

GLUTEN FREE MEAL PLAN

SEPTEMBER 2016

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1. Dutch Oven Italian Chicken & Potatoes

Yield: 4 servings

Active Time: 5 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.

Ingredients for Single Meal

- 2 Tbsp canola oil
- 4 small boneless chicken breasts
- 2 lb(s) baby potatoes
- 1 lb(s) baby carrots
- 1 x 15 oz. can(s) diced tomatoes
- 2 Tbsp Italian seasoning
- Salt and pepper
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Add the canola oil to the base of the Dutch oven and saute the chicken over high heat, browning both sides. Once browned, add the baby potatoes, baby carrots, diced tomatoes (undrained) and Italian seasoning to the Dutch oven.
2. Reduce heat to medium and cook for 15 to 20 minutes, or until chicken is cooked through and potatoes are softened. Season with salt and pepper to taste.
3. Prepare salad.
4. Serve Dutch Oven Italian Chicken & Potatoes with side salad.

Assembly Prep Directions for 2 Meals

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

- 4 small chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes, undrained
- 2 Tbsp Italian seasoning
- 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 Dutch oven and cooking over medium heat until chicken is cooked and potatoes are softened.*

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. Paleo Minestrone Soup

Yield: 4 servings

Active Time: 20 minutes . Cook Time: 30 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.

Ingredients for Single Meal

- 2 Tbsp olive oil
- 1 small white onion(s)
- 2 celery
- 2 garlic cloves
- 4 whole carrots
- 1/2 lb(s) green beans
- 2 medium zucchini
- 1 x 15 oz. can(s) tomato sauce
- 1 Tbsp Italian seasoning
- 6 cup(s) chicken or vegetable stock
- Salt and pepper
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large saucepan, heat the olive oil and saute the onion, celery, garlic and carrots for 4 to 5 minutes. Stir in the green beans, zucchini, tomato sauce, Italian seasoning and chicken stock. Bring to bubbling.
2. Remove soup from the heat and prepare to spoon into serving bowls.
3. Serve Paleo Minestrone Soup with and side salad.

Assembly Prep Directions for 2 Meals

Chop 2 white onions.

Peel and chop 8 whole carrots.

Slice 4 celery stalks.

Trim 1 lb. green beans.

Thinly slice 4 medium zucchini.

Open 2 cans of tomato sauce.

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

- Half of the chopped onion
- Half of the chopped celery
- 2 garlic cloves, crushed
- Half of the chopped carrots
- Half of the trimmed green beans
- Half of the sliced zucchini
- 1 - 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock

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 a warm bowl of water for about 20 minutes, before transferring all the ingredients to a large saucepan or stockpot. Reheat the soup and add pasta at end of 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. 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.

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)

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.

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.*

4. Beef Stew Foil Packs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 60 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.

Ingredients for Single Meal

- 2 lb(s) stew beef
- 2 lb(s) baby potatoes
- 1 lb(s) baby carrots
- 1 x 8 oz. can(s) tomato sauce
- 2 Tbsp butter
- 1 tsp minced garlic
- Salt and pepper
- Side: dinner rolls
- Foil
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Set up 4 large pieces of foil.
3. Evenly divide the stew beef onto each piece of foil, then evenly divide the baby potatoes and baby carrots onto the foil pieces. Wrap each piece of foil partially around the ingredients. Evenly divide the tomato sauce and pour over each foil pack. Add 1/2 Tbsp pad of butter on top, followed by a pinch of minced garlic. Sprinkle each pack with salt and pepper.
4. Wrap tightly and place on baking sheet. Bake in the preheated oven for 50 to 60 minutes, or until beef is cooked through and potatoes are softened.
5. Prepare dinner rolls.
6. Serve Beef Stew Foil Packs with dinner rolls.

Assembly Prep Directions for 2 Meals

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients, evenly divided:

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 8 oz. can tomato sauce
- 2 Tbsp butter
- 1 tsp minced garlic
- Salt and pepper

Wrap foil tightly around the beef and veggies. Place packs into a gallon-size plastic freezer baggies. 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 in the fridge before baking as directed.*

Dairy-Free Modifications: *Omit the butter for dairy-free.*

Gluten-Free Modifications: *Recipe is gluten-free when you serve with a gluten-free side or omit dinner rolls.*

5. Chickpea Beef Chili

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 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.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) chickpeas
- 1 x 15 oz. can(s) diced tomatoes
- 2 cup(s) beef broth
- 2 Tbsp chili powder
- Salt and pepper
- Garnish: shredded cheese
- Garnish: sour cream
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the chickpeas.
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 chickpeas, diced tomatoes, beef broth and chili powder. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle. Season with salt and pepper to taste.
3. Prepare veggies.
4. Serve Chickpea Beef Chili with sour cream and shredded cheese garnish, and veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

Open 2 cans of diced tomatoes.

Open and drain 2 cans of chickpeas.

