

GLUTEN FREE MEAL PLAN

OCTOBER 2016

Table of Contents

Recipes

1. Upside Down Nacho Skillet
2. Chicken Curry-Peanut Soup
3. Baked Island Chicken
4. Slow Cooker Simple Baby Beef Stew
5. Split Pea Soup

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. Upside Down Nacho 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) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) black beans
- 8 oz. salsa
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- Salt and pepper
- 1 bag(s) corn tortilla chips
- 2 cup(s) shredded pepper jack cheese
- Side: fruit
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. In an ovenproof skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet.
3. Drain and rinse black beans. Add the black beans, salsa, chili powder and ground cumin and mix well.
4. Place the tortilla chips into the beef mixture, as if you were making nachos upside down. Sprinkle the cheese over the tortilla chips.
5. Place the skillet into the preheated oven for 10 minutes, or until cheese is melted.
6. Prepare the fruit.
7. Serve Upside Down Nacho Skillet with fruit.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Set aside to cool.

Open, drain and rinse 2 cans of black beans.

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

- Half of the browned ground beef
- Half of the black beans
- 8 oz. jar salsa
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 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 a skillet to reheat, assemble upside down nachos and bake as directed.*

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

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

2. Chicken Curry-Peanut 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

- 1 Tbsp canola oil
- 2 small boneless chicken breasts
- 1 small white onion(s)
- 2 tsp minced garlic
- 1/2 bag(s) 1 lb. bag matchstick carrots
- 1 red bell pepper(s)
- 1 x 15 oz. can(s) light coconut milk
- 1 x 8 oz. can(s) tomato sauce
- 2 Tbsp red curry paste
- 1/2 cup(s) peanut butter
- 2 cup(s) chicken stock
- Salt and pepper
- Garnish: chopped peanuts
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Thinly slice the chicken breasts.
2. Chop the onion. Seed and slice the red bell pepper.
3. In a large saucepan or Dutch oven, heat the oil and saute the chicken slices with the chopped onion and garlic for 3 to 5 minutes. Stir in the carrots and red bell pepper slices and saute for 2 to 3 more minutes. Pour in the coconut milk, tomato sauce, curry paste and peanut butter and stir until smooth. Stir in the chicken stock and let simmer for 15 to 20 minutes. Ladle into bowls and garnish with chopped peanuts. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Chicken Curry-Peanut Soup with salad.

Assembly Prep Directions for 2 Meals

Thinly slice 4 chicken breasts.

Chop 2 small white onions. Seed and slice 2 red bell peppers.

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

- Half of the sliced chicken
- Half of the chopped onion
- Half of the sliced red bell peppers
- 2 tsp minced garlic
- 1/2 of 1 lb. bag matchstick carrots
- 1 - 8 oz. can tomato sauce
- 2 Tbsp red curry paste
- 1/2 cup peanut butter
- Salt and pepper
- Do NOT add the coconut milk or chicken stock at this time.

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. Stir in the coconut milk and chicken stock and simmer for 20 to 30 minutes.

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. 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.*

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. 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.*

Complete Shopping List by Recipe

1. Upside Down Nacho Skillet

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) black beans
- 16 oz. salsa
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- Salt and pepper
- 1 bag(s) corn tortilla chips
- 2 cup(s) shredded pepper jack cheese
- fruit
- 2 gallon-size freezer baggie(s)

3. 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)

5. 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

2. Chicken Curry-Peanut Soup

- 2 Tbsp canola oil
- 4 small boneless chicken breasts
- 2 small white onion(s)
- 4 tsp minced garlic
- 1 bag(s) 1 lb. bag matchstick carrots
- 2 red bell pepper(s)
- 2x15 oz. can(s) light coconut milk
- 2x8 oz. can(s) tomato sauce
- 4 Tbsp red curry paste
- 1 cup(s) peanut butter
- 4 cup(s) chicken stock
- Salt and pepper
- chopped peanuts
- 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)

- shredded Parmesan cheese
- sour cream
- salad
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) ground beef
- 12 small boneless chicken breasts
- 4 lb(s) stew beef
- 4 cup(s) beef stock
- 4 cup(s) chopped ham

