

THE 20 MEALS PLAN

OCTOBER 2016

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Meal Assembly Instructions

1. Red & Green Chicken Enchilada Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 25 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

- 3 cup(s) shredded rotisserie chicken
- Salt and pepper
- 1 cup(s) red salsa
- 1 cup(s) green salsa
- 1 x 4 oz. can(s) green chiles
- 16 corn tortillas
- 3 cup(s) shredded pepper jack cheese
- Garnish: avocado slices
- Side: veggies
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Add a single layer of corn tortillas to the bottom of the dish, covering it as best you can. You might need to tear a tortilla in half to fill in some sections. Add single layer of shredded chicken - about 1 1/2 cups - and sprinkle salt and pepper onto the chicken. Pour and spread the red salsa over the chicken. Sprinkle 1 cup of the shredded Pepper Jack cheese over the red salsa.
3. Add another single layer of corn tortillas, followed by the remaining shredded chicken, then the green salsa and green chiles. Sprinkle 1 cup of shredded Pepper Jack cheese over the top.
4. Finally, add a third layer of corn tortillas and top with remaining 1 cup of shredded cheese.
5. Bake in the preheated oven for 25 minutes, or until cheese has melted.
6. Prepare the avocado garnish and veggies.
7. Serve Red & Green Chicken Enchilada Bake with avocado slices and veggies.

Assembly Prep Directions for 2 Meals

To each disposable tray, layer the following ingredients:

- Single layer of corn tortillas
- Half of the shredded rotisserie chicken
- Red salsa
- 1/3 of the shredded cheese
- Single layer of corn tortillas
- Half of the shredded rotisserie chicken
- Green salsa and green chiles
- 1/3 of the shredded cheese
- Single layer of corn tortillas
- 1/3 of the shredded 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 warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

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

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

2. Slow Cooker Italian Chicken & Vegetables

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

- 4 small boneless chicken breasts
- Salt and pepper
- 6 whole carrots
- bag(s) baby potatoes
- 1 small white onion(s)
- 2 Tbsp Italian seasoning
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel the whole carrots. Slice the white onion.
2. Place the chicken breasts into the base of the slow cooker and season with salt and pepper. Add the whole carrots, baby potatoes, and sliced onion around the chicken. Sprinkle the Italian seasoning over the top.
3. Set the slow cooker on low and cook for 8 hours.
4. Prepare the salad.
5. Serve Slow Cooker Italian Chicken & Vegetables with side salad.

Assembly Prep Directions for 2 Meals

Peel 12 whole carrots. Slice 2 white onions.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the peeled carrots
- 2 lb. bag baby potatoes
- Half of the onion slices
- 2 Tbsp Italian seasoning

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.

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 when served with gluten-free sides.

3. Mediterranean Chicken Thighs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 25 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) bone-in chicken thighs
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 x 15 oz. can(s) diced tomatoes
- 1/2 small red onion(s)
- 1 cup(s) kalamata olives
- 1 Tbsp dried oregano
- Salt and pepper
- Side: pasta
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of diced tomatoes.
2. Dice the red onion.
3. In a Dutch oven, add the olive oil and balsamic vinegar and brown both sides of the chicken thighs. Stir in the diced tomatoes with their juices. Add the diced red onion and kalamata olives into the tomato sauce. Sprinkle in the oregano and salt and pepper to taste. Reduce heat to medium and cook for 15 minutes, or until chicken is cooked through.
4. Cook the pasta as directed.
5. Prepare the veggies.
6. Serve Mediterranean Chicken Thighs over pasta with veggies.

Assembly Prep Directions for 2 Meals

Dice 1 small red onion.

Open 2 cans of diced tomatoes.

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

- 2 lbs. bone-in chicken thighs
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- Salt and pepper

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.

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 Dutch oven and cooking the chicken and sauce over medium heat for 15 to 20 minutes, or until chicken is cooked through.

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 pasta, or other Paleo side dish like cauliflower rice.

