

# CLEAN EATS PLAN

OCTOBER 2016

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# 1. Paleo Chicken Taco Salad

*Yield: 4 servings*

*Active Time: 15 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

- 1 green bell pepper(s)
- 1 orange bell pepper(s)
- 1 small white onion(s)
- 2 large boneless chicken breasts
- 1/4 cup(s) lime juice
- 1 packet taco seasoning
- 2 Tbsp olive oil
- 16 oz. bag Romaine leaves
- 1/2 cup(s) Vinaigrette salad dressing
- Garnish: guacamole
- Side: veggies
- 1 gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Seed and slice the green and red bell peppers. Slice the onion.
2. Thinly slice the chicken breasts.
3. In a large bowl, toss together the bell pepper and onion slices, chicken slices, lime juice and taco seasoning.
4. Add the meat and veggies to large skillet with olive oil and saute for 8 to 10 minutes, or until chicken is cooked through and veggies have softened.
5. Prepare veggies.
6. Add Romaine leaves to serving plates, then top with cooked chicken and veggies and sprinkle vinaigrette salad dressing. Garnish with dollop of guacamole.
7. Serve Paleo Chicken Taco Salad with veggies.

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## Assembly Prep Directions for 2 Meals

Thinly slice 4 chicken breasts.

Seed and slice 2 green bell peppers and 2 red bell peppers. Slice 2 small white onions.

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

- Half of the sliced chicken breasts
- Half of the sliced green bell peppers
- Half of the sliced red bell peppers
- Half of the sliced onion
- 1/4 cup lime juice
- 1 packet taco 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 skillet and sauteing the chicken and veggies until cooked through. Prepare salad 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.*

## 2. Spinach Chicken Burgers

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 15 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

- 1 lb(s) ground chicken
- 1 egg(s)
- 1 cup(s) breadcrumbs
- 1 tsp garlic powder
- 1 x 10 oz. box(es) frozen spinach
- Salt and pepper
- 2 Tbsp canola oil
- 4 whole wheat hamburger buns
- Side: salad
- 1 gallon-size freezer baggie(s)
- Foil

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### Cooking Directions for Single Meal

1. Cook and drain the frozen spinach.
2. In a large mixing bowl, combine the ground chicken, egg, breadcrumbs, garlic powder and drained spinach. Mix well and form into 4 flat patties. Season patties with salt and pepper on both sides.
3. In a skillet, heat the oil and brown the patties on both sides, then cook over medium low heat until cooked through, about 10 minutes. You could grill them if you prefer.
4. Prepare the salad.
5. Serve Spinach Chicken Burgers with salad.

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### Assembly Prep Directions for 2 Meals

Cook and drain 2 boxes of frozen spinach.

In large mixing bowl, combine 2 lbs. ground chicken, 2 cups breadcrumbs, 2 eggs, 2 tsp garlic powder. Combine, then mix in the drained spinach. Evenly divide and form 8 patties.

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

- Half of the prepared patties
- Foil in between patties, if necessary

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 skillet or grill and cooking as directed.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when burgers are served inside lettuce wrap and use gluten-free bread crumbs.*

## 3. Bolognese Sauce

*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.*

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### Ingredients for Single Meal

- 4 slices bacon
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 28 oz. can(s) crushed tomatoes
- 1 Tbsp Italian seasoning
- 4 whole carrots
- 1 celery stalk(s)
- 1/2 small white onion(s)
- Garnish: grated Parmesan cheese
- Side: box(es) pasta
- Side: veggies
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Cook and crumble the bacon.
2. Shred the carrots. Finely chop the celery and onion.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, Italian seasoning, shredded carrots, chopped celery and chopped onion. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Bolognese Sauce over pasta with grated Parmesan garnish and side of veggies.

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### Assembly Prep Directions for 2 Meals

Cook and crumble 8 slices bacon.

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

Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Half of the shredded carrots
- Half of the chopped celery
- Half of the chopped onion

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.*

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

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

## 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.*

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### 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)

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### 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.

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### 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.*

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### 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)

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### 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.

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### 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. Paleo Chicken Taco Salad

- 2 green bell pepper(s)
- 2 orange bell pepper(s)
- 2 small white onion(s)
- 4 large boneless chicken breasts
- 1/2 cup(s) lime juice
- 2 taco seasoning
- 4 Tbsp olive oil
- 32 oz. bag Romaine leaves
- 1 cup(s) Vinaigrette salad dressing
- guacamole
- veggies
- 2 gallon-size freezer baggie(s)

## 3. Bolognese Sauce

- 8 slices bacon
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x28 oz. can(s) crushed tomatoes
- 2 Tbsp Italian seasoning
- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- grated Parmesan cheese
- box(es) pasta
- veggies
- 2 gallon-size freezer baggie(s)

