

TRADITIONAL MEAL PLAN

OCTOBER 2016

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1. Chicken & Ranch Macaroni

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 x 12 oz. box(es) elbow pasta noodles
- 1 cup(s) milk
- 1/4 cup(s) butter
- 1 cup(s) sour cream
- 1 packet ranch dressing mix
- 2 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded rotisserie chicken
- 1/2 cup(s) breadcrumbs
- 1/2 cup(s) grated Parmesan cheese
- Side: veggies
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Cook the pasta, al dente. Drain and pour into baking dish.
3. In a large saucepan, whisk together the milk, butter, sour cream, Ranch dressing mix and shredded cheese. Once cheese sauce thickens, stir in the shredded chicken. Pour the cheese-chicken mixture over the pasta in the baking dish and toss gently. Sprinkle the breadcrumbs and grated Parmesan cheese over the top.
4. Bake in the preheated oven for 20 to 25 minutes, or until breadcrumbs are golden on top.
5. Prepare veggies.
6. Serve Chicken & Ranch Macaroni with veggies.

Assembly Prep Directions for 2 Meals

Cook 2 boxes of pasta, al dente.

In a large saucepan, whisk together 2 cups milk, 1/2 cup butter, 2 cups sour cream, 2 packets of Ranch dressing mix and 4 cups shredded cheese. Once cheese sauce thickens, stir in 4 cups shredded chicken.

To each disposable tray, layer the following ingredients:

- Half of the cooked pasta
- Half of the cheese-chicken mixture
- 1/2 cup breadcrumbs
- 1/2 cup grated Parmesan 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 bowl of water for about 20 minutes, before baking at 400 F for 25 minutes.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with with gluten-free pasta and gluten-free breadcrumbs.*

2. 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.*

3. Stuffed Sweet Potatoes {Filling}

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 large sweet potatoes
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cup(s) beef stock
- 1 cup(s) shredded cheddar cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Place sweet potatoes in baking dish and slit with knife. Bake in the preheated oven for 1 hour to 1 hour 15 minutes. Baking time will depend on thickness of the sweet potatoes.
2. Open, drain, and rinse the black beans.
3. Open and drain the diced tomatoes.
4. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the black beans, diced tomatoes, chili powder, ground cumin and salt and pepper. Add in 2 cups of beef stock and simmer over low heat while the sweet potatoes are baking.
5. When the sweet potatoes are finished baking, spoon the chili into each sweet potato and top with a few pincheuls of shredded cheddar cheese.
6. Prepare the veggies.
7. Serve Stuffed Sweet Potatoes with veggies.

Assembly Prep Directions for 2 Meals

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

Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of diced tomatoes.

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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 skillet and reheating. Bake sweet potatoes as directed and add filling to sweet potatoes before serving.

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

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

4. Bacon Cheeseburger Nachos

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 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup(s) bacon crumbles
- 1 bag(s) corn tortilla chips
- 2 cup(s) shredded sharp cheddar cheese
- Salt and pepper
- Garnish: sour cream
- Garnish: salsa
- Side: fruit
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. In a large saucepan, brown the ground beef with the minced onion, garlic powder, salt and pepper. Drain and return to saucepan. Stir in the bacon crumbles.
3. On a large oven-safe serving platter or baking dish, spread the tortilla chips on the bottom and top with the cooked beef-bacon combo. Top with the shredded sharp cheddar cheese. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted. Garnish with sour cream and salsa.
4. Prepare the fruit.
5. Serve Bacon Cheeseburger Nachos with fruit.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Mix in 2 cups crumbled bacon. Let cool.

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

- Half of the browned ground beef and bacon
- 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 skillet and reheating. Assemble and bake nachos 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.*

5. Italian Sausage Pasta 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) Italian sausage
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 8 oz. can(s) tomato sauce
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper
- 2 cup(s) hot water
- 12 oz. box rotini pasta
- Garnish: grated Parmesan cheese
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Remove casing from Italian sausage and slice into 1/2" pieces.
2. Open the cans of diced tomatoes and tomato sauce.
3. In a large skillet, saute the sausage pieces until no longer pink. Stir in the diced tomatoes, tomato sauce, Italian seasoning and garlic powder and stir together. Season with salt and pepper to taste. Let simmer for 5 minutes.
4. Then add in the hot water and dry pasta into the sauce. Stir and press the pasta completely into the water. Cover with tight fitting lid and simmer over low heat for 10 minutes, or until pasta is cooked through. Remove from heat immediately so pasta doesn't overcook. Sprinkle grated Parmesan cheese on top as garnish.
5. Prepare the salad.
6. Serve Italian Sausage Pasta Skillet with salad.

Assembly Prep Directions for 2 Meals

Remove casing from Italian sausages and slice into 1/2" pieces.

Open 2 cans of diced tomatoes and 2 cans of tomato sauce.