4. Slow Cooker Simple Baby Beef Stew

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

Cooking Directions for Single Meal

1. To the base of the slow cooker, add the stew beef, baby potatoes, baby carrots, tomato sauce, minced garlic and beef stock. Season with salt and pepper.
2. Set the slow cooker on low and cook for 8 hours.
3. Prepare the dinner rolls.
4. Serve Slow Cooker Simple Baby Beef Stew with dinner rolls.

Assembly Prep Directions for 2 Meals

Open the 2 cans of tomato sauce.

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

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

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.

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 when served with gluten-free sides like rice.*

5. Stuffed Sweet Potatoes {Filling}

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

- 4 large sweet potatoes
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cup(s) beef stock
- 1 cup(s) shredded cheddar cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Place sweet potatoes in baking dish and slit with knife. Bake in the preheated oven for 1 hour to 1 hour 15 minutes. Baking time will depend on thickness of the sweet potatoes.
2. Open, drain, and rinse the black beans.
3. Open and drain the diced tomatoes.
4. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the black beans, diced tomatoes, chili powder, ground cumin and salt and pepper. Add in 2 cups of beef stock and simmer over low heat while the sweet potatoes are baking.
5. When the sweet potatoes are finished baking, spoon the chili into each sweet potato and top with a few pincheuls of shredded cheddar cheese.
6. Prepare the veggies.
7. Serve Stuffed Sweet Potatoes with veggies.

Assembly Prep Directions for 2 Meals

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

Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of diced tomatoes.

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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.

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 skillet and reheating. Bake sweet potatoes as directed and add filling to sweet potatoes before serving.*

Dairy-Free Modifications: *Omit the shredded cheese topping for dairy-free meal.*

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

6. Bacon Cheeseburger Nachos

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 cup(s) bacon crumbles
- 1 bag(s) corn tortilla chips
- 2 cup(s) shredded sharp cheddar cheese
- Salt and pepper
- Garnish: sour cream
- Garnish: salsa
- Side: fruit
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. In a large saucepan, brown the ground beef with the minced onion, garlic powder, salt and pepper. Drain and return to saucepan. Stir in the bacon crumbles.
3. On a large oven-safe serving platter or baking dish, spread the tortilla chips on the bottom and top with the cooked beef-bacon combo. Top with the shredded sharp cheddar cheese. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted. Garnish with sour cream and salsa.
4. Prepare the fruit.
5. Serve Bacon Cheeseburger Nachos with fruit.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Mix in 2 cups crumbled bacon. Let cool.

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

- Half of the browned ground beef and bacon
- Salt and pepper

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.

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 skillet and reheating. Assemble and bake nachos 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 served with gluten-free sides.*

7. Italian Sausage Pasta 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.

Ingredients for Single Meal

- 1 lb(s) Italian sausage
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 8 oz. can(s) tomato sauce
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper
- 2 cup(s) hot water
- 12 oz. box rotini pasta
- Garnish: grated Parmesan cheese
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Remove casing from Italian sausage and slice into 1/2" pieces.
2. Open the cans of diced tomatoes and tomato sauce.
3. In a large skillet, saute the sausage pieces until no longer pink. Stir in the diced tomatoes, tomato sauce, Italian seasoning and garlic powder and stir together. Season with salt and pepper to taste. Let simmer for 5 minutes.
4. Then add in the hot water and dry pasta into the sauce. Stir and press the pasta completely into the water. Cover with tight fitting lid and simmer over low heat for 10 minutes, or until pasta is cooked through. Remove from heat immediately so pasta doesn't overcook. Sprinkle grated Parmesan cheese on top as garnish.
5. Prepare the salad.
6. Serve Italian Sausage Pasta Skillet with salad.

Assembly Prep Directions for 2 Meals

Remove casing from Italian sausages and slice into 1/2" pieces.

Open 2 cans of diced tomatoes and 2 cans of tomato sauce.

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

- Half of the sliced sausage
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

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.

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 to reheat and then cook in the pasta with water, as directed.

