

ALL PORK MEALS PLAN

NOVEMBER 2016

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1. Creamy Honey Mustard Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 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
- 3 Tbsp heavy cream
- 1/4 cup(s) yellow mustard
- 1/4 cup(s) honey
- 1 tsp cider vinegar
- Salt and pepper
- Side: frozen French fries
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease a 7x11 or 9x13-inch baking dish with non-stick cooking spray.
2. Place the boneless pork chops into prepared baking dish.
3. In a small mixing bowl, whisk together the heavy cream, yellow mustard, honey and cider vinegar. Pour over the pork chops and bake in the preheated oven for 40 to 45 minutes, or until pork chops have cooked through. Cooking time will vary depending on thickness of the pork chops.
4. Cook French fries as directed.
5. Prepare veggies.
6. Serve Creamy Honey Mustard Pork Chops with side of fries and veggies.

Assembly Prep Directions for 2 Meals

Whisk together 6 Tbsp cream, 1/2 cup honey, 1/2 cup yellow mustard and 2 tsp cider vinegar in a small bowl.

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

- 4 boneless pork chops
- Salt and pepper
- Prepared Honey-Mustard sauce, half into each 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 bags or trays in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight before transferring to baking dish and baking as directed.*

Dairy-Free Modifications: *Omit the cream for dairy-free meal.*

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

2. Slow Cooker Caribbean Pork Sliders

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours on low

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 roast
- Salt and pepper
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp chipotle chili powder
- 1 cup(s) BBQ sauce
- 16 slider buns
- Garnish: coleslaw
- Side: fruit
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker. Season with salt and pepper, the minced onion, garlic powder, ground cumin and chipotle chili powder. Add the BBQ sauce over top. Pour 1 cup hot water around the pork into the base of the slow cooker. Set on low and cook for 8 hours.
2. Once cooked, shred with 2 forks and place the shredded pork onto slider buns with coleslaw.
3. Prepare fruit.
4. Serve Caribbean Pork Sliders with fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp chipotle chili powder
- 1 cup BBQ sauce

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 slow cooker. Add 1 cup of hot water and cook 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 on gluten-free bread or buns.*

3. Chipotle Pork Chops

Yield: 4 servings

Active Time: 5 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 boneless pork chops
- Salt and pepper
- 1 x 15 oz. can(s) diced tomatoes
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp chipotle chili powder
- Side: dinner rolls
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Place the pork chops into small baking dish and season both sides with salt and pepper.
2. In a mixing bowl, toss together the diced tomatoes with minced garlic, ground cumin and chipotle chili powder. Pour the tomatoes over the pork chops and bake in the preheated oven for 30 to 35 minutes, or until pork is cooked through. Let rest 5 minutes before serving.
3. Prepare veggies.
4. Warm the dinner rolls.
5. Serve Chipotle Pork Chops with dinner rolls and veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans diced tomatoes.

In a mixing bowl, toss together 2 cans diced tomatoes with 2 tsp minced garlic, 2 tsp ground cumin and 2 tsp chipotle chili powder.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the diced tomatoes and seasoning mixture

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, like rice or mashed potatoes.*

4. Slow Cooker Sweet 'n Spicy Shredded Pork Tacos

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 roast
- 1 small white onion(s)
- 1/2 cup(s) brown sugar
- 3 tsp minced garlic
- 1 Tbsp ground cumin
- 1 tsp cayenne pepper
- 1 cup(s) chicken stock
- 12 corn tortillas
- Garnish: lime wedges
- Garnish: pico de gallo
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the white onion.
2. Place the pork roast into the base of the slow cooker and sprinkle the chopped onions around it. Sprinkle in the brown sugar, minced garlic, ground cumin, and cayenne pepper. Pour the chicken stock around the edges of the slow cooker. (Note: You could use water instead of chicken stock.)
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork roast with 2 forks and mix into the sauce.
4. Spoon the shredded pork into corn tortillas and make tacos. Top with lime and pico de gallo.
5. Prepare the salad.
6. Serve Slow Cooker Sweet 'n Spicy Shredded Pork Tacos with salad.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

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

- 2 lb. pork roast
- Half of the chopped white onion
- 1/2 cup brown sugar
- 3 tsp minced garlic
- 1 Tbsp ground cumin
- 1 tsp cayenne pepper
- 1 cup chicken stock

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 bowl of warm water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.*

Special Notes: *Substitute chili powder for the cayenne pepper if you're worried about it being too spicy.*

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. Baked Italian Pork Chops

Yield: 4 servings

Active Time: 10 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
- Salt and pepper
- 1 x 15 oz. can(s) diced tomatoes
- 1 Tbsp Italian seasoning
- 1 tsp minced garlic
- 1 tsp minced onion
- Side: dinner rolls
- Side: salad
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Place the pork chops into baking dish and sprinkle with salt and pepper.
3. Open and drain the diced tomatoes.
4. In a small mixing bowl, stir together the drained diced tomatoes, Italian seasoning, minced garlic and minced onion. Pour tomato-spice mixture on top of the pork chops.
5. Bake in the preheated oven for 25 to 30 minutes, or until pork chops are cooked through. Cooking time may vary depending on thickness of the chops.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Serve Baked Italian Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of diced tomatoes.

