

THE 20 MEALS PLAN

NOVEMBER 2016

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Meal Assembly Instructions

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. Maple Glazed Chicken & Carrots

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 55 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 chicken breasts
- 1 lb(s) baby carrots
- Salt and pepper
- 1/4 cup(s) maple syrup
- 2 Tbsp orange juice
- 2 Tbsp Dijon mustard
- 2 Tbsp olive oil
- Garnish: cracked pepper
- Side: mashed potatoes
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Place the chicken breasts and baby carrots into 9x13-inch baking dish and season with salt and pepper.
3. In a small mixing bowl, whisk together the maple syrup, orange juice, Dijon mustard and olive oil. Pour over the chicken breasts and carrots.
4. Bake in the preheated oven for 40 minutes, then baste the chicken with the juices in the baking dish. Return to the oven and bake another 15 minutes, or until chicken is cooked through. Add cracked pepper as simple garnish.
5. Prepare the mashed potatoes.
6. Serve Maple Glazed Chicken & Carrots with mashed potatoes.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1/2 cup maple syrup, 4 Tbsp orange juice, 4 Tbsp Dijon mustard, and 4 Tbsp olive oil.

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

- 4 boneless chicken breasts
- 1 - 1 lb. bag baby carrots
- Half of the prepared maple marinade
- 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 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.*

3. Chicken & Shrimp Jambalaya

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
- 1 lb(s) andouille sausage
- 2 small boneless chicken breasts
- 1 lb(s) cooked shrimp without tails
- 1 small white onion(s)
- 2 celery stalk(s)
- 1 red bell pepper(s)
- 1 tsp minced garlic
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 4 oz. can(s) green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper
- 3 cup(s) chicken stock
- 1 1/2 cup(s) white rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the cans of diced tomatoes and green chilies.
2. Slice the andouille sausage into 1-inch circles.
3. Cut the chicken breasts into bite size pieces.
4. Chop the onion, celery and red bell pepper.
5. In a large saucepan, heat the oil and add the andouille sausage, chicken and shrimp. Toss in the chopped onion, celery, bell pepper, minced garlic, diced tomatoes, green chiles and Creole seasoning. Saute for 5 to 7 minutes, tossing often.
6. Pour in the chicken stock and bring to bubbling. Then stir in the rice and cover and cook for 20 minutes, or until rice is tender. Season with salt and pepper.
7. Prepare veggies.
8. Serve Chicken & Shrimp Jambalaya with veggies.

Assembly Prep Directions for 2 Meals

Slice the andouille sausage into 1-inch circles.

Cut the chicken breasts into bite size pieces.

Chop the onion, celery and red bell pepper.

Open and drain the cans of diced tomatoes and the green chiles.

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

- Half of the sliced andouille sausage
- Half of the chicken pieces
- 1 lb. cooked shrimp
- Half of the chopped onion
- Half of the chopped celery
- Half of the chopped red bell pepper
- Half of the drained diced tomatoes
- Half of the drained green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper

Do NOT add the chicken stock or rice. 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 large saucepan. Bring to bubbling, then add chicken stock and rice and cook 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.*

4. Chicken & Artichoke Fettuccini

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 Tbsp olive oil
- 3 small boneless chicken breasts
- 1 x 24 oz. jar(s) Alfredo sauce
- 15 oz. can(s) artichoke hearts
- Salt and pepper
- 16 oz. fettuccini noodles
- Garnish: shredded Parmesan cheese
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite size pieces.
2. Open and drain the artichoke hearts.
3. Cook the pasta, as directed.
4. In a large skillet, heat the olive oil and brown the chicken pieces on all side. Pour in the artichoke hearts, then reduce heat and pour in the alfredo sauce. Bring to bubbling. Season with salt and pepper.
5. Prepare the salad.
6. Spoon the chicken alfredo sauce over the cooked pasta.
7. Serve Chicken & Artichoke Fettuccini and shredded Parmesan cheese garnish with salad.