Dairy-Free Modifications: Omit the grated Parmesan cheese garnish for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free pasta.

8. Slow Cooker Pork Roast with Sauerkraut

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
- Salt and pepper
- 1 small white onion(s)
- 3 small apple(s)
- 1 Tbsp lemon juice
- 1/4 cup(s) brown sugar
- 1 tsp dried thyme
- 32 oz. jar sauerkraut
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion.
2. Peel and slice the apples, then soak them in bowl of cold water with 1 Tbsp lemon juice.
3. Drain the sauerkraut.
4. Place the pork tenderloin into the base of the slow cooker and season with salt and pepper. Add the sliced onion and sliced apples around and on top of the pork tenderloin. Sprinkle in the brown sugar and dried thyme, then pour the sauerkraut over the top.
5. Set the slow cooker on low and cook for 8 hours.
6. Prepare the veggies.
7. Serve Slow Cooker Pork Tenderloin with sauerkraut and veggies.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

Peel and slice 6 apples, then soak them in bowl of cold water with 2 Tbsp lemon juice.

Drain the 2 jars of sauerkraut.

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the onion slices
- Half of the apple slices
- 1/4 cup brown sugar
- 1 tsp dried thyme
- Half of the drained sauerkraut

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.

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 when served with gluten-free sides.

9. Split Pea Soup

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

- 4 whole carrots
- 1 small white onion(s)
- 4 celery stalk(s)
- 1 tsp garlic powder
- 1 Tbsp olive oil
- Salt and pepper
- 2 cup(s) chopped ham
- 1 lb(s) dry split peas
- Garnish: shredded Parmesan cheese
- Garnish: sour cream
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and chop the carrots. Dice the onion. Chop the celery.
2. In a large saucepan, saute the carrots, onion and celery in olive oil for 4 to 5 minutes. Season with garlic powder, salt and pepper. Stir in the chopped ham and toss with the veggies. Pour in 10 cups hot water and the dry split peas. Cover and cook for 30 minutes, then remove the lid and cook for another 30 minutes or until split peas are softened. If preferred, add cooked soup to blender and puree.
3. Prepare the salad.
4. Serve Split Pea Soup with Parmesan cheese and sour cream garnish and side salad.

Assembly Prep Directions for 2 Meals

Chop 4 cups ham, if needed.

Peel and chop 8 whole carrots. Dice 2 onions. Chop 8 celery stalks.

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

- Half of the chopped carrots
- Half of the diced onion
- Half of the chopped celery
- Half of the chopped ham
- 1 tsp garlic powder
- 1 Tbsp olive oil
- Do NOT add the dry split peas to freezer bag.

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.

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 the veggies. Stir in 10 cups hot water with 1 lb. dry split peas. Cover and cook for 30 minutes, then uncover and cook another 30 minutes.

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

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

10. Spinach Tortellini Soup

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

- 20 oz. pkg cheese tortellini
- 1 x 10 oz. box(es) frozen spinach
- 1 x 15 oz. can(s) tomato sauce
- 2 cup(s) vegetable broth
- 1 tsp minced garlic
- Salt and pepper
- Garnish: grated Parmesan cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Thaw the spinach.
2. In a large saucepan, add the tortellini, thawed spinach, tomato sauce, vegetable broth and minced garlic. Stir to combine and bring to bubbling and simmer for 15 minutes, or until tortellini has cooked. Season with salt and pepper to taste. Ladle into serving bowls and garnish with grated Parmesan cheese.
3. Prepare veggies.
4. Serve Spinach Tortellini Soup with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of tomato sauce.

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

- 20 oz. cheese tortellini
- 1 - 10 oz. box frozen spinach
- Half of the tomato sauce
- 2 cups vegetable broth
- 1 tsp minced garlic
- Salt and pepper

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.

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 cooking soup as directed.

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

Gluten-Free Modifications: Unfortunately, there is not a great gluten-free option for this meal.

