

# ALL PORK MEALS PLAN

SEPTEMBER 2016

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# 1. Slow Cooker Teriyaki Pork Tenderloin

*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

- 2 lb(s) pork tenderloin
- 1 small white onion(s)
- 1 cup(s) teriyaki sauce
- 2 tsp minced garlic
- 1 tsp crushed red pepper flakes
- Salt and pepper
- Garnish: sliced green onions
- Side: rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Thinly slice the onion.
2. Add the pork tenderloin to the base of the slow cooker. Add the thin onion slices on top. Pour the teriyaki sauce onto the pork tenderloin and onion slices. Add the minced garlic and crushed red pepper flakes over the top. Sprinkle salt and pepper to taste.
3. Set on low and cook for 8 hours. Remove tenderloin from the slow cooker and let sit for 5 minutes before slicing. Spoon sauce out of slow cooker to serve over sliced pork pieces.
4. Cook the rice, as directed.
5. Prepare veggies.
6. Serve Teriyaki Pork Tenderloin with sliced green onions garnish, rice and veggies.

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## Assembly Prep Directions for 2 Meals

Thinly slice 2 onions.

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

- 2 lbs. pork tenderloin
- Half of the thinly sliced white onions
- 1 cup teriyaki sauce
- 2 tsp minced garlic
- 1 tsp crushed red pepper flakes
- 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.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free sides.*

**Gluten-Free Modifications:** *Check the teriyaki sauce for hidden gluten.*

## 2. Cuban Style Pork Chops

*Yield: 4 servings*

*Active Time: 10 minutes\* . Cook Time: 40 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 boneless pork chops
- Salt and pepper
- 1/4 cup(s) orange juice
- 3 Tbsp lime juice
- 2 tsp minced garlic
- 2 tsp paprika
- 1 tsp dried oregano
- 1 tsp onion powder
- 1 tsp ground cumin
- Side: rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Lightly spray a 9x13-inch baking dish with non-stick cooking spray. Place the pork chops into the baking dish and season both sides with salt and pepper.
2. In a small mixing bowl, whisk together the orange juice, lime juice, minced garlic, paprika, dried oregano, onion powder and ground cumin. Pour the marinade over the pork chops and marinate in the fridge for at least 30 minutes.
3. Cook the rice, as directed.
4. Preheat oven to 375 F.
5. Once marinated, bake the pork chops in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
6. Prepare veggies.
7. Serve Cuban Style Pork Chops over rice with veggies.

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### Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1/2 cup orange juice, 6 Tbsp lime juice, 4 tsp minced garlic, 4 tsp paprika, 2 tsp dried oregano, 2 tsp onion powder, and 2 tsp ground cumin.

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

- 4 boneless pork chops
- Salt and pepper
- 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 baking dish and baking 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. Serve with cauliflower rice for a Paleo meal.*

## 3. Garlic Parmesan Pork Chops

*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

- 4 boneless pork chops
- 1 cup(s) breadcrumbs
- 1 tsp onion powder
- 1/2 cup(s) grated Parmesan cheese
- 2 tsp minced garlic
- Salt and pepper
- 1 Tbsp olive oil
- Side: dinner rolls
- Side: veggies
- 1 9x13 disposable foil tray

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### Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. In a shallow dish, toss together the breadcrumbs, onion powder, grated Parmesan cheese, minced garlic and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the prepared baking dish.
3. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Prepare veggies.
5. Warm the dinner rolls.
6. Serve Garlic Parmesan Pork Chops with veggies and dinner rolls.

