

# ALL CHICKEN MEALS PLAN

**DECEMBER 2016**

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# 1. Homemade Chicken Noodle Soup

*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.*

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## Ingredients for Single Meal

- 2 Tbsp olive oil
- 6 boneless chicken thighs
- 4 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 6 cup(s) chicken stock
- Salt and pepper
- 8 oz. small shell pasta
- Side: salad
- gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Peel and chop the carrots. Chop the celery. Chop the onion.
2. In a large saucepan or stockpot, add the olive oil and saute chicken thighs with the chopped carrots, celery and onions and with the garlic powder and thyme, until the onions begin to sweat and chicken begins to brown. Pour in the chicken stock and bring to bubbling. Boil for about 10 minutes, or until chicken is cooked through. Then shred the chicken thighs in the soup with 2 forks.
3. Return the soup to a slow boil and add the pasta. (If it appears that most of the pasta is sticking out of the liquid, add 1 cup of water for the pasta to absorb.) Cook at a rolling boil for 8 minutes, or until al dente.
4. Remove the soup immediately from the stovetop, to keep the pasta from overcooking. Season with salt and pepper to taste. Ladle soup into serving bowls.
5. Prepare the salad.
6. Serve Chicken Noodle Soup with salad.

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## Assembly Prep Directions for 2 Meals

Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.

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

- 2 Tbsp olive oil
- 6 chicken thighs
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 6 cups chicken stock

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

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a 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 10 minutes, then shred chicken. Add pasta and cook another 8 to 10 minutes.

**Special Notes:** You can replace the chicken thighs with small boneless chicken breasts. Also, if all the chicken stock will not fit into your baggie, add a note to the label of how much to add at the time of cooking.

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

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

## 2. Slow Cooker Chicken Mole

*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

- 8 boneless chicken thighs
- 1 small white onion(s)
- 1 x 28 oz. can(s) crushed tomatoes
- 2 oz. bittersweet chocolate
- 1 Tbsp ground cumin
- 1 tsp cinnamon
- 1 tsp chipotle chili powder
- 1 tsp garlic powder
- Salt and pepper
- Garnish: chopped cilantro
- Side: flour tortillas
- Side: Tbsp veggies
- 1 gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Chop the white onion.
2. Shave the bittersweet chocolate.
3. Place the chicken thighs into the base of the slow cooker and add the chopped onion, crushed tomatoes, shaved chocolate, ground cumin, cinnamon, chipotle chili powder and garlic powder. Stir the sauce gently, set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the mole sauce. Season with salt and pepper to taste.
4. Prepare veggies.
5. Spoon the shredded chicken into tortillas to make tacos. Top with chopped cilantro as garnish.
6. Serve Slow Cooker Chicken Mole as tacos with side of veggies.

### Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Shave 4 oz. bittersweet chocolate.

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

- 8 boneless chicken thighs
- Half of the chopped onion
- 1 - 28 oz. can crushed tomatoes
- Half of the shaved chocolate
- 1 Tbsp ground cumin
- 1 tsp cinnamon
- 1 tsp chipotle chili powder
- 1 tsp garlic powder

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.

**Special Notes:** Look for the bittersweet chocolate squares on the baking aisle. Place on cutting board and carefully shave them with sharp knife, before adding to sauce.

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

**Gluten-Free Modifications:** Recipe is gluten-free if you use corn tortillas in place of the flour tortillas.

## 3. Slow Cooker Chicken Fajitas

*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 large boneless chicken breasts
- 4 boneless chicken thighs
- 2 small white onion(s)
- 1 green bell pepper(s)
- 1 red bell pepper(s)
- 2 lime(s)
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper
- Garnish: sour cream and guacamole
- Side: flour tortillas
- Side: refried beans
- 1 gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the red and green bell peppers.
2. Place the chicken breasts and chicken thighs into the base of the slow cooker and add the sliced onions, bell peppers, the juice from 2 limes, and sprinkle in the ground cumin and garlic powder.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce. Season with salt and pepper, to taste.
4. Warm the refried beans.
5. Spoon the shredded chicken into tortillas. Top with preferred garnishes.
6. Serve Slow Cooker Chicken Fajitas with refried beans.

### Assembly Prep Directions for 2 Meals

Slice 4 onions.

Seed and slice 2 green and 2 red bell peppers.

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

- 2 large boneless skinless chicken breasts
- 4 boneless chicken thighs
- Half of the sliced onions
- Half of the sliced green and red bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

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.