Complete Shopping List by Recipe

1. Red & Green Chicken Enchilada Bake

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ Salt and pepper
- ☐ 2 cup(s) red salsa
- ☐ 2 cup(s) green salsa
- ☐ 2x4 oz. can(s) green chiles
- ☐ 32 corn tortillas
- ☐ 3 cup(s) shredded pepper jack cheese
- ☐ avocado slices
- ☐ veggies
- ☐ 2 9x13 disposable foil tray

3. Mediterranean Chicken Thighs

- ☐ 4 lb(s) bone-in chicken thighs
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp balsamic vinegar
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives
- ☐ 2 Tbsp dried oregano
- ☐ Salt and pepper
- ☐ pasta
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

5. Stuffed Sweet Potatoes {Filling}

- ☐ 8 large sweet potatoes
- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 4 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ Salt and pepper
- ☐ 4 cup(s) beef stock
- ☐ 2 cup(s) shredded cheddar cheese
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Italian Chicken & Vegetables

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 12 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 2 small white onion(s)
- ☐ 4 Tbsp Italian seasoning
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

4. Slow Cooker Simple Baby Beef Stew

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

6. Bacon Cheeseburger Nachos

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 cup(s) bacon crumbles
- ☐ 1 bag(s) corn tortilla chips
- ☐ 4 cup(s) shredded sharp cheddar cheese
- ☐ Salt and pepper
- ☐ sour cream
- ☐ salsa
- ☐ fruit
- ☐ 2 gallon-size freezer baggie(s)

7. Italian Sausage Pasta Skillet

- ☐ 2 lb(s) Italian sausage
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2 Tbsp Italian seasoning
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 4 cup(s) hot water
- ☐ 24 oz. box rotini pasta
- ☐ grated Parmesan cheese
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

9. Split Pea Soup

- ☐ 8 whole carrots
- ☐ 2 small white onion(s)
- ☐ 8 celery stalk(s)
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp olive oil
- ☐ Salt and pepper
- ☐ 4 cup(s) chopped ham
- ☐ 2 lb(s) dry split peas
- ☐ shredded Parmesan cheese
- ☐ sour cream
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

8. Slow Cooker Pork Roast with Sauerkraut

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 6 small apple(s)
- ☐ 2 Tbsp lemon juice
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 tsp dried thyme
- ☐ 64 oz. jar sauerkraut
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

10. Spinach Tortellini Soup

- ☐ 40 oz. pkg cheese tortellini
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 2x15 oz. can(s) tomato sauce
- ☐ 4 cup(s) vegetable broth
- ☐ 2 tsp minced garlic
- ☐ Salt and pepper
- ☐ grated Parmesan cheese
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 8 small boneless chicken breasts
- ☐ 4 lb(s) bone-in chicken thighs
- ☐ 4 lb(s) stew beef
- ☐ 8 cup(s) beef stock
- ☐ 4 lb(s) ground beef
- ☐ 2 cup(s) bacon crumbles
- ☐ 2 lb(s) Italian sausage
- ☐ 4 lb(s) pork tenderloin
- ☐ 4 cup(s) chopped ham

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) red salsa
- ☐ 2x4 oz. can(s) green chiles
- ☐ 6x15 oz. can(s) diced tomatoes
- ☐ 6x8 oz. can(s) tomato sauce
- ☐ 2x15 oz. can(s) black beans
- ☐ **Garnish:** salsa
- ☐ 24 oz. box rotini pasta
- ☐ 6x15 oz. can(s) tomato sauce
- ☐ 4 cup(s) vegetable broth

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 4 Tbsp balsamic vinegar

Produce

- ☐ 2 cup(s) green salsa
- ☐ **Garnish:** avocado slices
- ☐ **Side:** veggies
- ☐ 20 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 6 small white onion(s)
- ☐ **Side:** salad
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives
- ☐ 4 lb(s) baby potatoes
- ☐ 2 lb(s) baby carrots
- ☐ 8 large sweet potatoes
- ☐ **Side:** fruit
- ☐ 6 small apple(s)
- ☐ 2 Tbsp lemon juice
- ☐ 8 celery stalk(s)
- ☐ 2 lb(s) dry split peas

