

ALL PORK MEALS PLAN

DECEMBER 2016

Table of Contents

Recipes

1. Breaded Ranch Pork Chops
2. Slow Cooker Seasoned Pork Roast
3. Mushroom Smothered Pork Chops
4. Creole Pork Chops
5. Orange Sesame Pork Chops

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

1. Breaded Ranch Pork Chops

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

- 4 boneless pork chops
- 1 1/2 cup(s) breadcrumbs
- 1/4 cup(s) grated Parmesan cheese
- 1 packet ranch dressing mix
- Salt and pepper
- 1 Tbsp olive oil
- Side: dinner rolls
- Side: veggies
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. In a shallow dish, toss together the breadcrumbs, grated Parmesan cheese, Ranch dressing mix and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the prepared baking dish.
3. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Prepare veggies.
5. Warm the dinner rolls.
6. Serve Breaded Ranch Pork Chops with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

In a shallow dish, toss together 3 cups breadcrumbs, 1/2 cup grated Parmesan cheese, 2 packets Ranch dressing mix and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

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 shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.

Dairy-Free Modifications: Unfortunately, there isn't a great dairy-free option for this meal.

Gluten-Free Modifications: Use gluten-free breadcrumbs for gluten-free meal. Serve with gluten-free side, like rice or mashed potatoes.

2. Slow Cooker Seasoned Pork Roast

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) boneless pork roast
- 1 small white onion(s)
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- Salt and pepper
- Side: veggies
- Side: loaf bread
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion.
2. Place the pork roast into the base of the slow cooker and sprinkle the sliced onions around it. Sprinkle in the garlic powder, dried oregano, and red pepper flakes directly onto the pork roast. If your slow cooker tends to run hot and dry out food, add 1/2 to 1 cup of water around the pork roast.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, slice the pork roast. Season with salt and pepper to taste.
4. Prepare veggies.
5. Warm the bread.
6. Serve Slow Cooker Seasoned Pork Roast with veggies and loaf bread.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 2 lb. boneless pork roast
- Half of the sliced onion
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- Salt and pepper, to taste

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.

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. Mushroom Smothered Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1/4 cup(s) white cooking wine
- 1 x 8 oz. baby bella mushrooms
- 1 small white onion(s)
- 1 tsp garlic powder
- 1 tsp dried rosemary
- Side: salad
- Side: dinner rolls
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Slice the white onion. Wash, pat dry, and slice the mushrooms.
3. Place the pork chops into baking dish and sprinkle with salt and pepper. Drizzle the white cooking wine over the pork chops. Add the sliced mushrooms and sliced onion over the pork chops. Season with garlic powder and dried rosemary.
4. 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.
5. Prepare the salad.
6. Warm the dinner rolls.
7. Serve Mushroom Smothered Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions. Wash, pat dry, and slice the mushrooms.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 1/4 cup white cooking wine
- Half of the sliced mushrooms
- Half of the sliced onions
- 1 tsp garlic powder
- 1 tsp dried rosemary

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 shallow dish of warm 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.

4. Creole Pork Chops

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

- 4 small boneless pork chops
- Salt and pepper
- 1 x 15 oz. can(s) diced tomatoes
- 14 oz. frozen mirepoix veggies
- 2 Tbsp Worcestershire sauce
- 2 Tbsp Creole seasoning mix
- Side: salad
- Side: rice
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Place the pork chops into baking dish and sprinkle with salt and pepper.
2. Open the diced tomatoes.
3. In a small mixing bowl, stir together the diced tomatoes, frozen mirepoix veggies, Worcestershire sauce, and Creole seasoning mix. Pour tomato-veggie mixture on top of the pork chops.
4. Bake in the preheated oven for 30 to 40 minutes, or until pork chops are cooked through. Cooking time may vary depending on thickness of the chops.
5. Cook rice, as directed.
6. Prepare the salad.
7. Serve Creole Pork Chops with salad and rice.

Assembly Prep Directions for 2 Meals

Open 2 cans of diced tomatoes.

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

- 4 small boneless pork chops
- Salt and pepper
- 1 - 15 oz. can diced tomatoes
- 1 - 14 oz. bag frozen mirepoix veggies
- 2 Tbsp worcestershire sauce
- 2 Tbsp Creole seasoning mix

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

Freeze & Thaw Instructions: Put freezer bag 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 the pork chops and veggies to baking dish and baking as directed.

