

TRADITIONAL MEAL PLAN

SEPTEMBER 2016

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1. Slow Cooker Spicy Mango Chicken Tacos

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.

Ingredients for Single Meal

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1 cup(s) mango nectar
- 1 Tbsp ground cumin
- 1/2 cup(s) salsa
- 1 x 15 oz. can(s) black beans
- 1 x 4 oz. can(s) green chiles
- Salt and pepper
- 8 flour tortillas
- Side: avocado(s)
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain, and rinse the black beans.
2. Place the chicken breasts and chicken thighs into the base of the slow cooker and add the mango nectar, ground cumin, salsa, drained black beans, green chiles, salt and pepper on top of the chicken.
3. 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 with the black beans.
4. Spoon the shredded chicken into tortillas and make tacos.
5. Prepare avocado.
6. Serve Slow Cooker Spicy Mango Chicken Tacos with avocado.

Assembly Prep Directions for 2 Meals

Open, drain and rinse 2 cans of black beans.

Open 2 cans of green chiles.

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

- 2 large chicken breasts
- 4 chicken thighs
- 1 cup mango nectar
- 1 Tbsp cumin
- 1/2 cup salsa
- Half of the drained and rinsed black beans
- Half of the canned 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.

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

Gluten-Free Modifications: Recipe is gluten-free if you serve the shredded chicken over rice.

2. 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.

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

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.

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.*

3. Lazy Lasagna Bake

Yield: 4 servings

Active Time: 15 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

- 16 oz. small shell pasta
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 24 oz. container cottage cheese
- 4 cup(s) shredded mozzarella cheese
- 1/2 cup(s) Parmesan cheese
- 2 egg(s)
- 2 Tbsp Italian seasoning
- 1 x 26 oz. jar(s) spaghetti sauce
- Salt and pepper
- Side: salad
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Cook the pasta to al dente, about 7 minutes. Drain and add to 9x13-inch baking dish.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, salt, and pepper. Drain and gently toss with the pasta in the baking dish.
4. In a large mixing bowl, combine cottage cheese, half of the shredded mozzarella cheese, all of the Parmesan cheese, eggs, and Italian seasoning.
5. Spread the cheese mixture in and around the pasta in the baking dish. Top with spaghetti sauce and add the remaining shredded mozzarella cheese.
6. Cover and bake in the preheated oven for 45 minutes, then uncover and bake another 10 minutes.
7. Prepare the salad.
8. Serve Lazy Lasagna Bake with salad.

Assembly Prep Directions for 2 Meals

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

Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.

In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining shredded mozzarella cheese

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: Recipe is gluten-free when made with gluten-free pasta.

4. 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.

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)

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.

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.

5. Slow Cooker Spanish Rice

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 3 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

- 1 lb(s) uncooked brown rice
- 4 cup(s) water
- 2 cup(s) frozen chopped onion
- 2 cup(s) frozen chopped green peppers
- 1 tsp minced garlic
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper
- 1 x 15 oz. can(s) diced tomatoes
- Side: veggies
- Side: avocado(s)
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the brown rice and water into the base of the slow cooker. Stir in the chopped onion, chopped green peppers, minced garlic, chili powder, ground cumin, oregano and salt and pepper in with the rice. Pour the diced tomatoes with juices on top.
2. Set on low and cook for 2 to 3 hours. Fluff with a fork before serving.
3. Prepare veggies and slice the avocado.
4. Serve Slow Cooker Spanish Rice with veggies and sliced avocado.

Assembly Prep Directions for 2 Meals

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

- 1 lb. uncooked brown rice
- 2 cups frozen chopped onion
- 2 cups frozen chopped green peppers
- 1 tsp minced garlic
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper
- Note: Do NOT add water or diced tomatoes to 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 warm bowl of water for about 20 minutes, before transferring to the slow cooker, adding 4 cups of water and diced tomatoes on top, then cooking on low for 2 to 3 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 sides.