Starchy Sides

- ☐ 32 corn tortillas
- ☐ **Side:** pasta
- ☐ **Side:** dinner rolls
- ☐ **Side:** 1 bag(s) corn tortilla chips

Spices

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

- ☐ 1 cup(s) brown sugar
- ☐ 2 tsp dried thyme

Dairy/Frozen

- ☐ **Side:** 3 cup(s) shredded pepper jack cheese
- ☐ 2 cup(s) shredded cheddar cheese
- ☐ 4 cup(s) shredded sharp cheddar cheese
- ☐ **Side:** sour cream
- ☐ **Garnish:** grated Parmesan cheese
- ☐ **Garnish:** shredded Parmesan cheese
- ☐ 40 oz. pkg cheese tortellini
- ☐ 2x10 oz. box(es) frozen spinach

Supplies

- ☐ **Side:** 2 9x13 disposable foil tray
- ☐ **Side:** 18 gallon-size freezer baggie(s)
- ☐ 4 cup(s) hot water
- ☐ 64 oz. jar sauerkraut

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. Red & Green Chicken Enchilada Bake

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ Salt and pepper
- ☐ 2 cup(s) red salsa
- ☐ 2 cup(s) green salsa
- ☐ 2x4 oz. can(s) green chiles
- ☐ 32 corn tortillas
- ☐ 2 9x13 disposable foil tray

3. Mediterranean Chicken Thighs

- ☐ 4 lb(s) bone-in chicken thighs
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp balsamic vinegar
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives
- ☐ 2 Tbsp dried oregano
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Stuffed Sweet Potatoes {Filling}

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

7. Italian Sausage Pasta Skillet

- ☐ 2 lb(s) Italian sausage
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x8 oz. can(s) tomato sauce

2. Slow Cooker Italian Chicken & Vegetables

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 12 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 2 small white onion(s)
- ☐ 4 Tbsp Italian seasoning
- ☐ 2 gallon-size freezer baggie(s)

4. Slow Cooker Simple Baby Beef Stew

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

6. Bacon Cheeseburger Nachos

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 cup(s) bacon crumbles
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

8. Slow Cooker Pork Roast with Sauerkraut

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 small white onion(s)

- ☐ 2 Tbsp Italian seasoning
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

9. Split Pea Soup

- ☐ 8 whole carrots
- ☐ 2 small white onion(s)
- ☐ 8 celery stalk(s)
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp olive oil
- ☐ Salt and pepper
- ☐ 4 cup(s) chopped ham
- ☐ 2 gallon-size freezer baggie(s)

- ☐ 6 small apple(s)
- ☐ 2 Tbsp lemon juice
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 tsp dried thyme
- ☐ 64 oz. jar sauerkraut
- ☐ 2 gallon-size freezer baggie(s)

10. Spinach Tortellini Soup

- ☐ 40 oz. pkg cheese tortellini
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 2x15 oz. can(s) tomato sauce
- ☐ 4 cup(s) vegetable broth
- ☐ 2 tsp minced garlic
- ☐ 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

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 8 small boneless chicken breasts
- ☐ 4 lb(s) bone-in chicken thighs
- ☐ 4 lb(s) stew beef
- ☐ 8 cup(s) beef stock
- ☐ 4 lb(s) ground beef
- ☐ 2 cup(s) bacon crumbles
- ☐ 2 lb(s) Italian sausage
- ☐ 4 lb(s) pork tenderloin
- ☐ 4 cup(s) chopped ham

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) red salsa
- ☐ 2x4 oz. can(s) green chiles
- ☐ 6x15 oz. can(s) diced tomatoes
- ☐ 6x8 oz. can(s) tomato sauce
- ☐ 2x15 oz. can(s) black beans
- ☐ 6x15 oz. can(s) tomato sauce
- ☐ 4 cup(s) vegetable broth

