

TRADITIONAL MEAL 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. 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. 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.

4. Chicken Pesto Pasta Bake

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) penne pasta
 - 1 Tbsp olive oil
 - 2 cup(s) shredded rotisserie chicken
 - 1 x 8 oz. container pesto sauce
 - 2 cup(s) shredded mozzarella cheese
 - Side: salad
 - Tbsp 9x13 disposable foil tray
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Cooking Directions for Single Meal

1. Cook the pasta, al dente - about 8 minutes.
2. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
3. Drain pasta and add to large mixing bowl. Toss with olive oil, chicken and pesto sauce. Pour into the prepared baking dish. Top with shredded mozzarella cheese.
4. Cover with foil and bake in the preheated oven for 20 minutes, and then uncover and bake another 10 minutes.
5. Prepare the salad.
6. Serve Chicken Pesto Pasta Bake with salad.

Assembly Prep Directions for 2 Meals

Cook 2 boxes pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 Tbsp olive oil, 4 cups shredded rotisserie chicken and 16 oz. pesto sauce.

To each disposable tray, layer the following ingredients:

- Half of the chicken-pasta mixture
- 2 cups shredded mozzarella 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: *Unfortunately, there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free when you use small shell gluten-free pasta.*

5. Baked Marinara Meatballs

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

- 1 1/2 lb(s) ground beef
 - 1 egg(s)
 - 1/2 cup(s) Italian seasoned breadcrumbs
 - 2 cup(s) chunky spaghetti sauce
 - Side: pasta
 - Side: salad
 - 1 9x13 disposable foil tray
-

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. In a large mixing bowl, combine the ground beef, eggs and breadcrumbs and form into 12 meatballs. Add the meatballs to 9x13-inch baking dish. Pour the spaghetti sauce directly over the meatballs.
3. Bake in the preheated oven for 30 to 35 minutes, or until cooked through. Cooking time may vary depending on size of the meatballs.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Baked Marinara Meatballs over pasta with salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1 cup Italian seasoned breadcrumbs. Form 24 meatballs and place them in a single layer into the disposable baking dish.

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- 2 cups spaghetti sauce directly onto the meatballs

Cover with foil or lid, add label 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 tray/pan of warm water for about 20 minutes, before transferring to the oven and baking as directed.

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

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

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. 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)

5. Baked Marinara Meatballs

- ☐ 3 lb(s) ground beef
- ☐ 2 egg(s)
- ☐ 1 cup(s) Italian seasoned breadcrumbs
- ☐ 4 cup(s) chunky spaghetti sauce
- ☐ pasta
- ☐ salad
- ☐ 2 9x13 disposable foil tray

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 Pesto Pasta Bake

- ☐ 2x12 oz. box(es) penne pasta
- ☐ 2 Tbsp olive oil
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ salad
- ☐ Tbsp 9x13 disposable foil tray

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 boneless pork chops
- ☐ 8 boneless chicken breasts
- ☐ 4 lb(s) stew beef
- ☐ 2 cup(s) beef stock
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 3 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 2x12 oz. box(es) penne pasta
- ☐ 1 cup(s) Italian seasoned breadcrumbs

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
- ☐ 1 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- ☐ 6 Tbsp heavy cream
- ☐ **Side:** frozen French fries
- ☐ 4 Tbsp orange juice
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2 egg(s)

Produce

- ☐ **Side:** veggies
- ☐ 2 lb(s) baby carrots
- ☐ **Side:** mashed potatoes
- ☐ **Garnish:** sliced green onions
- ☐ **Side:** salad

Starchy Sides

- ☐ **Side:** pasta

Spices

- ☐ Salt and pepper
- ☐ **Garnish:** cracked pepper
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ 2 tsp cornstarch

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ **Side:** Tbsp 9x13 disposable foil tray
- ☐ **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. 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)

5. Baked Marinara Meatballs

- ☐ 3 lb(s) ground beef
- ☐ 2 egg(s)
- ☐ 1 cup(s) Italian seasoned breadcrumbs
- ☐ 4 cup(s) chunky spaghetti sauce
- ☐ 2 9x13 disposable foil tray

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 Pesto Pasta Bake

- ☐ 2x12 oz. box(es) penne pasta
- ☐ 2 Tbsp olive oil
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ Tbsp 9x13 disposable foil tray

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 boneless pork chops
- ☐ 8 boneless chicken breasts
- ☐ 4 lb(s) stew beef
- ☐ 2 cup(s) beef stock
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 3 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x12 oz. box(es) penne pasta
- ☐ 1 cup(s) Italian seasoned breadcrumbs

Spices

- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 tsp ground ginger

Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ Tbsp 9x13 disposable foil tray
- ☐ 2x 9x13 disposable foil tray

Produce

- ☐ 2 lb(s) baby carrots

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
- ☐ 1 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- ☐ 6 Tbsp heavy cream
- ☐ 4 Tbsp orange juice
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2 egg(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

- ☐ 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.
- ☐ 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.
- ☐ Cook 2 boxes pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 Tbsp olive oil, 4 cups shredded rotisserie chicken and 16 oz. pesto sauce.
- ☐ In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1 cup Italian seasoned breadcrumbs. Form 24 meatballs and place them in a single layer into the disposable baking dish.

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.

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.

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.

Chicken Pesto Pasta Bake

To each disposable tray, layer the following ingredients:

- Half of the chicken-pasta mixture
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Baked Marinara Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- 2 cups spaghetti sauce directly onto the meatballs

Cover with foil or lid, add label and freeze.