Assembly Prep Directions for 2 Meals

Cut 6 chicken breasts into bite size pieces.

Open and drain 2 cans of artichoke hearts.

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

- Half of the chicken pieces
- Half of the artichoke hearts
- 1 - 24 oz. jar alfredo sauce
- 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 large skillet and cooking for 10 to 15 minutes, or until chicken is cooked through.*

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 gluten-free pasta.*

5. Cuban Chili

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 green bell pepper(s)
- 1 x 1 15 oz. can(s) diced tomatoes
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp cinnamon
- 2 cup(s) beef broth
- 1 cup(s) raisins
- Salt and pepper
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes.
2. Seed and chop the green bell pepper.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chopped bell pepper, diced tomatoes, chili powder, ground cumin, dried oregano, and cinnamon and saute for 5 minutes.
4. Stir in the beef broth and raisins and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Cuban Chili with salad.

Assembly Prep Directions for 2 Meals

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

Seed and chop 2 green bell peppers.

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 diced tomatoes
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp cinnamon
- 2 cups beef broth
- 1 cup raisins
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.*

Special Notes: *Use unsweetened raisins for Paleo meal.*

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.*

6. Stuffed French Bread {Filling}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 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
- 2 celery stalk(s)
- 1 green bell pepper(s)
- 1 x 10 oz. can(s) cream of mushroom soup
- 2 tsp Worcestershire sauce
- Salt and pepper
- 1 loaf French bread
- 2 cup(s) shredded mild cheddar cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Slice open the loaf of French bread and remove some of the bread in the middle.
2. Chop the celery. Seed and chop the bell pepper.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the chopped celery, bell pepper, salt and pepper and saute for 3 to 5 minutes. Stir in the cream of mushroom soup and worcestershire sauce. Simmer over low heat for 10 minutes.
4. Spoon the ground beef mixture into the French loaf bread and top with shredded cheese.
5. Bake in the preheated oven for 15 minutes, or until cheese has melted.
6. Prepare the veggies.
7. Serve Stuffed French Loaf 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.

Chop 4 celery stalks. Seed and chop 2 green bell peppers.

Open 2 cans of cream of mushroom soup.

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

- Half of the browned ground beef
- Half of the chopped celery
- Half of the chopped green bell pepper
- Half of the cream of mushroom soup
- 2 tsp worcestershire sauce
- 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 and reheating. Once warmed, add to loaf bread and bake as directed.*

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

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

7. Sloppy Joe Sandwich Bake

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

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) sloppy joe sauce
- 4 whole wheat buns
- 4 slices Provolone cheese
- 1 cup(s) shredded mild cheddar cheese
- Side: fruit
- Side: chips
- 1 9x9-inch disposable tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the sloppy joe sauce and warm over medium low heat for 5 to 10 minutes.
3. Place the bottom half of the buns into the base of the baking dish. Add layer of sloppy joe sauce, then slice of cheese, then the tops of the buns. Add remaining sloppy joe meat on top and sprinkle shredded cheese on top. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted.
4. Prepare fruit.
5. Serve Sloppy Joe Sandwich Bake with fruit and chips.

Assembly Prep Directions for 2 Meals

Open 2 cans of sloppy joe sauce.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool. Stir in 2 cans sloppy joe sauce.

To each disposable tray, add the following ingredients:

- Bottom part of hamburger bun
- Layer of sloppy joe meat
- 4 slices Provolone cheese
- Top part of hamburger bun
- Remaining sloppy joe meat
- 1 cup 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 cheese slices and cheese on top.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sandwich bread or buns.*

8. Slow Cooker Korean Beef

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
- 1 cup(s) beef stock
- 1/4 cup(s) soy sauce
- 3 Tbsp sesame oil
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 tsp ground ginger
- Salt and pepper
- 1 tsp cornstarch
- Garnish: sliced green onions
- Side: rice
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the stew beef pieces into the base of the slow cooker.
2. In a small bowl, whisk together the beef stock, soy sauce, sesame oil, minced onion, garlic powder, ground ginger and salt and pepper. Pour over the beef in the slow cooker and set on low. Cook for 8 hours.
3. With 30 minutes left in the cooking cycle, stir the 1 tsp cornstarch with 3 Tbsp water in a small bowl, then swirl it into the sauce in the slow cooker and finish cooking. It will thicken as it finishes cooking.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Korean Beef with green onion garnish over rice with salad.

Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 tsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.

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

- 2 lbs. Stew beef
- Half of the prepared 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 the slow cooker and cooking on low for 8 hours. Stir in cornstarch as directed, with 30 minutes left in cooking cycle.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free soy sauce.*

9. 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.*

10. 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.*

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. Chicken & Shrimp Jambalaya

- 2 Tbsp canola oil
- 2 lb(s) andouille sausage
- 4 small boneless chicken breasts
- 2 lb(s) cooked shrimp without tails
- 2 small white onion(s)
- 4 celery stalk(s)
- 2 red bell pepper(s)
- 2 tsp minced garlic
- 2x15 oz. can(s) diced tomatoes
- 2x4 oz. can(s) green chiles
- 2 Tbsp Creole seasoning
- Salt and pepper
- 6 cup(s) chicken stock
- 3 cup(s) white rice
- veggies
- 2 gallon-size freezer baggie(s)

5. Cuban Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell pepper(s)
- 2x1 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano

2. Maple Glazed Chicken & Carrots

- 8 boneless chicken breasts
- 2 lb(s) baby carrots
- Salt and pepper
- 1/2 cup(s) maple syrup
- 4 Tbsp orange juice
- 4 Tbsp Dijon mustard
- 4 Tbsp olive oil
- cracked pepper
- mashed potatoes
- 2 gallon-size freezer baggie(s)

4. Chicken & Artichoke Fettuccini

- 2 Tbsp olive oil
- 6 small boneless chicken breasts
- 2x24 oz. jar(s) Alfredo sauce
- 30 oz. can(s) artichoke hearts
- Salt and pepper
- 32 oz. fettuccini noodles
- shredded Parmesan cheese
- salad
- 2 gallon-size freezer baggie(s)

6. Stuffed French Bread {Filling}

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 celery stalk(s)
- 2 green bell pepper(s)
- 2x10 oz. can(s) cream of mushroom soup
- 4 tsp Worcestershire sauce
- Salt and pepper

- 1 tsp cinnamon
- 4 cup(s) beef broth
- 2 cup(s) raisins
- Salt and pepper
- salad
- 2 gallon-size freezer baggie(s)

7. Sloppy Joe Sandwich Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) sloppy joe sauce
- 8 whole wheat buns
- 8 slices Provolone cheese
- 2 cup(s) shredded mild cheddar cheese
- fruit
- chips
- 2 9x9-inch disposable tray

9. 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)

- 2 loaf French bread
- 4 cup(s) shredded mild cheddar cheese
- veggies
- 2 gallon-size freezer baggie(s)

8. Slow Cooker Korean Beef

- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 1/2 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 tsp cornstarch
- sliced green onions
- rice
- salad
- 2 gallon-size freezer baggie(s)

10. 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)

Complete Shopping List by Store Section/Category

Meat

- 16 boneless pork chops
- 8 boneless chicken breasts
- 2 lb(s) andouille sausage
- 10 small boneless chicken breasts
- 2 lb(s) cooked shrimp without tails
- 6 lb(s) ground beef
- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) diced tomatoes
- 2x4 oz. can(s) green chiles
- 6 cup(s) chicken stock
- 3 cup(s) white rice
- 30 oz. can(s) artichoke hearts
- 2x1 15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 2x10 oz. can(s) cream of mushroom soup
- 2 loaf French bread
- 8 whole wheat buns
- Side:** rice