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

- Half of the cooled browned ground beef
- Half of the diced tomatoes
- Half of the drained chickpeas
- 2 cups beef broth
- 2 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 a saucepan and reheating.*

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.*

Complete Shopping List by Recipe

1. Dutch Oven Italian Chicken & Potatoes

- 4 Tbsp canola oil
- 8 small boneless chicken breasts
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- 2x15 oz. can(s) diced tomatoes
- 4 Tbsp Italian seasoning
- Salt and pepper
- salad
- 2 gallon-size freezer baggie(s)

2. Paleo Minestrone Soup

- 4 Tbsp olive oil
- 2 small white onion(s)
- 4 celery
- 4 garlic cloves
- 8 whole carrots
- 1 lb(s) green beans
- 4 medium zucchini
- 2x15 oz. can(s) tomato sauce
- 2 Tbsp Italian seasoning
- 12 cup(s) chicken or vegetable stock
- Salt and pepper
- salad
- 2 gallon-size freezer baggie(s)

3. 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)

4. Beef Stew Foil Packs

- 4 lb(s) stew beef
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- 2x8 oz. can(s) tomato sauce
- 4 Tbsp butter
- 2 tsp minced garlic
- Salt and pepper
- dinner rolls
- Foil
- 2 gallon-size freezer baggie(s)

5. Chickpea Beef Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) chickpeas
- 2x15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 4 Tbsp chili powder
- Salt and pepper
- shredded cheese
- sour cream
- veggies

2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 16 small boneless chicken breasts
- 4 lb(s) stew beef
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) diced tomatoes
- 4x15 oz. can(s) tomato sauce
- 12 cup(s) chicken or vegetable stock
- 2x7.5 oz. jar(s) artichoke hearts
- 4x8 oz. can(s) tomato sauce
- 2x15 oz. can(s) chickpeas
- 4 cup(s) beef broth

Sauces/Condiments

- 4 Tbsp canola oil
- 6 Tbsp olive oil

Dairy/Frozen

- 4 Tbsp butter
- Side:** shredded cheese
- Side:** sour cream

Produce

- 8 lb(s) baby potatoes
- 4 lb(s) baby carrots
- Side:** salad
- 2 small white onion(s)
- 4 celery
- 8 whole carrots
- 1 lb(s) green beans
- 4 medium zucchini
- Side:** veggies

Starchy Sides

- Side:** pasta
- Side:** dinner rolls

Spices

- 6 Tbsp Italian seasoning
- Salt and pepper
- 4 garlic cloves
- 2 tsp dried rosemary
- 4 tsp garlic powder
- 1 tsp dried basil
- 2 tsp minced garlic
- 2 Tbsp minced onion
- 4 Tbsp chili powder

Supplies

- Side:** 10 gallon-size freezer baggie(s)
- Foil

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. Dutch Oven Italian Chicken & Potatoes

- 4 Tbsp canola oil
- 8 small boneless chicken breasts
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- 2x15 oz. can(s) diced tomatoes
- 4 Tbsp Italian seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Paleo Minestrone Soup

- 4 Tbsp olive oil
- 2 small white onion(s)
- 4 celery
- 4 garlic cloves
- 8 whole carrots
- 1 lb(s) green beans
- 4 medium zucchini
- 2x15 oz. can(s) tomato sauce
- 2 Tbsp Italian seasoning
- 12 cup(s) chicken or vegetable stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. 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)

4. Beef Stew Foil Packs

- 4 lb(s) stew beef
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- 2x8 oz. can(s) tomato sauce
- 4 Tbsp butter
- 2 tsp minced garlic
- Salt and pepper
- Foil
- 2 gallon-size freezer baggie(s)

5. Chickpea Beef Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) chickpeas
- 2x15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 4 Tbsp chili powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

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

- 16 small boneless chicken breasts
- 4 lb(s) stew beef
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) diced tomatoes
- 4x15 oz. can(s) tomato sauce
- 12 cup(s) chicken or vegetable stock
- 2x7.5 oz. jar(s) artichoke hearts
- 4x8 oz. can(s) tomato sauce
- 2x15 oz. can(s) chickpeas
- 4 cup(s) beef broth

Spices

- 6 Tbsp Italian seasoning
- Salt and pepper
- 4 garlic cloves
- 2 tsp dried rosemary
- 4 tsp garlic powder
- 1 tsp dried basil
- 2 tsp minced garlic
- 2 Tbsp minced onion
- 4 Tbsp chili powder

Supplies

- 10x gallon-size freezer baggie(s)
- Foil

Produce

- 8 lb(s) baby potatoes
- 4 lb(s) baby carrots
- 2 small white onion(s)
- 4 celery
- 8 whole carrots
- 1 lb(s) green beans
- 4 medium zucchini
- salad

Sauces/Condiments

- 4 Tbsp canola oil
- 6 Tbsp olive oil

Dairy/Frozen

- 4 Tbsp butter

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

-
- Chop 2 white onions.
- Peel and chop 8 whole carrots.
- Slice 4 celery stalks.
- Trim 1 lb. green beans.
- Thinly slice 4 medium zucchini.
- Open 2 cans of tomato sauce.
- Open and drain 2 jars of artichoke hearts.
- Set up 8 large pieces of foil.
- Brown 2 lbs. ground beef, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Open 2 cans of diced tomatoes.
- Open and drain 2 cans of chickpeas.

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.

Dutch Oven Italian Chicken & Potatoes

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

- 4 small chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes, undrained
- 2 Tbsp Italian seasoning
- Salt and pepper

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

Paleo Minestrone Soup

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

- Half of the chopped onion
- Half of the chopped celery
- 2 garlic cloves, crushed
- Half of the chopped carrots
- Half of the trimmed green beans
- Half of the sliced zucchini
- 1 - 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock

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

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.

Beef Stew Foil Packs

To each piece of foil, add the following ingredients, evenly divided:

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 8 oz. can tomato sauce
- 2 Tbsp butter
- 1 tsp minced garlic
- Salt and pepper

Wrap foil tightly around the beef and veggies. Place packs into a gallon-size plastic freezer baggies. Add label to baggie and freeze.

Chickpea Beef Chili

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

- Half of the cooled browned ground beef
- Half of the diced tomatoes
- Half of the drained chickpeas
- 2 cups beef broth

- 2 Tbsp chili powder
- Salt and pepper

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