

ALL PORK MEALS PLAN

OCTOBER 2016

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1. Cornbread Pork Chop Casserole

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 35 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 pork chops
- Salt and pepper
- 8 oz. sliced white mushrooms
- 1 cup(s) sour cream
- 1 tsp garlic powder
- 2 cup(s) cornbread stuffing
- Side: veggies
- Side: salad
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Place the pork chops into the baking dish and season with salt and pepper.
3. In a bowl, stir together the sliced mushrooms, sour cream and garlic powder. Spread the creamy mushroom mixture directly on top of the pork chops. Then sprinkle the cornbread stuffing over the top.
4. Bake in the preheated oven for 25 to 40 minutes, or until pork chops are cooked through. Cooking time will vary depending on thickness of the pork chops.
5. Prepare the salad and veggies.
6. Serve Cornbread Pork Chops Casserole with salad and veggies.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, toss together 16 oz. sliced white mushrooms, 2 cups sour cream and 2 tsp garlic powder.

To each disposable tray, add the following ingredients:

- 4 small boneless pork chops
- Salt and pepper
- Half of the creamy mushroom sauce
- 2 cups cornbread stuffing

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

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free cornbread stuffing mix.*

2. Asian Orange Pineapple Pork Chops

Yield: 4 servings

Active Time: 5 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 Tbsp canola oil
- 4 boneless pork chops
- 1 x 8 oz. can(s) pineapple chunks
- 1/2 cup(s) orange marmalade
- 1/4 cup(s) tamari sauce
- 1/2 tsp ground ginger
- Side: rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of pineapple chunks.
2. Cook the rice, as directed.
3. In a large skillet, heat the oil and brown the pork chops on both sides for 5 minutes.
4. In a small mixing bowl, combine the pineapple chunks and their juices, orange marmalade, tamari sauce, and ginger. Stir and then pour sauce over the pork chops in the skillet. Cover and bring to a simmer over medium heat for 5 minutes, or until pork chops are cooked through.
5. Prepare the veggies.
6. Serve Asian Orange Pineapple Pork Chops over rice with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of pineapple chunks.

In a small mixing bowl, combine 2 cans of pineapple chunks and their juices, 1 cup orange marmalade, 1/2 cup tamari sauce, and 1 tsp ginger.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the orange sauce

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 the pork chops and sauce to a large skillet and cooking over medium low heat for 10 to 15 minutes, or until pork chops are 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 sides.*

3. Cashew Parmesan Pork Chops

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

- 4 boneless pork chops
- 1/3 cup(s) cashews
- 1/3 cup(s) grated Parmesan cheese
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 white onion(s)
- 1 Tbsp butter
- Side: salad
- Side: dinner rolls
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat oven to 375 F. Lightly grease a 9x13-inch glass baking dish with non-stick cooking spray.
2. Grind or finely chop the cashew. Toss together the crushed cashews, grated Parmesan cheese, oregano, salt and pepper in a shallow dish. Coat each side of the pork chops with the dry mixture.
3. Place into the prepared baking dish. Bake in the preheated oven for 30 to 40 minutes, or until pork chops are cooked through. Cooking time will depend on thickness of the pork chops.
4. While pork chops are cooking, slice the onion and saute in butter or olive oil for garnish over low heat for 20 minutes.
5. Prepare the salad.
6. Warm the dinner rolls.
7. Serve Cashew Parmesan Pork Chops with onions garnish, salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Grind or finely chop 2/3 cup cashews. Toss together the crushed cashews, 2/3 cup grated Parmesan cheese, 1 tsp oregano, 1 tsp salt and pepper each in a shallow dish. Coat 8 pork chops on both sides with the dry mixture.

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

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: *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 like rice in place of dinner rolls.*

4. Apple Juice Brined Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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 boneless pork chops
- 1 cup(s) apple juice
- 1/2 cup(s) salt
- 2 cup(s) water
- Side: salad
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place apple juice, salt, and 2 cups of water into shallow dish. Place pork chops into the brine in single layer and pour enough water over the top so the pork chops are covered. *Cover with foil and refrigerate for at least 2 hours.
2. Once finished brining, grill or saute the pork chops for 4 to 5 minutes per side, or until cooked through. Cooking time may vary depending on thickness of pork chops.
3. Prepare the salad.
4. Warm the dinner rolls.
5. Serve Apple Juice Brined Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, stir together 1 cup apple juice, 1/2 cup salt and 2 cups water.