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### Assembly Prep Directions for 2 Meals

In a shallow dish, toss together 2 cups breadcrumbs, 2 tsp onion powder, 1 cup grated Parmesan cheese, 4 tsp minced garlic and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

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

**Dairy-Free Modifications:** *Unfortunately, there isn't a great dairy-free option for this meal.*

**Gluten-Free Modifications:** *Use gluten-free breadcrumbs for gluten-free meal. Serve with gluten-free side, like rice or mashed potatoes.*

## 4. Apple-BBQ Pork Chops

*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

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup(s) BBQ sauce
- 1/2 cup(s) applesauce
- Side: rice
- Side: salad
- 9x13 disposable foil tray

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### Cooking Directions for Single Meal

1. Preheat oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray. Place the pork chops into the baking dish and season both sides with salt and pepper.
2. In a small mixing bowl, whisk together the applesauce and BBQ sauce. Pour over the pork chops and bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
3. Cook the rice, as directed.
4. Prepare salad.
5. Serve Apple-BBQ Pork Chops over rice with salad.

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### Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1 cup applesauce and 1 cup BBQ sauce.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce over the pork chops

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

## 5. Creamy Mushroom Pork Chops

*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

- 4 boneless pork chops
- Salt and pepper
- 8 oz. sliced white mushrooms
- 1 cup(s) sour cream
- 1 x 10 oz. can(s) cream of mushroom soup
- Side: dinner rolls
- Side: salad
- 1 9x13 disposable foil tray

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### Cooking Directions for Single Meal

1. Preheat oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray. Place the pork chops into the baking dish and season both sides with salt and pepper. Then add the mushrooms over the top of the pork chops.
2. In a small mixing bowl, whisk together sour cream and cream of mushroom soup. Pour the creamy mushroom sauce over the pork chops and bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
3. Warm the dinner rolls.
4. Prepare the salad.
5. Serve Creamy Mushroom Pork Chops with dinner rolls and salad.

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### Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 2 cups sour cream and 2 - 10 oz. cans cream of mushroom soup.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 8 oz. sliced white mushrooms
- Half of the creamy mushroom sauce

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

**Dairy-Free Modifications:** *Unfortunately, there is not a great dairy-free option for this meal.*

**Gluten-Free Modifications:** *Make a homemade cream of mushroom soup sauce with gluten-free flour and serve with gluten free sides for a gluten-free meal.*

# Complete Shopping List by Recipe

## 1. Slow Cooker Teriyaki Pork Tenderloin

- 4 lb(s) pork tenderloin
- 2 small white onion(s)
- 2 cup(s) teriyaki sauce
- 4 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper
- sliced green onions
- rice
- veggies
- 2 gallon-size freezer baggie(s)

## 3. Garlic Parmesan Pork Chops

- 8 boneless pork chops
- 2 cup(s) breadcrumbs
- 2 tsp onion powder
- 1 cup(s) grated Parmesan cheese
- 4 tsp minced garlic
- Salt and pepper
- 2 Tbsp olive oil
- dinner rolls
- veggies
- 2 9x13 disposable foil tray

## 5. Creamy Mushroom Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 16 oz. sliced white mushrooms
- 1 cup(s) sour cream
- 2x10 oz. can(s) cream of mushroom soup
- dinner rolls
- salad
- 2 9x13 disposable foil tray

## 2. Cuban Style Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1/2 cup(s) orange juice
- 6 Tbsp lime juice
- 4 tsp minced garlic
- 4 tsp paprika
- 2 tsp dried oregano
- 2 tsp onion powder
- 2 tsp ground cumin
- rice
- veggies
- 2 gallon-size freezer baggie(s)

## 4. Apple-BBQ Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup(s) BBQ sauce
- 1 cup(s) applesauce
- rice
- salad
- 9x13 disposable foil tray

# Complete Shopping List by Store Section/Category

## Meat

- 4 lb(s) pork tenderloin
- 32 boneless pork chops

## Pantry Staples - Canned, Boxed

- Side:** rice
- 2 cup(s) breadcrumbs
- 2x10 oz. can(s) cream of mushroom soup

## Sauces/Condiments

- 2 cup(s) teriyaki sauce
- 2 Tbsp olive oil
- 1 cup(s) BBQ sauce
- 1 cup(s) applesauce