Complete Shopping List by Recipe

1. Slow Cooker Spicy Mango Chicken Tacos

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 2 cup(s) mango nectar
- ☐ 2 Tbsp ground cumin
- ☐ 1 cup(s) salsa
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ Salt and pepper
- ☐ 16 flour tortillas
- ☐ avocado(s)
- ☐ 2 gallon-size freezer baggie(s)

3. Lazy Lasagna Bake

- ☐ 32 oz. small shell pasta
- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ 1/2 cup(s) Parmesan cheese
- ☐ 4 egg(s)
- ☐ 4 Tbsp Italian seasoning
- ☐ 2x26 oz. jar(s) spaghetti sauce
- ☐ Salt and pepper
- ☐ salad
- ☐ 2 9x13 disposable foil tray

5. Slow Cooker Spanish Rice

- ☐ 2 lb(s) uncooked brown rice
- ☐ 8 cup(s) water
- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers
- ☐ 2 tsp minced garlic
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano
- ☐ Salt and pepper
- ☐ 2x15 oz. can(s) diced tomatoes

2. 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

4. 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)

- ☐ veggies
- ☐ avocado(s)
- ☐ 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 8 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- ☐ 3 cup(s) salsa
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ **Side:** rice
- ☐ 32 oz. small shell pasta
- ☐ 8 cup(s) water
- ☐ 2x15 oz. can(s) diced tomatoes

Sauces/Condiments

- ☐ 2x26 oz. jar(s) spaghetti sauce
- ☐ 2 cup(s) teriyaki sauce

Dairy/Frozen

- ☐ bag(s) frozen peppers and onions
- ☐ **Side:** sour cream
- ☐ **Side:** shredded cheese
- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ **Side:** 1 cup(s) Parmesan cheese
- ☐ 4 egg(s)

Produce

- ☐ 2 cup(s) mango nectar
- ☐ **Side:** avocado(s)
- ☐ **Side:** salad
- ☐ 2 small white onion(s)
- ☐ **Garnish:** sliced green onions
- ☐ **Side:** veggies
- ☐ 2 lb(s) uncooked brown rice

Starchy Sides

- ☐ 16 flour tortillas

Spices

- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 2 Tbsp taco seasoning
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 Tbsp Italian seasoning
- ☐ 6 tsp minced garlic
- ☐ 2 tsp crushed red pepper flakes
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ **Side:** 4 9x13 disposable foil tray

- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers

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 Spicy Mango Chicken Tacos

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 2 cup(s) mango nectar
- ☐ 2 Tbsp ground cumin
- ☐ 1 cup(s) salsa
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

2. 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

3. Lazy Lasagna Bake

- ☐ 32 oz. small shell pasta
- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ 4 egg(s)
- ☐ 4 Tbsp Italian seasoning
- ☐ 2x26 oz. jar(s) spaghetti sauce
- ☐ Salt and pepper
- ☐ 2 9x13 disposable foil tray

4. 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)

5. Slow Cooker Spanish Rice

- ☐ 2 lb(s) uncooked brown rice
- ☐ 8 cup(s) water
- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers
- ☐ 2 tsp minced garlic
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano
- ☐ 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

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 8 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- ☐ 3 cup(s) salsa
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ 32 oz. small shell pasta
- ☐ 8 cup(s) water

Spices

- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 2 Tbsp taco seasoning
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 Tbsp Italian seasoning
- ☐ 6 tsp minced garlic
- ☐ 2 tsp crushed red pepper flakes
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano

Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 4x 9x13 disposable foil tray

Produce

- ☐ 2 cup(s) mango nectar
- ☐ 2 small white onion(s)
- ☐ 2 lb(s) uncooked brown rice

Sauces/Condiments

- ☐ 2x26 oz. jar(s) spaghetti sauce
- ☐ 2 cup(s) teriyaki sauce

Dairy/Frozen

- ☐ bag(s) frozen peppers and onions
- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ 1x cup(s) Parmesan cheese
- ☐ 4 egg(s)
- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers

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, drain and rinse 2 cans of black beans.
- ☐ Open 2 cans of green chiles.
- ☐ Cut up 8 small chicken breasts into bite-size pieces.
- ☐ Brown 2 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, and salt and pepper to taste. Drain and let cool.
- ☐ Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.
- ☐ In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.
- ☐ Thinly slice 2 onions.

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 Spicy Mango Chicken Tacos

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

- 2 large chicken breasts
- 4 chicken thighs
- 1 cup mango nectar
- 1 Tbsp cumin
- 1/2 cup salsa
- Half of the drained and rinsed black beans
- Half of the canned green chiles
- Salt and pepper

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

Lazy Lasagna Bake

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Slow Cooker Spanish Rice

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

- 1 lb. uncooked brown rice
- 2 cups frozen chopped onion
- 2 cups frozen chopped green peppers
- 1 tsp minced garlic
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano

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.

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.

- Salt and pepper
- Note: Do NOT add water or diced tomatoes to freezer bag.

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