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 4 Tbsp balsamic vinegar

Dairy/Frozen

- ☐ 6x cup(s) shredded pepper jack cheese

Produce

- ☐ 2 cup(s) green salsa
- ☐ 20 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 6 small white onion(s)
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives
- ☐ 4 lb(s) baby potatoes
- ☐ 2 lb(s) baby carrots
- ☐ 6 small apple(s)
- ☐ 2 Tbsp lemon juice
- ☐ 8 celery stalk(s)

Starchy Sides

- ☐ 32 corn tortillas

Spices

- ☐ Salt and pepper
- ☐ 6 Tbsp Italian seasoning
- ☐ 2 Tbsp dried oregano
- ☐ 4 tsp minced garlic
- ☐ 4 Tbsp minced onion
- ☐ 8 tsp garlic powder
- ☐ 4 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 1 cup(s) brown sugar
- ☐ 2 tsp dried thyme

Supplies

- ☐ 2x 9x13 disposable foil tray

- ☐ 40 oz. pkg cheese tortellini
- ☐ 2x10 oz. box(es) frozen spinach

- ☐ 18x gallon-size freezer baggie(s)
- ☐ 64 oz. jar sauerkraut

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

- ☐ Peel 12 whole carrots. Slice 2 white onions.
- ☐ Dice 1 small red onion.
- ☐ Open 2 cans of diced tomatoes.
- ☐ Open the 2 cans of tomato sauce.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- ☐ Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of diced tomatoes.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Mix in 2 cups crumbled bacon. Let cool.
- ☐ Remove casing from Italian sausages and slice into 1/2" pieces.
- ☐ Open 2 cans of diced tomatoes and 2 cans of tomato sauce.
- ☐ Slice 2 small white onions.
- ☐ Peel and slice 6 apples, then soak them in bowl of cold water with 2 Tbsp lemon juice.
- ☐ Drain the 2 jars of sauerkraut.
- ☐ Chop 4 cups ham, if needed.
- ☐ Peel and chop 8 whole carrots. Dice 2 onions. Chop 8 celery stalks.
- ☐ Open 2 cans of tomato sauce.

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.

Red & Green Chicken Enchilada Bake

To each disposable tray, layer the following ingredients:

- Single layer of corn tortillas
- Half of the shredded rotisserie chicken
- Red salsa
- 1/3 of the shredded cheese
- Single layer of corn tortillas
- Half of the shredded rotisserie chicken
- Green salsa and green chiles
- 1/3 of the shredded cheese
- Single layer of corn tortillas
- 1/3 of the shredded cheese

Cover with foil or lid, add label and freeze.

Mediterranean Chicken Thighs

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

- 2 lbs. bone-in chicken thighs
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- Salt and pepper

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.

Stuffed Sweet Potatoes {Filling}

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder

Slow Cooker Italian Chicken & Vegetables

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the peeled carrots
- 2 lb. bag baby potatoes
- Half of the onion slices
- 2 Tbsp Italian seasoning

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.

Slow Cooker Simple Baby Beef Stew

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

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

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.

Bacon Cheeseburger Nachos

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

- Half of the browned ground beef and bacon
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6

- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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.

Italian Sausage Pasta Skillet

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

- Half of the sliced sausage
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

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.

Split Pea Soup

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

- Half of the chopped carrots
- Half of the diced onion
- Half of the chopped celery
- Half of the chopped ham
- 1 tsp garlic powder
- 1 Tbsp olive oil
- Do NOT add the dry split peas to freezer bag.

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.

months in your fridge freezer or 12 months in a deep freezer.

Slow Cooker Pork Roast with Sauerkraut

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the onion slices
- Half of the apple slices
- 1/4 cup brown sugar
- 1 tsp dried thyme
- Half of the drained sauerkraut

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.

Spinach Tortellini Soup

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

- 20 oz. cheese tortellini
- 1 - 10 oz. box frozen spinach
- Half of the tomato sauce
- 2 cups vegetable broth
- 1 tsp minced garlic
- Salt and pepper

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.