

TRADITIONAL MEAL PLAN

DECEMBER 2016

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1. Lemon Garlic Roasted Chicken

Yield: 4 servings

Active Time: 15 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 small boneless chicken breasts
- Salt and pepper
- 8 garlic cloves
- 2 lemon(s)
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp dried oregano
- Side: salad
- Side: dinner rolls
- 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Thinly slice the lemons. Peel and smash the garlic cloves with the side of a knife to crack it open.
2. Preheat the oven to 400 F.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, and oregano.
4. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Add the lemon slices and smashed garlic cloves around the chicken pieces. Pour the lemon juice marinade over the top.
5. Bake in the preheated oven for 45 minutes, or until chicken is cooked through.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Serve Lemon Garlic Roasted Chicken with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Thinly slice 4 lemons. Peel and smash 16 garlic cloves with the side of a knife, to crack it open.

In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice and 4 tsp oregano.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the lemon slices
- Half of the smashed garlic cloves
- Half of the prepared lemon juice marinade

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 potatoes.

2. Stuffed Bell Pepper Soup

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
- 2 green bell pepper(s)
- 1 red bell pepper(s)
- 1 x 1 15 oz. can(s) diced tomatoes
- 1 x 1 15 oz. can(s) tomato sauce
- 2 cup(s) beef broth
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper
- 1 cup(s) uncooked white rice
- Side: salad
- gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes and the can of tomato sauce.
2. Seed and chop the green bell pepper and red 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 peppers, diced tomatoes, tomato sauce, beef broth, dried basil and dried oregano. Bring to boil, then stir in the uncooked rice. Cover and cook for 20 minutes. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Stuffed Bell Pepper Soup 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 4 green bell peppers and 2 red bell peppers.

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

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- 15 oz. can diced tomatoes
- 15 oz. can tomato sauce
- 2 cups beef broth
- 1 tsp dried basil
- 1 tsp dried oregano

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, then stir in the uncooked white rice and cook for 20 minutes.

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. Sausage & Tortellini 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) ground Italian sausage
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 26 oz. jar(s) marinara sauce
- 20 oz. fresh or frozen tortellini
- 1 cup(s) beef stock
- 1 Tbsp Italian seasoning
- Salt and pepper
- 1/2 cup(s) heavy cream
- 1 cup(s) shredded mozzarella cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large skillet, brown the ground Italian sausage with the minced onion and garlic powder. Drain and return to the skillet.
2. Stir in the marinara sauce, tortellini, beef stock, Italian seasoning, salt and pepper. Bring to bubbling, cover and cook about 10 minutes, or until tortellini is cooked.
3. Then stir in the cream and sprinkle the cheese over the top. Cook over low heat another few minutes, until cheese is melted.
4. Prepare veggies.
5. Serve Sausage & Tortellini Skillet with veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground Italian sausage with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

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

- Half of the browned ground Italian sausage
- 26 oz. jar marinara sauce
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp Italian seasoning

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. Transfer to skillet and cook the pasta and sauce. Once the tortellini is cooked, stir in the cream and top with shredded mozzarella cheese and cook until cheese melts.

Special Notes: Use your preferred variety of tortellini. If cooking from frozen, you might need to add 5 minutes to the cooking time.

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

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

4. 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.

5. Beef & Barley Soup

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 Tbsp olive oil
- 1 lb(s) stew beef
- 1 small red onion(s)
- 8 oz. sliced white mushrooms
- 1 tsp garlic powder
- 2 Tbsp red cooking wine
- 4 cup(s) beef broth
- Salt and pepper
- 1/2 cup(s) pearled barley
- Garnish: chopped parsley
- Side: salad
- Side: loaf bread
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the red onion.
2. Brown the sides of the beef cubes in a large saucepan with the olive oil, then mix in the chopped red onion, sliced white mushrooms and saute for 4 to 5 minutes. Stir in the garlic powder and then pour in the red cooking wine and beef broth. Bring to bubbling over medium high heat.
3. Stir in the pearled barley and let cook at a rolling boil for 20 minutes. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the loaf bread.
6. Serve Beef & Barley Soup with salad and bread.

Assembly Prep Directions for 2 Meals

Chop 2 small red onions. Slice mushrooms, if needed.

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- Half of the chopped red onion
- 8 oz. fresh sliced white mushrooms
- 1 tsp garlic powder
- 2 Tbsp red cooking wine
- 4 cups beef broth

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, add pearled barley and cook for 20 minutes.

Special Notes: To adapt this recipe for the slow cooker, add all ingredients to slow cooker EXCEPT the pearled barley. Set on low and cook for 7 hours, then add the pearled barley to the soup and slow cook another 1 hour on low.

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

Gluten-Free Modifications: Recipe is could be made gluten-free if you replace the barley with white rice or quinoa.

