

ALL CHICKEN MEALS PLAN

OCTOBER 2016

Table of Contents

Recipes

1. Slow Cooker Borracho Shredded Chicken
2. Baked Island Chicken
3. Red & Green Chicken Enchilada Bake
4. Slow Cooker Italian Chicken & Vegetables
5. Mediterranean Chicken Thighs

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

1. Slow Cooker Borracho Shredded Chicken

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 8 hours

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
- Salt and pepper
- 1 small white onion(s)
- 1 tsp minced garlic
- 1/2 tsp oregano
- 1 cup(s) beer
- 12 flour tortillas
- Garnish: pico de gallo
- Garnish: sour cream
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion.
2. Place the chicken breasts and chicken thighs into the base of the slow cooker and add the sliced onion, minced garlic, oregano, salt and pepper around the chicken. Pour the beer over the top.
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. Spoon the shredded chicken into tortillas and make tacos. Add favorite taco toppings as garnish.
4. Prepare the salad.
5. Serve Slow Cooker Borracho Shredded Chicken as tacos with salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- Salt and pepper
- Half of the sliced onion
- 1 tsp minced garlic
- 1/2 tsp oregano
- 1 cup beer

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: Omit sour cream garnish for dairy-free meal.

Gluten-Free Modifications: Serve over rice and use gluten-free beer or light rum in place of the beer.

2. Baked Island Chicken

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 small boneless chicken breasts
- Salt and pepper
- 1 cup(s) orange juice
- 1/2 cup(s) lime juice
- 1/4 cup(s) brown sugar
- 1 Tbsp cumin
- 1 tsp paprika
- 1 x 20 oz. can(s) pineapple slices
- Side: rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts into the base of 9x13-inch baking dish and season with salt and pepper.
2. In a small mixing bowl, whisk together the orange juice, lime juice, brown sugar, cumin and paprika. *Pour the marinade over the chicken and let marinate in the fridge overnight, or for at least 2 hours.
3. Preheat oven to 350 F.
4. Just before baking, add the pineapple slices around and on top of the chicken and marinade. Bake in the preheated oven for 50 to 60 minutes, or until chicken is cooked through.
5. Cook the rice as directed.
6. Prepare the veggies.
7. Serve Baked Island Chicken over rice with veggies.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- Salt and pepper
- 1 cup orange juice
- 1/2 cup lime juice
- 1/4 cup brown sugar
- 1 Tbsp cumin
- 1 tsp paprika
- 1 - 20 oz. can sliced pineapple

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 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 Paleo meal.

3. 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.

4. 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.

5. 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.

Complete Shopping List by Recipe

1. Slow Cooker Borracho Shredded Chicken

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2 tsp minced garlic
- ☐ 1 tsp oregano
- ☐ 2 cup(s) beer
- ☐ 24 flour tortillas
- ☐ pico de gallo
- ☐ sour cream
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

3. 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

5. 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)

2. Baked Island Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 cup(s) orange juice
- ☐ 1 cup(s) lime juice
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 tsp paprika
- ☐ 2x20 oz. can(s) pineapple slices
- ☐ rice
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

4. 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)

Complete Shopping List by Store Section/Category

Meat

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 16 small boneless chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 4 lb(s) bone-in chicken thighs

Pantry Staples - Canned, Boxed

- ☐ 2x20 oz. can(s) pineapple slices
- ☐ **Side:** rice
- ☐ 2 cup(s) red salsa
- ☐ 2x4 oz. can(s) green chiles
- ☐ 2x15 oz. can(s) diced tomatoes

Sauces/Condiments

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

Dairy/Frozen

- ☐ **Side:** sour cream
- ☐ 2 cup(s) orange juice
- ☐ **Side:** 3 cup(s) shredded pepper jack cheese

Produce

- ☐ 4 small white onion(s)
- ☐ **Side:** salad
- ☐ 1 cup(s) lime juice
- ☐ **Side:** veggies
- ☐ 2 cup(s) green salsa
- ☐ **Garnish:** avocado slices
- ☐ 12 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives

Starchy Sides

- ☐ 24 flour tortillas
- ☐ 32 corn tortillas
- ☐ **Side:** pasta

Spices

- ☐ Salt and pepper
- ☐ 2 tsp minced garlic
- ☐ 1 tsp oregano
- ☐ 1 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 tsp paprika
- ☐ 4 Tbsp Italian seasoning
- ☐ 2 Tbsp dried oregano

Supplies

- ☐ 2 cup(s) beer
- ☐ **Garnish:** pico de gallo
- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ **Side:** 2 9x13 disposable foil tray

Freezer Meal Prep Day Shopping List by Recipe

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

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Slow Cooker Borracho Shredded Chicken

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2 tsp minced garlic
- ☐ 1 tsp oregano
- ☐ 2 cup(s) beer
- ☐ pico de gallo
- ☐ 2 gallon-size freezer baggie(s)

3. 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

5. 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)

2. Baked Island Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 cup(s) orange juice
- ☐ 1 cup(s) lime juice
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 tsp paprika
- ☐ 2x20 oz. can(s) pineapple slices
- ☐ 2 gallon-size freezer baggie(s)

4. 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)

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
- ☐ 16 small boneless chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 4 lb(s) bone-in chicken thighs

Pantry Staples - Canned, Boxed

- ☐ 2x20 oz. can(s) pineapple slices
- ☐ rice
- ☐ 2 cup(s) red salsa
- ☐ 2x4 oz. can(s) green chiles
- ☐ 2x15 oz. can(s) diced tomatoes

Sauces/Condiments

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

Dairy/Frozen

- ☐ sour cream
- ☐ 2 cup(s) orange juice
- ☐ 6x cup(s) shredded pepper jack cheese

Produce

- ☐ 4 small white onion(s)
- ☐ 1 cup(s) lime juice
- ☐ veggies
- ☐ 2 cup(s) green salsa
- ☐ 12 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives

Starchy Sides

- ☐ 32 corn tortillas

Spices

- ☐ Salt and pepper
- ☐ 2 tsp minced garlic
- ☐ 1 tsp oregano
- ☐ 1 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 tsp paprika
- ☐ 4 Tbsp Italian seasoning
- ☐ 2 Tbsp dried oregano

Supplies

- ☐ 2 cup(s) beer
- ☐ pico de gallo
- ☐ 8x gallon-size freezer baggie(s)
- ☐ 2x 9x13 disposable foil tray

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

- ☐ Slice 2 small white onions.
- ☐ Peel 12 whole carrots. Slice 2 white onions.
- ☐ Dice 1 small red onion.
- ☐ Open 2 cans of diced tomatoes.

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 Borracho Shredded Chicken

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- Salt and pepper
- Half of the sliced onion
- 1 tsp minced garlic
- 1/2 tsp oregano
- 1 cup beer

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.

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

Baked Island Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- 1 cup orange juice
- 1/2 cup lime juice
- 1/4 cup brown sugar
- 1 Tbsp cumin
- 1 tsp paprika
- 1 - 20 oz. can sliced pineapple

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 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.

- 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.