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

- 4 boneless pork chops
- Half of the apple juice brine

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 grill or skillet and grilling/sauteing 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 like rice or cauliflower rice in place of dinner rolls.*

5. 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.*

Complete Shopping List by Recipe

1. Cornbread Pork Chop Casserole

- 8 small boneless pork chops
- Salt and pepper
- 16 oz. sliced white mushrooms
- 1 cup(s) sour cream
- 2 tsp garlic powder
- 4 cup(s) cornbread stuffing
- veggies
- salad
- 2 9x13 disposable foil tray

3. Cashew Parmesan Pork Chops

- 8 boneless pork chops
- 2/3 cup(s) cashews
- 2/3 cup(s) grated Parmesan cheese
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp black pepper
- 2 white onion(s)
- 2 Tbsp butter
- salad
- dinner rolls
- 2 9x13 disposable foil tray

5. 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)

2. Asian Orange Pineapple Pork Chops

- 2 Tbsp canola oil
- 8 boneless pork chops
- 2x8 oz. can(s) pineapple chunks
- 1 cup(s) orange marmalade
- 1/2 cup(s) tamari sauce
- 1 tsp ground ginger
- rice
- veggies
- 2 gallon-size freezer baggie(s)

4. Apple Juice Brined Pork Chops

- 8 boneless pork chops
- 2 cup(s) apple juice
- 1 cup(s) salt
- 4 cup(s) water
- salad
- dinner rolls
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless pork chops
- 24 boneless pork chops
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) pineapple chunks
- Side:** rice
- 2 cup(s) cashews
- 4 cup(s) water

Sauces/Condiments

- 2 Tbsp canola oil
- 1 cup(s) tamari sauce

Dairy/Frozen

- Side:** 1 cup(s) sour cream
- 2 cup(s) grated Parmesan cheese
- 2 Tbsp butter

Produce

- 16 oz. sliced white mushrooms
- Side:** veggies
- Side:** salad
- 2 white onion(s)
- 2 cup(s) apple juice
- 2 small white onion(s)
- 6 small apple(s)
- 2 Tbsp lemon juice

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 2 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 cup(s) salt
- 1 cup(s) brown sugar
- 2 tsp dried thyme

Supplies

- 4 cup(s) cornbread stuffing
- Side:** 4 9x13 disposable foil tray
- 1 cup(s) orange marmalade
- Side:** 6 gallon-size freezer baggie(s)
- 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. Cornbread Pork Chop Casserole

- 8 small boneless pork chops
- Salt and pepper
- 16 oz. sliced white mushrooms
- 2 tsp garlic powder
- 4 cup(s) cornbread stuffing
- 2 9x13 disposable foil tray

3. Cashew Parmesan Pork Chops

- 8 boneless pork chops
- 2/3 cup(s) cashews
- 2/3 cup(s) grated Parmesan cheese
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp black pepper
- 2 9x13 disposable foil tray

5. 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
- 2 gallon-size freezer baggie(s)

2. Asian Orange Pineapple Pork Chops

- 2 Tbsp canola oil
- 8 boneless pork chops
- 2x8 oz. can(s) pineapple chunks
- 1 cup(s) orange marmalade
- 1/2 cup(s) tamari sauce
- 1 tsp ground ginger
- 2 gallon-size freezer baggie(s)

4. Apple Juice Brined Pork Chops

- 8 boneless pork chops
- 2 cup(s) apple juice
- 1 cup(s) salt
- 4 cup(s) water
- 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

- 8 small boneless pork chops
- 24 boneless pork chops
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) pineapple chunks
- 2 cup(s) cashews
- 4 cup(s) water

Spices

- Salt and pepper
- 2 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 cup(s) salt
- 1 cup(s) brown sugar
- 2 tsp dried thyme

Supplies

- 4 cup(s) cornbread stuffing
- 4x 9x13 disposable foil tray
- 1 cup(s) orange marmalade
- 6x gallon-size freezer baggie(s)
- 64 oz. jar sauerkraut

Produce

- 16 oz. sliced white mushrooms
- 2 cup(s) apple juice
- 2 small white onion(s)
- 6 small apple(s)
- 2 Tbsp lemon juice

Sauces/Condiments

- 2 Tbsp canola oil
- 1 cup(s) tamari sauce

Dairy/Frozen

- 2x cup(s) sour cream
- 2 cup(s) grated Parmesan cheese

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

- In a large mixing bowl, toss together 16 oz. sliced white mushrooms, 2 cups sour cream and 2 tsp garlic powder.
- Open 2 cans of pineapple chunks.
- In a small mixing bowl, combine 2 cans of pineapple chunks and their juices, 1 cup orange marmalade, 1/2 cup tamari sauce, and 1 tsp ginger.
- Grind or finely chop 2/3 cup cashews. Toss together the crushed cashews, 2/3 cup grated Parmesan cheese, 1 tsp oregano, 1 tsp salt and pepper each in a shallow dish. Coat 8 pork chops on both sides with the dry mixture.
- In a small mixing bowl, stir together 1 cup apple juice, 1/2 cup salt and 2 cups water.
- 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.

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.

Cornbread Pork Chop Casserole

To each disposable tray, add the following ingredients:

- 4 small boneless pork chops
- Salt and pepper
- Half of the creamy mushroom sauce
- 2 cups cornbread stuffing

Cover with foil or lid, add label and freeze.

Cashew Parmesan Pork Chops

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

Cover with foil or lid, add label and freeze.

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.

Asian Orange Pineapple Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the orange sauce

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.

Apple Juice Brined Pork Chops

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

- 4 boneless pork chops
- Half of the apple juice brine

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.