powder
- 1 tsp dried basil
- Salt and pepper
- pasta
- veggies
- 2 gallon-size freezer baggie(s)

## 3. Thai Chicken Tacos

- 4 large boneless chicken breasts
- 6 Tbsp rice vinegar
- 6 Tbsp soy sauce
- 4 Tbsp lime juice
- Salt and pepper
- 16 flour tortillas
- 4 cup(s) shredded cabbage
- 1 cup(s) Thai peanut sauce
- chopped cilantro
- veggies
- 2 gallon-size freezer baggie(s)

## 5. Peach & Balsamic Chicken Skillet

- 4 Tbsp canola oil
- 8 small boneless chicken breasts
- 2 small white onion(s)
- 8 small peach(es)
- 2x15 oz. can(s) diced tomatoes
- 1/2 cup(s) balsamic vinegar
- 6 Tbsp honey
- veggies
- dinner rolls
- 2 gallon-size freezer baggie(s)

## 2. New Mexican Chicken Lettuce Wraps (Filling)

- 6 large boneless chicken breasts
- 2 cup(s) red salsa
- 2x4 oz. can(s) green chiles
- 2 Tbsp minced onion
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- chopped cilantro
- lettuce leaves
- veggies
- 2 gallon-size freezer baggie(s)

## 4. Chicken Fajita Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2 cup(s) salsa
- 2 Tbsp taco seasoning
- bag(s) frozen peppers and onions
- sour cream
- shredded cheese
- rice
- 2 9x13 disposable foil tray

# Complete Shopping List by Store Section/Category

## Meat

- 24 small boneless chicken breasts
- 10 large boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2x7.5 oz. jar(s) artichoke hearts
- 2 cup(s) red salsa
- 2x4 oz. can(s) green chiles
- 2 cup(s) salsa
- Side:** rice
- 2x15 oz. can(s) diced tomatoes

## Sauces/Condiments

- 2 Tbsp olive oil
- 6 Tbsp rice vinegar
- 6 Tbsp soy sauce
- 1 cup(s) Thai peanut sauce
- 4 Tbsp canola oil
- 1 cup(s) balsamic vinegar
- 6 Tbsp honey

## Dairy/Frozen

- bag(s) frozen peppers and onions
- Side:** sour cream
- Side:** shredded cheese

## Produce

- Side:** veggies
- Garnish:** chopped cilantro
- Side:** lettuce leaves
- 4 Tbsp lime juice
- 4 cup(s) shredded cabbage
- 2 small white onion(s)
- 8 small peach(es)

## Starchy Sides

- Side:** pasta
- 16 flour tortillas
- Side:** dinner rolls

## Spices

- 2 tsp dried rosemary
- 4 tsp garlic powder
- 1 tsp dried basil
- Salt and pepper
- 2 Tbsp minced onion
- 2 Tbsp ground cumin
- 2 Tbsp taco seasoning

## Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray



# Freezer Meal Prep Day Shopping List by Recipe

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

**\*\*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. Slow Cooker Rosemary Artichoke Chicken

- 8 small boneless chicken breasts
- 2x7.5 oz. jar(s) artichoke hearts
- 2 Tbsp olive oil
- 2 tsp dried rosemary
- 2 tsp garlic powder
- 1 tsp dried basil
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Thai Chicken Tacos

- 4 large boneless chicken breasts
- 6 Tbsp rice vinegar
- 6 Tbsp soy sauce
- 4 Tbsp lime juice
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Peach & Balsamic Chicken Skillet

- 8 small boneless chicken breasts
- 2 small white onion(s)
- 8 small peach(es)
- 2x15 oz. can(s) diced tomatoes
- 1/2 cup(s) balsamic vinegar
- 6 Tbsp honey
- 2 gallon-size freezer baggie(s)

## 2. New Mexican Chicken Lettuce Wraps {Filling}

- 6 large boneless chicken breasts
- 2 cup(s) red salsa
- 2x4 oz. can(s) green chiles
- 2 Tbsp minced onion
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Chicken Fajita Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2 cup(s) salsa
- 2 Tbsp taco seasoning
- bag(s) frozen peppers and onions
- 2 9x13 disposable foil tray

# Freezer Meal Prep Day Shopping List by Store Section/Category

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

## Meat

- 24 small boneless chicken breasts
- 10 large boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2x7.5 oz. jar(s) artichoke hearts
- 2 cup(s) red salsa
- 2x4 oz. can(s) green chiles
- 2 cup(s) salsa
- 2x15 oz. can(s) diced tomatoes

## Spices

- 2 tsp dried rosemary
- 4 tsp garlic powder
- 1 tsp dried basil
- Salt and pepper
- 2 Tbsp minced onion
- 2 Tbsp ground cumin
- 2 Tbsp taco seasoning

## Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray

## Produce

- 4 Tbsp lime juice
- 2 small white onion(s)
- 8 small peach(es)

## Sauces/Condiments

- 2 Tbsp olive oil
- 6 Tbsp rice vinegar
- 6 Tbsp soy sauce
- 1 cup(s) balsamic vinegar
- 6 Tbsp honey

## Dairy/Frozen

- bag(s) frozen peppers and onions

## Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

## Pre-Cook & Chop Instructions

- Open and drain 2 jars of artichoke hearts.
- Cut up 4 chicken breasts into bite-size pieces.
- In a large mixing bowl, whisk together the 6 Tbsp rice vinegar, 6 Tbsp soy sauce, 4 Tbsp lime juice with a few pinches of salt and pepper.
- Cut up 8 small chicken breasts into bite-size pieces.
- Slice 2 onions.
- Seed and slice 8 peaches.

*The Assembly Prep should take between 30 to 35 minutes.*

## Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

### Slow Cooker Rosemary Artichoke Chicken

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper

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

### Thai Chicken Tacos

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

- Half of the chicken pieces
- Half of the prepared marinade into each bag

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

### Peach & Balsamic Chicken Skillet

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the sliced onions
- Half of the sliced peaches
- 1 - 15 oz. can diced tomatoes
- 1/4 cup balsamic vinegar
- 3 Tbsp honey

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

### New Mexican Chicken Lettuce Wraps

#### {Filling}

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

- 3 large boneless chicken breasts
- 1 cup red salsa
- 1 - 4 oz. can green chiles
- 1 Tbsp minced onion
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

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

### Chicken Fajita Bake

To each disposable tray, add the following ingredients:

- Half of the chicken pieces into each tray
- Salt and pepper
- 1 cup salsa
- 1 Tbsp taco seasoning
- 12 oz. bag frozen peppers and onions

Cover with foil or lid, add label and freeze.

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