Complete Shopping List by Recipe

1. Lemon Garlic Roasted Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 16 garlic cloves
- ☐ 4 lemon(s)
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 4 tsp dried oregano
- ☐ salad
- ☐ dinner rolls
- ☐ 9x13 disposable foil tray

2. Stuffed Bell Pepper Soup

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2x1 15 oz. can(s) diced tomatoes
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 4 cup(s) beef broth
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried oregano
- ☐ Salt and pepper
- ☐ 2 cup(s) uncooked white rice
- ☐ salad
- ☐ gallon-size freezer baggie(s)

3. Sausage & Tortellini Skillet

- ☐ 2 lb(s) ground Italian sausage
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x26 oz. jar(s) marinara sauce
- ☐ 40 oz. fresh or frozen tortellini
- ☐ 2 cup(s) beef stock
- ☐ 2 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 1 cup(s) heavy cream
- ☐ 2 cup(s) shredded mozzarella cheese
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

4. 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)

5. Beef & Barley Soup

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) stew beef
- ☐ 2 small red onion(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 tsp garlic powder
- ☐ 4 Tbsp red cooking wine
- ☐ 8 cup(s) beef broth
- ☐ Salt and pepper

- ☐ 1 cup(s) pearled barley
- ☐ chopped parsley
- ☐ salad
- ☐ loaf bread
- ☐ 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 2 lb(s) ground Italian sausage
- ☐ 4 lb(s) boneless pork roast
- ☐ 2 lb(s) stew beef

Pantry Staples - Canned, Boxed

- ☐ 2x1 15 oz. can(s) diced tomatoes
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 12 cup(s) beef broth
- ☐ 2 cup(s) uncooked white rice
- ☐ 2 cup(s) beef stock

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 2x26 oz. jar(s) marinara sauce
- ☐ 4 Tbsp red cooking wine

Dairy/Frozen

- ☐ 40 oz. fresh or frozen tortellini
- ☐ 1 cup(s) heavy cream
- ☐ 2 cup(s) shredded mozzarella cheese

Produce

- ☐ 4 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ **Side:** salad
- ☐ 4 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ **Side:** veggies
- ☐ 2 small white onion(s)
- ☐ 2 small red onion(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ **Garnish:** chopped parsley

Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ **Side:** loaf bread
- ☐ 1 cup(s) pearled barley

Spices

- ☐ Salt and pepper
- ☐ 16 garlic cloves
- ☐ 8 tsp dried oregano
- ☐ 6 Tbsp minced onion
- ☐ 8 tsp garlic powder
- ☐ 2 tsp dried basil
- ☐ 2 Tbsp Italian seasoning
- ☐ 2 tsp red pepper flakes

Supplies

- ☐ **Side:** 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. Lemon Garlic Roasted Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 16 garlic cloves
- ☐ 4 lemon(s)
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 4 tsp dried oregano
- ☐ 9x13 disposable foil tray

2. Stuffed Bell Pepper Soup

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2x1 15 oz. can(s) diced tomatoes
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 4 cup(s) beef broth
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried oregano
- ☐ Salt and pepper
- ☐ gallon-size freezer baggie(s)

3. Sausage & Tortellini Skillet

- ☐ 2 lb(s) ground Italian sausage
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x26 oz. jar(s) marinara sauce
- ☐ 40 oz. fresh or frozen tortellini
- ☐ 2 cup(s) beef stock
- ☐ 2 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. 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)

5. Beef & Barley Soup

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) stew beef
- ☐ 2 small red onion(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 tsp garlic powder
- ☐ 4 Tbsp red cooking wine
- ☐ 8 cup(s) beef broth
- ☐ 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

- ☐ 8 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 2 lb(s) ground Italian sausage
- ☐ 4 lb(s) boneless pork roast
- ☐ 2 lb(s) stew beef

Pantry Staples - Canned, Boxed

- ☐ 2x1 15 oz. can(s) diced tomatoes
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 12 cup(s) beef broth
- ☐ 2 cup(s) beef stock

Spices

- ☐ Salt and pepper
- ☐ 16 garlic cloves
- ☐ 8 tsp dried oregano
- ☐ 6 Tbsp minced onion
- ☐ 8 tsp garlic powder
- ☐ 2 tsp dried basil
- ☐ 2 Tbsp Italian seasoning
- ☐ 2 tsp red pepper flakes

Supplies

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

Produce

- ☐ 4 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ 4 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2 small red onion(s)
- ☐ 16 oz. sliced white mushrooms

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 2x26 oz. jar(s) marinara sauce
- ☐ 4 Tbsp red cooking wine

Dairy/Frozen

- ☐ 40 oz. fresh or frozen tortellini

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

- ☐ Thinly slice 4 lemons. Peel and smash 16 garlic cloves with the side of a knife, to crack it open.
- ☐ In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice and 4 tsp oregano.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- ☐ Seed and chop 4 green bell peppers and 2 red bell peppers.
- ☐ Open 2 cans of diced tomatoes and 2 cans of tomato sauce. Drain the diced tomatoes.
- ☐ Brown 2 lbs. ground Italian sausage with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- ☐ Slice 2 small white onions.
- ☐ Chop 2 small red onions. Slice mushrooms, if needed.

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.

Lemon Garlic Roasted Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the lemon slices
- Half of the smashed garlic cloves
- Half of the prepared lemon juice marinade

Cover with foil or lid, add label and freeze.

Stuffed Bell Pepper Soup

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- 15 oz. can diced tomatoes
- 15 oz. can tomato sauce
- 2 cups beef broth
- 1 tsp dried basil
- 1 tsp dried oregano

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

Sausage & Tortellini Skillet

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

- Half of the browned ground Italian sausage
- 26 oz. jar marinara sauce
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp Italian seasoning

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

Beef & Barley Soup

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- Half of the chopped red onion
- 8 oz. fresh sliced white mushrooms
- 1 tsp garlic powder
- 2 Tbsp red cooking wine
- 4 cups beef broth

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