

SLOW COOKER MEAL PLAN

OCTOBER 2016

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1. Slow Cooker Red Pepper Chicken

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 small boneless chicken breasts
- 4 boneless chicken thighs
- Salt and pepper
- 2 red bell pepper(s)
- 1 small white onion(s)
- 1 x 28 oz. can(s) crushed tomatoes
- 2 tsp minced garlic
- 1 tsp Italian seasoning
- Side: pasta
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the red bell peppers and the white onion.
2. Place the chicken breasts and chicken thighs into the base of the slow cooker and season with salt and pepper. Add the sliced red bell peppers and onions, then pour the crushed tomatoes over the top. Mix in the minced garlic and Italian seasoning.
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 tomato sauce.
4. Just before dinner, cook the pasta as directed. Spoon the shredded chicken and sauce over the cooked pasta.
5. Prepare the salad.
6. Serve Slow Cooker Red Pepper Chicken over pasta with salad.

Assembly Prep Directions for 2 Meals

Seed and slice 4 red bell peppers. Slice 2 small white onions.

Open 2 cans of crushed tomatoes.

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

- 2 small boneless chicken breasts
- 4 boneless chicken thighs
- Salt and pepper
- Half of the sliced red bell peppers
- Half of the sliced white onions
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 1 tsp 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 if you serve it over gluten-free pasta.

2. Slow Cooker French Dip Sandwiches

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

- 3 lb(s) beef roast
- 1 small white onion(s)
- 1 packet dry French onion soup mix
- 1 cup(s) beef broth
- Salt and pepper
- 4 slices Provolone cheese
- 4 bolillo or hoagie rolls
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion.
2. Place the beef roast into the base of the slow cooker and add the sliced onions around the beef roast. Sprinkle the dry French onion soup mix around the beef and onions. Pour the beef stock around the edge of the slow cooker. Season with salt and pepper, as desired.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, ladle out about 2 cups of the beef and onions to use as a dipping sauce. Then, slice or shred the beef roast and serve into the hoagie rolls. Add a slice of Provolone cheese to each sandwich.
4. Prepare the salad.
5. Serve Slow Cooker French Dip Sandwiches with salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 3 lb. beef roast
- Half the sliced onions
- 1 packet dry French onion soup mix
- 1 cup beef broth
- 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. Assembly sandwiches and dip as directed.

Dairy-Free Modifications: Omit the Provolone cheese slices for dairy-free meal.

Gluten-Free Modifications: Unfortunately, there isn't a great gluten-free option for these sandwiches.

3. 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.*

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. Slow Cooker Island Chicken

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
- 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 slow cooker and season with salt and pepper.
2. In a large mixing bowl, whisk together the orange juice, lime juice, brown sugar, ground cumin, and paprika.
3. Pour the marinade over the chicken, then add the pineapple slices around and on top of the chicken and marinade. Slow cook on low for 8 hours.
4. Cook the rice as directed.
5. Prepare the veggies.
6. Serve Slow Cooker 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 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. Serve with cauliflower rice for Paleo meal.

Complete Shopping List by Recipe

1. Slow Cooker Red Pepper Chicken

- ☐ 4 small boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ Salt and pepper
- ☐ 4 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 4 tsp minced garlic
- ☐ 2 tsp Italian seasoning
- ☐ pasta
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

3. 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)

5. Slow Cooker 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)

2. Slow Cooker French Dip Sandwiches

- ☐ 6 lb(s) beef roast
- ☐ 2 small white onion(s)
- ☐ 2 dry French onion soup mix
- ☐ 2 cup(s) beef broth
- ☐ Salt and pepper
- ☐ 8 slices Provolone cheese
- ☐ 8 bolillo or hoagie rolls
- ☐ 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)

Complete Shopping List by Store Section/Category

Meat

- ☐ 20 small boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 6 lb(s) beef roast
- ☐ 4 lb(s) stew beef
- ☐ 4 cup(s) beef stock

Pantry Staples - Canned, Boxed

- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 2 dry French onion soup mix
- ☐ 2 cup(s) beef broth
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2x20 oz. can(s) pineapple slices
- ☐ **Side:** rice

Spices

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

Supplies

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

Produce

- ☐ 4 red bell pepper(s)
- ☐ 6 small white onion(s)
- ☐ **Side:** salad
- ☐ 12 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 4 lb(s) baby potatoes
- ☐ 2 lb(s) baby carrots
- ☐ 1 cup(s) lime juice
- ☐ **Side:** veggies

Starchy Sides

- ☐ **Side:** pasta
- ☐ 8 bolillo or hoagie rolls
- ☐ **Side:** dinner rolls

Dairy/Frozen

- ☐ 8 slices Provolone cheese
- ☐ 2 cup(s) orange juice

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 Red Pepper Chicken

- ☐ 4 small boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ Salt and pepper
- ☐ 4 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 4 tsp minced garlic
- ☐ 2 tsp Italian seasoning
- ☐ 2 gallon-size freezer baggie(s)

3. 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)

5. Slow Cooker 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)

2. Slow Cooker French Dip Sandwiches

- ☐ 6 lb(s) beef roast
- ☐ 2 small white onion(s)
- ☐ 2 dry French onion soup mix
- ☐ 2 cup(s) beef broth
- ☐ 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

- ☐ 20 small boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 6 lb(s) beef roast
- ☐ 4 lb(s) stew beef
- ☐ 4 cup(s) beef stock

Pantry Staples - Canned, Boxed

- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 2 dry French onion soup mix
- ☐ 2 cup(s) beef broth
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2x20 oz. can(s) pineapple slices
- ☐ rice

Dairy/Frozen

- ☐ 2 cup(s) orange juice

Produce

- ☐ 4 red bell pepper(s)
- ☐ 6 small white onion(s)
- ☐ 12 whole carrots
- ☐ bag(s) baby potatoes
- ☐ 4 lb(s) baby potatoes
- ☐ 2 lb(s) baby carrots
- ☐ 1 cup(s) lime juice
- ☐ veggies

Spices

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

Supplies

- ☐ 10x gallon-size freezer baggie(s)

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

- ☐ Seed and slice 4 red bell peppers. Slice 2 small white onions.
- ☐ Open 2 cans of crushed tomatoes.
- ☐ Slice 2 small white onions.
- ☐ Peel 12 whole carrots. Slice 2 white onions.
- ☐ Open the 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.

Slow Cooker Red Pepper Chicken

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

- 2 small boneless chicken breasts
- 4 boneless chicken thighs
- Salt and pepper
- Half of the sliced red bell peppers
- Half of the sliced white onions
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 1 tsp 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 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 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

Slow Cooker French Dip Sandwiches

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

- 3 lb. beef roast
- Half the sliced onions
- 1 packet dry French onion soup mix
- 1 cup beef broth
- 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.

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.

- 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.