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) black beans
- 16 oz. salsa
- 2x15 oz. can(s) light coconut milk
- 4x8 oz. can(s) tomato sauce
- 1 cup(s) peanut butter
- 4 cup(s) chicken stock
- Side:** chopped peanuts
- 2x20 oz. can(s) pineapple slices
- Side:** rice

Sauces/Condiments

- 2 Tbsp canola oil
- 4 Tbsp red curry paste
- 2 Tbsp olive oil

Dairy/Frozen

- Side:** 2 cup(s) shredded pepper jack cheese
- 2 cup(s) orange juice

Produce

- Side:** fruit
- 4 small white onion(s)
- 1 bag(s) 1 lb. bag matchstick carrots
- 2 red bell pepper(s)
- Side:** salad
- 1 cup(s) lime juice
- Side:** veggies
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- 8 whole carrots
- 8 celery stalk(s)
- 2 lb(s) dry split peas

Starchy Sides

- Side:** 1 bag(s) corn tortilla chips
- Side:** dinner rolls

Spices

- 2 Tbsp minced onion
- 4 tsp garlic powder
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- Salt and pepper
- 6 tsp minced garlic
- 1 cup(s) brown sugar
- 2 Tbsp cumin
- 2 tsp paprika

Supplies

- Side:** 10 gallon-size freezer baggie(s)

- Garnish:** shredded Parmesan cheese
- Side:** sour cream

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. Upside Down Nacho Skillet

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) black beans
- 16 oz. salsa
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. 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)

5. 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)

2. Chicken Curry-Peanut Soup

- 2 Tbsp canola oil
- 4 small boneless chicken breasts
- 2 small white onion(s)
- 4 tsp minced garlic
- 1 bag(s) 1 lb. bag matchstick carrots
- 2 red bell pepper(s)
- 2x8 oz. can(s) tomato sauce
- 4 Tbsp red curry paste
- 1 cup(s) peanut butter
- Salt and pepper
- 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)

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

- 2 lb(s) ground beef
- 12 small boneless chicken breasts
- 4 lb(s) stew beef
- 4 cup(s) beef stock
- 4 cup(s) chopped ham

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) black beans
- 16 oz. salsa
- 4x8 oz. can(s) tomato sauce
- 1 cup(s) peanut butter
- chopped peanuts
- 2x20 oz. can(s) pineapple slices
- rice

Spices

- 2 Tbsp minced onion
- 4 tsp garlic powder
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- Salt and pepper
- 6 tsp minced garlic
- 1 cup(s) brown sugar
- 2 Tbsp cumin
- 2 tsp paprika

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 4 small white onion(s)
- 1 bag(s) 1 lb. bag matchstick carrots
- 2 red bell pepper(s)
- salad
- 1 cup(s) lime juice
- veggies
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- 8 whole carrots
- 8 celery stalk(s)

Sauces/Condiments

- 2 Tbsp canola oil
- 4 Tbsp red curry paste
- 2 Tbsp olive oil

Dairy/Frozen

- 2 cup(s) orange juice

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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Set aside to cool.
- Open, drain and rinse 2 cans of black beans.
- Thinly slice 4 chicken breasts.
- Chop 2 small white onions. Seed and slice 2 red bell peppers.
- Open the 2 cans of tomato sauce.
- Chop 4 cups ham, if needed.
- Peel and chop 8 whole carrots. Dice 2 onions. Chop 8 celery stalks.

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.

Upside Down Nacho Skillet

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

- Half of the browned ground beef
- Half of the black beans
- 8 oz. jar salsa
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- Salt and pepper

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

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.

Split Pea Soup

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

Chicken Curry-Peanut Soup

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

- Half of the sliced chicken
- Half of the chopped onion
- Half of the sliced red bell peppers
- 2 tsp minced garlic
- 1/2 of 1 lb. bag matchstick carrots
- 1 - 8 oz. can tomato sauce
- 2 Tbsp red curry paste
- 1/2 cup peanut butter
- Salt and pepper
- Do NOT add the coconut milk or chicken stock at this time.

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.

- 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.