## Dairy/Frozen

- 1 cup(s) orange juice
- 1 cup(s) grated Parmesan cheese
- Side:** 1 cup(s) sour cream

## Produce

- 2 small white onion(s)
- Garnish:** sliced green onions
- Side:** veggies
- 6 Tbsp lime juice
- Side:** salad
- 16 oz. sliced white mushrooms

## Starchy Sides

- Side:** dinner rolls

## Spices

- 12 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper
- 4 tsp paprika
- 2 tsp dried oregano
- 4 tsp onion powder
- 2 tsp ground cumin

## Supplies

- Side:** 4 gallon-size freezer baggie(s)
- Side:** 4 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 Teriyaki Pork Tenderloin

- 4 lb(s) pork tenderloin
- 2 small white onion(s)
- 2 cup(s) teriyaki sauce
- 4 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Garlic Parmesan Pork Chops

- 8 boneless pork chops
- 2 cup(s) breadcrumbs
- 2 tsp onion powder
- 1 cup(s) grated Parmesan cheese
- 4 tsp minced garlic
- Salt and pepper
- 2 Tbsp olive oil
- 2 9x13 disposable foil tray

## 5. Creamy Mushroom Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 16 oz. sliced white mushrooms
- 2x10 oz. can(s) cream of mushroom soup
- 2 9x13 disposable foil tray

## 2. Cuban Style Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1/2 cup(s) orange juice
- 6 Tbsp lime juice
- 4 tsp minced garlic
- 4 tsp paprika
- 2 tsp dried oregano
- 2 tsp onion powder
- 2 tsp ground cumin
- 2 gallon-size freezer baggie(s)

## 4. Apple-BBQ Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup(s) BBQ sauce
- 1 cup(s) applesauce
- 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

- 4 lb(s) pork tenderloin
- 32 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 2x10 oz. can(s) cream of mushroom soup

## Spices

- 12 tsp minced garlic
- 2 tsp crushed red pepper flakes
- Salt and pepper
- 4 tsp paprika
- 2 tsp dried oregano
- 4 tsp onion powder
- 2 tsp ground cumin

## Supplies

- 4x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray

## Produce

- 2 small white onion(s)
- 6 Tbsp lime juice
- 16 oz. sliced white mushrooms

## Sauces/Condiments

- 2 cup(s) teriyaki sauce
- 2 Tbsp olive oil
- 1 cup(s) BBQ sauce
- 1 cup(s) applesauce

## Dairy/Frozen

- 1 cup(s) orange juice
- 1 cup(s) grated Parmesan cheese
- 2x cup(s) sour cream

## 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

- Thinly slice 2 onions.
- In a small mixing bowl, whisk together 1/2 cup orange juice, 6 Tbsp lime juice, 4 tsp minced garlic, 4 tsp paprika, 2 tsp dried oregano, 2 tsp onion powder, and 2 tsp ground cumin.
- In a shallow dish, toss together 2 cups breadcrumbs, 2 tsp onion powder, 1 cup grated Parmesan cheese, 4 tsp minced garlic and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.
- In a small mixing bowl, whisk together 1 cup applesauce and 1 cup BBQ sauce.
- In a small mixing bowl, whisk together 2 cups sour cream and 2 - 10 oz. cans cream of mushroom soup.

*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 Teriyaki Pork Tenderloin

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

- 2 lbs. pork tenderloin
- Half of the thinly sliced white onions
- 1 cup teriyaki sauce
- 2 tsp minced garlic
- 1 tsp crushed red pepper flakes
- Salt and pepper

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

### Garlic Parmesan Pork Chops

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

Cover with foil or lid, add label and freeze.

### Creamy Mushroom Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 8 oz. sliced white mushrooms
- Half of the creamy mushroom sauce

Cover with foil or lid, add label and freeze.

### Cuban Style Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared marinade into each bag

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

### Apple-BBQ Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce over the pork chops

Cover with foil or lid, add label and freeze.