Sauces/Condiments

- 1 cup(s) yellow mustard
- 1 cup(s) honey
- 2 tsp cider vinegar
- 1 cup(s) maple syrup
- 4 Tbsp Dijon mustard
- 6 Tbsp olive oil
- 2 Tbsp canola oil
- 2x24 oz. jar(s) Alfredo sauce
- 4 tsp Worcestershire sauce
- 2x15 oz. can(s) sloppy joe sauce
- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 cup(s) BBQ sauce

Produce

- Side:** veggies
- 2 lb(s) baby carrots
- Side:** mashed potatoes
- 2 small white onion(s)
- 8 celery stalk(s)
- 2 red bell pepper(s)
- Side:** salad
- 4 green bell pepper(s)
- Side:** fruit
- Garnish:** sliced green onions

Starchy Sides

- Side:** chips
- 32 slider buns
- Side:** dinner rolls

Spices

- Salt and pepper
- Garnish:** cracked pepper
- 4 tsp minced garlic
- 2 Tbsp Creole seasoning
- 10 Tbsp minced onion
- 10 tsp garlic powder
- 2 Tbsp chili powder
- 6 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp cinnamon
- 2 tsp ground ginger
- 2 tsp cornstarch
- 4 tsp chipotle chili powder

- Garnish:** coleslaw

Dairy/Frozen

- 6 Tbsp heavy cream
- Side:** frozen French fries
- 4 Tbsp orange juice
- Garnish:** shredded Parmesan cheese
- 6 cup(s) shredded mild cheddar cheese
- 8 slices Provolone cheese

Supplies

- Side:** 18 gallon-size freezer baggie(s)
- 32 oz. fettuccini noodles
- 2 cup(s) raisins
- Side:** 2 9x9-inch disposable 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. Chicken & Shrimp Jambalaya

- 2 Tbsp canola oil
- 2 lb(s) andouille sausage
- 4 small boneless chicken breasts
- 2 lb(s) cooked shrimp without tails
- 2 small white onion(s)
- 4 celery stalk(s)
- 2 red bell pepper(s)
- 2 tsp minced garlic
- 2x15 oz. can(s) diced tomatoes
- 2x4 oz. can(s) green chiles
- 2 Tbsp Creole seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Cuban Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell pepper(s)
- 2x1 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp cinnamon
- 4 cup(s) beef broth

2. Maple Glazed Chicken & Carrots

- 8 boneless chicken breasts
- 2 lb(s) baby carrots
- Salt and pepper
- 1/2 cup(s) maple syrup
- 4 Tbsp orange juice
- 4 Tbsp Dijon mustard
- 4 Tbsp olive oil
- 2 gallon-size freezer baggie(s)

4. Chicken & Artichoke Fettuccini

- 2 Tbsp olive oil
- 6 small boneless chicken breasts
- 2x24 oz. jar(s) Alfredo sauce
- 30 oz. can(s) artichoke hearts
- Salt and pepper
- 2 gallon-size freezer baggie(s)

6. Stuffed French Bread {Filling}

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 celery stalk(s)
- 2 green bell pepper(s)
- 2x10 oz. can(s) cream of mushroom soup
- 4 tsp Worcestershire sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

- 2 cup(s) raisins
- Salt and pepper
- 2 gallon-size freezer baggie(s)

7. Sloppy Joe Sandwich Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) sloppy joe sauce
- 8 whole wheat buns
- 8 slices Provolone cheese
- 2 cup(s) shredded mild cheddar cheese
- 2 9x9-inch disposable tray

9. 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)

8. Slow Cooker Korean Beef

- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 1/2 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 gallon-size freezer baggie(s)

10. 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)

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

- 16 boneless pork chops
- 8 boneless chicken breasts
- 2 lb(s) andouille sausage
- 10 small boneless chicken breasts
- 2 lb(s) cooked shrimp without tails
- 6 lb(s) ground beef
- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) diced tomatoes
- 2x4 oz. can(s) green chiles
- 30 oz. can(s) artichoke hearts
- 2x1 15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 2x10 oz. can(s) cream of mushroom soup
- 8 whole wheat buns