Special Notes: Look in the freezer section for bag of mirepoix veggies - it's the trio of chopped celery, chopped onion and chopped green bell peppers.

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. Orange Sesame 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

- 1 Tbsp olive oil
- 4 boneless pork chops
- Salt and pepper
- 1/2 cup(s) orange marmalade
- 3 Tbsp soy sauce
- 1 Tbsp rice wine vinegar
- 1 tsp sesame oil
- Garnish: sliced green onions
- Side: rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large skillet, heat the olive oil and brown both sides of the pork chops. Season with salt and pepper.
2. In a mixing bowl, stir together the orange marmalade, soy sauce, rice wine vinegar and sesame oil. Pour the orange sesame sauce over the browned pork chops, and continue cooking in the skillet for 5 to 7 more minutes, or until pork chops are cooked through. Cooking time may vary depending on thickness of the pork chops.
3. Cook rice, as directed.
4. Prepare veggies and slice green onions for garnish.
5. Serve Orange Sesame Pork Chops with sliced green onion garnish, and side of rice and veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, stir together 1 cup orange marmalade, 6 Tbsp soy sauce, 2 Tbsp rice wine vinegar and 2 tsp sesame oil.

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

- 4 boneless pork chops
- Salt and pepper
- 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 adding all contents of baggie to the skillet. Saute pork chops and sauce on both sides for 5 to 8 minutes, or until cooked through.

Special Notes: To bake, place pork chops and sauce into a baking dish. Bake at 400 F for 30 to 40 minutes, or until cooked through.

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

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

Complete Shopping List by Recipe

1. Breaded Ranch Pork Chops

- ☐ 8 boneless pork chops
- ☐ 3 cup(s) breadcrumbs
- ☐ 1/2 cup(s) grated Parmesan cheese
- ☐ 2 packet ranch dressing mix
- ☐ Salt and pepper
- ☐ 2 Tbsp olive oil
- ☐ dinner rolls
- ☐ veggies
- ☐ 2 9x13 disposable foil tray

3. Mushroom Smothered Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1/2 cup(s) white cooking wine
- ☐ 2x8 oz. baby bella mushrooms
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 2 tsp dried rosemary
- ☐ salad
- ☐ dinner rolls
- ☐ 2 9x13 disposable foil tray

5. Orange Sesame Pork Chops

- ☐ 2 Tbsp olive oil
- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup(s) orange marmalade
- ☐ 6 Tbsp soy sauce
- ☐ 2 Tbsp rice wine vinegar
- ☐ 2 tsp sesame oil
- ☐ sliced green onions
- ☐ rice
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Seasoned Pork Roast

- ☐ 4 lb(s) boneless pork roast
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 2 tsp dried oregano
- ☐ 2 tsp red pepper flakes
- ☐ Salt and pepper
- ☐ veggies
- ☐ loaf bread
- ☐ 2 gallon-size freezer baggie(s)

4. Creole Pork Chops

- ☐ 8 small boneless pork chops
- ☐ Salt and pepper
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 28 oz. frozen mirepoix veggies
- ☐ 4 Tbsp Worcestershire sauce
- ☐ 4 Tbsp Creole seasoning mix
- ☐ salad
- ☐ rice
- ☐ 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 24 boneless pork chops
- ☐ 4 lb(s) boneless pork roast
- ☐ 8 small boneless pork chops

Pantry Staples - Canned, Boxed

- ☐ 3 cup(s) breadcrumbs
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ **Side:** rice

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 1 cup(s) white cooking wine
- ☐ 4 Tbsp Worcestershire sauce
- ☐ 1 cup(s) orange marmalade
- ☐ 6 Tbsp soy sauce
- ☐ 2 Tbsp rice wine vinegar
- ☐ 2 tsp sesame oil

Dairy/Frozen

- ☐ 1 cup(s) grated Parmesan cheese
- ☐ 28 oz. frozen mirepoix veggies

Produce

- ☐ **Side:** veggies
- ☐ 4 small white onion(s)
- ☐ 2x8 oz. baby bella mushrooms
- ☐ **Side:** salad
- ☐ **Garnish:** sliced green onions

Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ **Side:** loaf bread

Spices

- ☐ 2 packet ranch dressing mix
- ☐ Salt and pepper
- ☐ 4 tsp garlic powder
- ☐ 2 tsp dried oregano
- ☐ 2 tsp red pepper flakes
- ☐ 2 tsp dried rosemary
- ☐ 4 Tbsp Creole seasoning mix

Supplies

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

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. Breaded Ranch Pork Chops

- ☐ 8 boneless pork chops
- ☐ 3 cup(s) breadcrumbs
- ☐ 1/2 cup(s) grated Parmesan cheese
- ☐ 2 packet ranch dressing mix
- ☐ Salt and pepper
- ☐ 2 Tbsp olive oil
- ☐ 2 9x13 disposable foil tray

3. Mushroom Smothered Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1/2 cup(s) white cooking wine
- ☐ 2x8 oz. baby bella mushrooms
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 2 tsp dried rosemary
- ☐ 2 9x13 disposable foil tray

5. Orange Sesame Pork Chops

- ☐ 2 Tbsp olive oil
- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup(s) orange marmalade
- ☐ 6 Tbsp soy sauce
- ☐ 2 Tbsp rice wine vinegar
- ☐ 2 tsp sesame oil
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Seasoned Pork Roast

- ☐ 4 lb(s) boneless pork roast
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 2 tsp dried oregano
- ☐ 2 tsp red pepper flakes
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. Creole Pork Chops

- ☐ 8 small boneless pork chops
- ☐ Salt and pepper
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 28 oz. frozen mirepoix veggies
- ☐ 4 Tbsp Worcestershire sauce
- ☐ 4 Tbsp Creole seasoning mix
- ☐ 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
- ☐ 4 lb(s) boneless pork roast
- ☐ 8 small boneless pork chops

Pantry Staples - Canned, Boxed

- ☐ 3 cup(s) breadcrumbs
- ☐ 2x15 oz. can(s) diced tomatoes

Spices

- ☐ 2 packet ranch dressing mix
- ☐ Salt and pepper
- ☐ 4 tsp garlic powder
- ☐ 2 tsp dried oregano
- ☐ 2 tsp red pepper flakes
- ☐ 2 tsp dried rosemary
- ☐ 4 Tbsp Creole seasoning mix

Supplies

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

Produce

- ☐ 4 small white onion(s)
- ☐ 2x8 oz. baby bella mushrooms

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 1 cup(s) white cooking wine
- ☐ 4 Tbsp Worcestershire sauce
- ☐ 1 cup(s) orange marmalade
- ☐ 6 Tbsp soy sauce
- ☐ 2 Tbsp rice wine vinegar
- ☐ 2 tsp sesame oil

Dairy/Frozen

- ☐ 1 cup(s) grated Parmesan cheese
- ☐ 28 oz. frozen mirepoix veggies

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

- ☐ In a shallow dish, toss together 3 cups breadcrumbs, 1/2 cup grated Parmesan cheese, 2 packets Ranch dressing mix and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.
- ☐ Slice 2 small white onions.
- ☐ Slice 2 small white onions. Wash, pat dry, and slice the mushrooms.
- ☐ Open 2 cans of diced tomatoes.
- ☐ In a mixing bowl, stir together 1 cup orange marmalade, 6 Tbsp soy sauce, 2 Tbsp rice wine vinegar and 2 tsp sesame oil.

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.

Breaded Ranch Pork Chops

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

Cover with foil or lid, add label and freeze.

Slow Cooker Seasoned Pork Roast

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

- 2 lb. boneless pork roast
- Half of the sliced onion
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- Salt and pepper, to taste

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

Mushroom Smothered Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 1/4 cup white cooking wine
- Half of the sliced mushrooms
- Half of the sliced onions
- 1 tsp garlic powder
- 1 tsp dried rosemary

Cover with foil or lid, add label and freeze.

Creole Pork Chops

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

- 4 small boneless pork chops
- Salt and pepper
- 1 - 15 oz. can diced tomatoes
- 1 - 14 oz. bag frozen mirepoix veggies
- 2 Tbsp worcestershire sauce
- 2 Tbsp Creole seasoning mix

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

Orange Sesame Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce

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