## 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

## 2. Spinach Chicken Burgers

- 2 lb(s) ground chicken
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 tsp garlic powder
- 2x10 oz. box(es) frozen spinach
- Salt and pepper
- 4 Tbsp canola oil
- 8 whole wheat hamburger buns
- salad
- 2 gallon-size freezer baggie(s)
- Foil

## 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)

veggies

2 gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 4 large boneless chicken breasts
- 2 lb(s) ground chicken
- 8 slices bacon
- 2 lb(s) ground beef
- 8 small boneless chicken breasts
- 4 lb(s) bone-in chicken thighs

## Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 2x28 oz. can(s) crushed tomatoes
- Side:** box(es) pasta
- 2x15 oz. can(s) diced tomatoes

## Sauces/Condiments

- 8 Tbsp olive oil
- 4 Tbsp canola oil
- 4 Tbsp balsamic vinegar

## Dairy/Frozen

- 2 egg(s)
- 2x10 oz. box(es) frozen spinach
- Garnish:** grated Parmesan cheese

## Produce

- 2 green bell pepper(s)
- 2 orange bell pepper(s)
- 5 small white onion(s)
- 1 cup(s) lime juice
- Side:** guacamole
- Side:** veggies
- Side:** salad
- 20 whole carrots
- 2 celery stalk(s)
- bag(s) baby potatoes
- 1 small red onion(s)
- 2 cup(s) kalamata olives

## Starchy Sides

- 8 whole wheat hamburger buns
- Side:** pasta

## Spices

- 2 taco seasoning
- 1 cup(s) Vinaigrette salad dressing
- 4 tsp garlic powder
- Salt and pepper
- 2 Tbsp minced onion
- 6 Tbsp Italian seasoning
- 2 Tbsp dried oregano

## Supplies

- 32 oz. bag Romaine leaves
- Side:** 10 gallon-size freezer baggie(s)
- Foil

# Freezer Meal Prep Day Shopping List by Recipe

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

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

## 1. Paleo Chicken Taco Salad

- 2 green bell pepper(s)
- 2 orange bell pepper(s)
- 2 small white onion(s)
- 4 large boneless chicken breasts
- 1/2 cup(s) lime juice
- 2 taco seasoning
- 2 gallon-size freezer baggie(s)

## 3. Bolognese Sauce

- 8 slices bacon
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x28 oz. can(s) crushed tomatoes
- 2 Tbsp Italian seasoning
- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 2 gallon-size freezer baggie(s)

## 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. Spinach Chicken Burgers

- 2 lb(s) ground chicken
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 tsp garlic powder
- 2x10 oz. box(es) frozen spinach
- Salt and pepper
- 4 Tbsp canola oil
- 2 gallon-size freezer baggie(s)
- Foil

## 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
- 2 lb(s) ground chicken
- 8 slices bacon
- 2 lb(s) ground beef
- 8 small boneless chicken breasts
- 4 lb(s) bone-in chicken thighs

## Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 2x28 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) diced tomatoes

## Spices

- 2 taco seasoning
- 4 tsp garlic powder
- Salt and pepper
- 2 Tbsp minced onion
- 6 Tbsp Italian seasoning
- 2 Tbsp dried oregano

## Supplies

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

## Produce

- 2 green bell pepper(s)
- 2 orange bell pepper(s)
- 5 small white onion(s)
- 1 cup(s) lime juice
- guacamole
- veggies
- salad
- 20 whole carrots
- 2 celery stalk(s)
- bag(s) baby potatoes
- 1 small red onion(s)
- 2 cup(s) kalamata olives

## Sauces/Condiments

- 4 Tbsp canola oil
- 4 Tbsp olive oil
- 4 Tbsp balsamic vinegar

## Dairy/Frozen

- 2 egg(s)
- 2x10 oz. box(es) frozen spinach

## 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 4 chicken breasts.
- Seed and slice 2 green bell peppers and 2 red bell peppers. Slice 2 small white onions.
- Cook and drain 2 boxes of frozen spinach.
- In large mixing bowl, combine 2 lbs. ground chicken, 2 cups breadcrumbs, 2 eggs, 2 tsp garlic powder. Combine, then mix in the drained spinach. Evenly divide and form 8 patties.
- Cook and crumble 8 slices bacon.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.
- 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.

### Paleo Chicken Taco Salad

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

- Half of the sliced chicken breasts
- Half of the sliced green bell peppers
- Half of the sliced red bell peppers
- Half of the sliced onion
- 1/4 cup lime juice
- 1 packet taco 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.

### Bolognese Sauce

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Half of the shredded carrots
- Half of the chopped celery
- Half of the chopped onion

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.

### 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

### Spinach Chicken Burgers

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

- Half of the prepared patties
- Foil in between patties, if necessary

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.

- 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.