Sauces/Condiments

- 1 cup(s) yellow mustard
- 1 cup(s) honey
- 2 tsp cider vinegar
- 1 cup(s) maple syrup
- 4 Tbsp Dijon mustard
- 6 Tbsp olive oil
- 2 Tbsp canola oil
- 2x24 oz. jar(s) Alfredo sauce
- 4 tsp Worcestershire sauce
- 2x15 oz. can(s) sloppy joe sauce
- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 cup(s) BBQ sauce

Dairy/Frozen

Produce

- 2 lb(s) baby carrots
- 2 small white onion(s)
- 8 celery stalk(s)
- 2 red bell pepper(s)
- 4 green bell pepper(s)

Starchy Sides

- 32 slider buns

Spices

- Salt and pepper
- 4 tsp minced garlic
- 2 Tbsp Creole seasoning
- 10 Tbsp minced onion
- 10 tsp garlic powder
- 2 Tbsp chili powder
- 6 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp cinnamon
- 2 tsp ground ginger
- 4 tsp chipotle chili powder

Supplies

- 6 Tbsp heavy cream
- 4 Tbsp orange juice
- 8 slices Provolone cheese
- 2 cup(s) shredded mild cheddar cheese
- 18x gallon-size freezer baggie(s)
- 2 cup(s) raisins
- 2x 9x9-inch disposable 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.
- In a small mixing bowl, whisk together 1/2 cup maple syrup, 4 Tbsp orange juice, 4 Tbsp Dijon mustard, and 4 Tbsp olive oil.
- Slice the andouille sausage into 1-inch circles.
- Cut the chicken breasts into bite size pieces.
- Chop the onion, celery and red bell pepper.
- Open and drain the cans of diced tomatoes and the green chiles.
- Cut 6 chicken breasts into bite size pieces.
- Open and drain 2 cans of artichoke hearts.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Seed and chop 2 green bell peppers.
- Open and drain 2 cans of diced tomatoes.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Chop 4 celery stalks. Seed and chop 2 green bell peppers.
- Open 2 cans of cream of mushroom soup.
- Open 2 cans of sloppy joe sauce.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool. Stir in 2 cans sloppy joe sauce.
- In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 tsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.
- 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.

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.

Chicken & Shrimp Jambalaya

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

- Half of the sliced andouille sausage
- Half of the chicken pieces
- 1 lb. cooked shrimp
- Half of the chopped onion
- Half of the chopped celery
- Half of the chopped red bell pepper
- Half of the drained diced tomatoes
- Half of the drained green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper

Do NOT add the chicken stock or rice. Remove as much air as possible and seal. Add label to baggie and freeze.

Cuban Chili

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

- Half of the browned ground beef
- Half of the diced tomatoes
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano

Maple Glazed Chicken & Carrots

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

- 4 boneless chicken breasts
- 1 - 1 lb. bag baby carrots
- Half of the prepared maple marinade
- Salt and pepper

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

Chicken & Artichoke Fettuccini

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

- Half of the chicken pieces
- Half of the artichoke hearts
- 1 - 24 oz. jar alfredo sauce
- Salt and pepper

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

Stuffed French Bread {Filling}

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

- Half of the browned ground beef
- Half of the chopped celery
- Half of the chopped green bell pepper
- Half of the cream of mushroom soup
- 2 tsp worcestershire sauce
- Salt and pepper

- 1/2 tsp cinnamon
- 2 cups beef broth
- 1 cup raisins
- Salt and pepper

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

Sloppy Joe Sandwich Bake

To each disposable tray, add the following ingredients:

- Bottom part of hamburger bun
- Layer of sloppy joe meat
- 4 slices Provolone cheese
- Top part of hamburger bun
- Remaining sloppy joe meat
- 1 cup shredded cheese

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.

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

Slow Cooker Korean Beef

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

- 2 lbs. Stew beef
- Half of the prepared sauce

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

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.