In a small mixing bowl, stir together the 2 cans of drained diced tomatoes, 2 Tbsp Italian seasoning, 2 tsp minced garlic, and 2 tsp minced onion.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the diced tomatoes-spices mixture

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: *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 quinoa.*

Complete Shopping List by Recipe

1. Creamy Honey Mustard Pork Chops

- 8 boneless pork chops
- 6 Tbsp heavy cream
- 1/2 cup(s) yellow mustard
- 1/2 cup(s) honey
- 2 tsp cider vinegar
- Salt and pepper
- frozen French fries
- veggies
- 2 gallon-size freezer baggie(s)

3. Chipotle Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x15 oz. can(s) diced tomatoes
- 2 tsp minced garlic
- 2 tsp ground cumin
- 2 tsp chipotle chili powder
- dinner rolls
- veggies
- 2 gallon-size freezer baggie(s)

5. Baked Italian Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x15 oz. can(s) diced tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp minced garlic
- 2 tsp minced onion
- dinner rolls
- salad
- 2 9x13 disposable foil tray

2. Slow Cooker Caribbean Pork Sliders

- 4 lb(s) pork roast
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground cumin
- 2 tsp chipotle chili powder
- 2 cup(s) BBQ sauce
- 32 slider buns
- coleslaw
- fruit
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Sweet 'n Spicy Shredded Pork Tacos

- 4 lb(s) pork roast
- 2 small white onion(s)
- 1 cup(s) brown sugar
- 6 tsp minced garlic
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 2 cup(s) chicken stock
- 24 corn tortillas
- lime wedges
- pico de gallo
- salad
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 24 boneless pork chops
- 8 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) diced tomatoes
- 2 cup(s) chicken stock

Sauces/Condiments

- 1 cup(s) yellow mustard
- 1 cup(s) honey
- 2 tsp cider vinegar
- 2 cup(s) BBQ sauce

Dairy/Frozen

- 6 Tbsp heavy cream
- Side:** frozen French fries

Produce

- Side:** veggies
- Side:** fruit
- 2 small white onion(s)
- Garnish:** lime wedges
- Side:** salad

Starchy Sides

- 32 slider buns
- Side:** dinner rolls
- 24 corn tortillas

Spices

- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 tsp ground cumin
- 4 tsp chipotle chili powder
- Garnish:** coleslaw
- 10 tsp minced garlic
- 1 cup(s) brown sugar
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 2 Tbsp Italian seasoning
- 2 tsp minced onion

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Garnish:** pico de gallo
- Side:** 2 9x13 disposable foil tray

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. Creamy Honey Mustard Pork Chops

- 8 boneless pork chops
- 6 Tbsp heavy cream
- 1/2 cup(s) yellow mustard
- 1/2 cup(s) honey
- 2 tsp cider vinegar
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Chipotle Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x15 oz. can(s) diced tomatoes
- 2 tsp minced garlic
- 2 tsp ground cumin
- 2 tsp chipotle chili powder
- 2 gallon-size freezer baggie(s)

5. Baked Italian Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x15 oz. can(s) diced tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp minced garlic
- 2 tsp minced onion
- 2 9x13 disposable foil tray

2. Slow Cooker Caribbean Pork Sliders

- 4 lb(s) pork roast
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground cumin
- 2 tsp chipotle chili powder
- 2 cup(s) BBQ sauce
- 32 slider buns
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Sweet 'n Spicy Shredded Pork Tacos

- 4 lb(s) pork roast
- 2 small white onion(s)
- 1 cup(s) brown sugar
- 6 tsp minced garlic
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 2 cup(s) chicken stock
- 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

- 24 boneless pork chops
- 8 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) diced tomatoes
- 2 cup(s) chicken stock

Sauces/Condiments

- 1 cup(s) yellow mustard
- 1 cup(s) honey
- 2 tsp cider vinegar
- 2 cup(s) BBQ sauce

Dairy/Frozen

- 6 Tbsp heavy cream

Produce

- 2 small white onion(s)

Starchy Sides

- 32 slider buns

Spices

- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 tsp ground cumin
- 4 tsp chipotle chili powder
- 10 tsp minced garlic
- 1 cup(s) brown sugar
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 2 Tbsp Italian seasoning
- 2 tsp minced onion

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray

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

- Whisk together 6 Tbsp cream, 1/2 cup honey, 1/2 cup yellow mustard and 2 tsp cider vinegar in a small bowl.
- Open 2 cans diced tomatoes.
- In a mixing bowl, toss together 2 cans diced tomatoes with 2 tsp minced garlic, 2 tsp ground cumin and 2 tsp chipotle chili powder.
- Chop 2 small white onions.
- Open and drain 2 cans of diced tomatoes.
- In a small mixing bowl, stir together the 2 cans of drained diced tomatoes, 2 Tbsp Italian seasoning, 2 tsp minced garlic, and 2 tsp minced onion.

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.

Creamy Honey Mustard Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Prepared Honey-Mustard sauce, half into each 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.

Chipotle Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the diced tomatoes and seasoning mixture

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.

Baked Italian Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the diced tomatoes-spices mixture

Cover with foil or lid, add label and freeze.

Slow Cooker Caribbean Pork Sliders

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

- 2 lb. pork roast
- Salt and pepper
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp chipotle chili powder
- 1 cup BBQ sauce

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

Slow Cooker Sweet 'n Spicy Shredded Pork

Tacos

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

- 2 lb. pork roast
- Half of the chopped white onion
- 1/2 cup brown sugar
- 3 tsp minced garlic
- 1 Tbsp ground cumin
- 1 tsp cayenne pepper
- 1 cup chicken stock

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