**Special Notes:** Other fajita garnishes like pico de gallo or salsa verde are great with these fajitas, too.

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

**Gluten-Free Modifications:** Recipe is gluten-free if you use corn tortillas in place of the flour tortillas.

## 4. Baked Creamy Italian Chicken

*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.*

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### Ingredients for Single Meal

- 4 boneless chicken breasts
- Salt and pepper
- 1 cup(s) sour cream
- 1 x 10 oz. can(s) cream of mushroom soup
- 1 Tbsp Italian seasoning
- Side: salad
- Tbsp loaf bread
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. Place the chicken breasts into base of 9x13-inch baking dish. Season both sides with salt and pepper.
3. In a small mixing bowl, stir together the sour cream, cream of mushroom soup and Italian seasoning. Pour over the chicken breasts in a baking dish, covering completely.
4. Bake in the preheated oven for 45 to 55 minutes, or until chicken is cooked through. Cooking time will depend on thickness of each chicken breast.
5. Prepare the salad.
6. Warm the loaf of bread.
7. Serve Creamy Italian Chicken with salad and bread.

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### Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 1 cup sour cream
- 1 - 10 oz. can cream of mushroom soup
- 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, before transferring all of the contents of the baggie into baking dish and baking at 350 F for 55 minutes.

**Special Notes:** If you wish to make your own cream of mushroom soup, visit [5dollarinnings.com](http://5dollarinnings.com) and search for homemade cream of mushroom sauce.

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

**Gluten-Free Modifications:** Recipe is gluten-free when you make your own homemade cream of mushroom soup and serve with gluten free sides like rice.

## 5. Stovetop Chicken Cacciatore

*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.*

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### Ingredients for Single Meal

- 1 Tbsp olive oil
- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup(s) red cooking wine
- 1 small white onion(s)
- 1 green bell pepper(s)
- 1 red bell pepper(s)
- 1 x 28 oz. can(s) crushed tomatoes
- 2 tsp Italian seasoning
- Side: box(es) pasta
- Side: salad
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the bell peppers.
2. Sauté the chicken breasts in the olive oil for 2 to 3 minutes per side in a large saucepan or Dutch oven. Season with salt and pepper, then pour in the red cooking wine around the chicken. Add the sliced onion and bell peppers over the top of the chicken. Then pour the crushed tomatoes over the top and add Italian seasoning.
3. Reduce heat to low and let simmer for 10 to 15 minutes.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Stovetop Chicken Cacciatore over pasta with salad.

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### Assembly Prep Directions for 2 Meals

Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.

Open 2 cans of crushed tomatoes.

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

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes
- 2 tsp 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, before adding olive oil to saucepan or Dutch oven and cooking all ingredients together for 15 minutes, or until chicken is cooked through.

**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 pasta.

# Complete Shopping List by Recipe

## 1. Homemade Chicken Noodle Soup

- ☐ 4 Tbsp olive oil
- ☐ 12 boneless chicken thighs
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried thyme
- ☐ 12 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 16 oz. small shell pasta
- ☐ salad
- ☐ gallon-size freezer baggie(s)

## 3. Slow Cooker Chicken Fajitas

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 4 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 4 lime(s)
- ☐ 2 Tbsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ sour cream and guacamole
- ☐ flour tortillas
- ☐ refried beans
- ☐ 2 gallon-size freezer baggie(s)

## 5. Stovetop Chicken Cacciatore

- ☐ 2 Tbsp olive oil
- ☐ 6 large boneless chicken breasts
- ☐ Salt and pepper
- ☐ 1/2 cup(s) red cooking wine
- ☐ 2 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2x28 oz. can(s) crushed tomatoes

## 2. Slow Cooker Chicken Mole

- ☐ 16 boneless chicken thighs
- ☐ 2 small white onion(s)
- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 4 oz. bittersweet chocolate
- ☐ 2 Tbsp ground cumin
- ☐ 2 tsp cinnamon
- ☐ 2 tsp chipotle chili powder
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ chopped cilantro
- ☐ flour tortillas
- ☐ Tbsp veggies
- ☐ 2 gallon-size freezer baggie(s)

## 4. Baked Creamy Italian Chicken

- ☐ 8 boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 cup(s) sour cream
- ☐ 2x10 oz. can(s) cream of mushroom soup
- ☐ 2 Tbsp Italian seasoning
- ☐ salad
- ☐ Tbsp loaf bread
- ☐ 2 gallon-size freezer baggie(s)

- ☐ 4 tsp Italian seasoning
- ☐ box(es) pasta
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- ☐ 36 boneless chicken thighs
- ☐ 10 large boneless chicken breasts
- ☐ 8 boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 12 cup(s) chicken stock
- ☐ 16 oz. small shell pasta
- ☐ 4x28 oz. can(s) crushed tomatoes
- ☐ **Side:** refried beans
- ☐ 2x10 oz. can(s) cream of mushroom soup
- ☐ **Side:** box(es) pasta

## Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 1 cup(s) red cooking wine

## Dairy/Frozen

- ☐ **Garnish:** sour cream and guacamole
- ☐ 2 cup(s) sour cream

## Produce

- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 10 small white onion(s)
- ☐ **Side:** salad
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** Tbsp veggies
- ☐ 4 green bell pepper(s)
- ☐ 4 red bell pepper(s)
- ☐ 4 lime(s)

## Starchy Sides

- ☐ **Side:** flour tortillas
- ☐ Tbsp loaf bread

## Spices

- ☐ 6 tsp garlic powder
- ☐ 1 tsp dried thyme
- ☐ Salt and pepper
- ☐ 4 oz. bittersweet chocolate
- ☐ 4 Tbsp ground cumin
- ☐ 2 tsp cinnamon
- ☐ 2 tsp chipotle chili powder
- ☐ 2 Tbsp Italian seasoning
- ☐ 4 tsp Italian seasoning

## Supplies

- ☐ **Side:** 8 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. Homemade Chicken Noodle Soup

- ☐ 4 Tbsp olive oil
- ☐ 12 boneless chicken thighs
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried thyme
- ☐ 12 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ gallon-size freezer baggie(s)

## 3. Slow Cooker Chicken Fajitas

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 4 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 4 lime(s)
- ☐ 2 Tbsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 5. Stovetop Chicken Cacciatore

- ☐ 2 Tbsp olive oil
- ☐ 6 large boneless chicken breasts
- ☐ Salt and pepper
- ☐ 1/2 cup(s) red cooking wine
- ☐ 2 small white onion(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 4 tsp Italian seasoning
- ☐ 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Chicken Mole

- ☐ 16 boneless chicken thighs
- ☐ 2 small white onion(s)
- ☐ 2x28 oz. can(s) crushed tomatoes
- ☐ 4 oz. bittersweet chocolate
- ☐ 2 Tbsp ground cumin
- ☐ 2 tsp cinnamon
- ☐ 2 tsp chipotle chili powder
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 4. Baked Creamy Italian Chicken

- ☐ 8 boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 cup(s) sour cream
- ☐ 2x10 oz. can(s) cream of mushroom soup
- ☐ 2 Tbsp Italian seasoning
- ☐ 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

- ☐ 36 boneless chicken thighs
- ☐ 10 large boneless chicken breasts
- ☐ 8 boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 12 cup(s) chicken stock
- ☐ 4x28 oz. can(s) crushed tomatoes
- ☐ 2x10 oz. can(s) cream of mushroom soup

## Spices

- ☐ 6 tsp garlic powder
- ☐ 1 tsp dried thyme
- ☐ Salt and pepper
- ☐ 4 oz. bittersweet chocolate
- ☐ 4 Tbsp ground cumin
- ☐ 2 tsp cinnamon
- ☐ 2 tsp chipotle chili powder
- ☐ 2 Tbsp Italian seasoning
- ☐ 4 tsp Italian seasoning

## Supplies

- ☐ 8x gallon-size freezer baggie(s)

## Produce

- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 10 small white onion(s)
- ☐ 4 green bell pepper(s)
- ☐ 4 red bell pepper(s)
- ☐ 4 lime(s)

## Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 1 cup(s) red cooking wine

## Dairy/Frozen

- ☐ 2 cup(s) sour cream

## 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

- ☐ Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- ☐ Chop 2 small white onions.
- ☐ Shave 4 oz. bittersweet chocolate.
- ☐ Slice 4 onions.
- ☐ Seed and slice 2 green and 2 red bell peppers.
- ☐ Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.
- ☐ Open 2 cans of crushed tomatoes.

*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.

### Homemade Chicken Noodle Soup

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

- 2 Tbsp olive oil
- 6 chicken thighs
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 6 cups chicken stock

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

### Slow Cooker Chicken Mole

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

- 8 boneless chicken thighs
- Half of the chopped onion
- 1 - 28 oz. can crushed tomatoes
- Half of the shaved chocolate
- 1 Tbsp ground cumin
- 1 tsp cinnamon
- 1 tsp chipotle chili powder
- 1 tsp garlic powder

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

### Slow Cooker Chicken Fajitas

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

- 2 large boneless skinless chicken breasts
- 4 boneless chicken thighs
- Half of the sliced onions
- Half of the sliced green and red bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

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

### Baked Creamy Italian Chicken

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

- 4 small boneless chicken breasts
- 1 cup sour cream
- 1 - 10 oz. can cream of mushroom soup
- 1 Tbsp Italian seasoning

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

### Stovetop Chicken Cacciatore

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

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes

- 2 tsp Italian seasoning

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