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

- Half of the sliced sausage
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- 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 skillet to reheat and then cook in the pasta with water, as directed.*

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

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

Complete Shopping List by Recipe

1. Chicken & Ranch Macaroni

- 2x12 oz. box(es) elbow pasta noodles
- 2 cup(s) milk
- 1/2 cup(s) butter
- 1 cup(s) sour cream
- 2 ranch dressing mix
- 4 cup(s) shredded mild cheddar cheese
- 4 cup(s) shredded rotisserie chicken
- 1 cup(s) breadcrumbs
- 1 cup(s) grated Parmesan cheese
- veggies
- 2 9x13 disposable foil tray

3. Stuffed Sweet Potatoes {Filling}

- 8 large sweet potatoes
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 4 cup(s) beef stock
- 2 cup(s) shredded cheddar cheese
- veggies
- 2 gallon-size freezer baggie(s)

5. Italian Sausage Pasta Skillet

- 2 lb(s) Italian sausage
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- Salt and pepper
- 4 cup(s) hot water
- 24 oz. box rotini pasta
- grated Parmesan cheese
- salad

2. 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

4. Bacon Cheeseburger Nachos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) bacon crumbles
- 1 bag(s) corn tortilla chips
- 4 cup(s) shredded sharp cheddar cheese
- Salt and pepper
- sour cream
- salsa
- fruit
- 2 gallon-size freezer baggie(s)

2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 10 cup(s) shredded rotisserie chicken
- 4 lb(s) ground beef
- 4 cup(s) beef stock
- 2 cup(s) bacon crumbles
- 2 lb(s) Italian sausage

Pantry Staples - Canned, Boxed

- 2x12 oz. box(es) elbow pasta noodles
- 1 cup(s) breadcrumbs
- 2 cup(s) red salsa
- 2x4 oz. can(s) green chiles
- 2x15 oz. can(s) black beans
- 4x15 oz. can(s) diced tomatoes
- Garnish:** salsa
- 2x8 oz. can(s) tomato sauce
- 24 oz. box rotini pasta

Spices

- 2 ranch dressing mix
- Salt and pepper
- 4 Tbsp minced onion
- 6 tsp garlic powder
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 2 Tbsp Italian seasoning

Supplies

- Side:** 4 9x13 disposable foil tray
- Side:** 6 gallon-size freezer baggie(s)
- 4 cup(s) hot water

Produce

- Side:** veggies
- 2 cup(s) green salsa
- Garnish:** avocado slices
- 8 large sweet potatoes
- Side:** fruit
- Side:** salad

Starchy Sides

- 32 corn tortillas
- Side:** 1 bag(s) corn tortilla chips

Dairy/Frozen

- 2 cup(s) milk
- 1 cup(s) butter
- Side:** 1 cup(s) sour cream
- 4 cup(s) shredded mild cheddar cheese
- 1 cup(s) grated Parmesan cheese
- Side:** 3 cup(s) shredded pepper jack cheese
- 2 cup(s) shredded cheddar cheese
- 4 cup(s) shredded sharp cheddar cheese
- Side:** sour cream
- Garnish:** grated Parmesan cheese

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. Chicken & Ranch Macaroni

- 2x12 oz. box(es) elbow pasta noodles
- 2 cup(s) milk
- 1/2 cup(s) butter
- 2 ranch dressing mix
- 4 cup(s) shredded mild cheddar cheese
- 4 cup(s) shredded rotisserie chicken
- 1 cup(s) breadcrumbs
- 1 cup(s) grated Parmesan cheese
- 2 9x13 disposable foil tray

3. Stuffed Sweet Potatoes {Filling}

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

5. Italian Sausage Pasta Skillet

- 2 lb(s) Italian sausage
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. 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

4. Bacon Cheeseburger Nachos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) bacon crumbles
- 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

- 10 cup(s) shredded rotisserie chicken
- 4 lb(s) ground beef
- 4 cup(s) beef stock
- 2 cup(s) bacon crumbles
- 2 lb(s) Italian sausage

Pantry Staples - Canned, Boxed

- 2x12 oz. box(es) elbow pasta noodles
- 1 cup(s) breadcrumbs
- 2 cup(s) red salsa
- 2x4 oz. can(s) green chiles
- 2x15 oz. can(s) black beans
- 4x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce

Spices

- 2 ranch dressing mix
- Salt and pepper
- 4 Tbsp minced onion
- 6 tsp garlic powder
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 2 Tbsp Italian seasoning

Supplies

- 4x 9x13 disposable foil tray
- 6x gallon-size freezer baggie(s)

Produce

- 2 cup(s) green salsa

Starchy Sides

- 32 corn tortillas

Dairy/Frozen

- 2 cup(s) milk
- 1 cup(s) butter
- 2x cup(s) sour cream
- 4 cup(s) shredded mild cheddar cheese
- 1 cup(s) grated Parmesan cheese
- 6x cup(s) shredded pepper jack 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

- Cook 2 boxes of pasta, al dente.
- In a large saucepan, whisk together 2 cups milk, 1/2 cup butter, 2 cups sour cream, 2 packets of Ranch dressing mix and 4 cups shredded cheese. Once cheese sauce thickens, stir in 4 cups shredded chicken.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of diced tomatoes.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Mix in 2 cups crumbled bacon. Let cool.
- Remove casing from Italian sausages and slice into 1/2" pieces.
- Open 2 cans of diced tomatoes and 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.

Chicken & Ranch Macaroni

To each disposable tray, layer the following ingredients:

- Half of the cooked pasta
- Half of the cheese-chicken mixture
- 1/2 cup breadcrumbs
- 1/2 cup grated Parmesan cheese

Cover with foil or lid, add label and freeze.

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.

Stuffed Sweet Potatoes {Filling}

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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.

Bacon Cheeseburger Nachos

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

- Half of the browned ground beef and bacon
- 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.

Italian Sausage Pasta Skillet

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

- Half of the sliced sausage
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder

- 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.