

CLEAN EATS 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.

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)

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.

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. 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.*

3. Winter Beef Stew

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 olive oil
- 1 lb(s) stew beef
- 1 small white onion(s)
- 4 whole carrots
- 1 x 12 oz. bag(s) frozen butternut squash
- 1 x 4 oz. can(s) sliced mushrooms
- 1 x 15 oz. can(s) diced tomatoes
- 2 cup(s) beef broth
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper
- Side: salad
- Side: dinner rolls
- gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes and the can of mushrooms.
2. Chop the onion. Peel and chop the carrots.
3. In a large saucepan, heat the olive oil and brown the stew beef. Stir in the chopped onion, chopped carrots, frozen butternut squash, drained mushrooms, drained diced tomatoes, beef broth, Italian seasoning and garlic powder. Bring to boiling and let simmer for 10 to 15 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Winter Beef Stew Chili with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 onions. Peel and chop 8 whole carrots.

Open and drain 2 cans of sliced mushrooms.

Open 2 cans of diced tomatoes.

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- 1 small white onion
- Half of the carrots
- 12 oz. bag frozen butternut squash
- 4 oz. can sliced mushrooms
- 15 oz. can diced tomatoes
- 2 cups beef broth
- 1 tsp Italian seasoning
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 10 to 15 minutes.*

Special Notes: *Serve with Paleo approved sides for complete 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, like rice.*

4. Spinach & White Bean 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.

Ingredients for Single Meal

- 1 small white onion(s)
- 2 garlic cloves
- 1 x 2 - 15 oz. can(s) white beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 10 oz. box(es) frozen spinach
- 4 cup(s) vegetable broth
- Salt and pepper
- Garnish: shredded Parmesan cheese
- Side: salad
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes. Open, drain and rinse the cans of white beans.
2. Chop the small white onion and crush the garlic cloves.
3. In a large saucepan, add onions, garlic, diced tomatoes, white beans, frozen spinach, and vegetable broth and bring to boiling over medium high heat. Let cook at rolling boil for about 10 minutes, stirring often, to break up the frozen spinach. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Spinach & White Bean Soup with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions. Crush 4 cloves of garlic.

Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable broth
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.*

Dairy-Free Modifications: *Recipe is dairy-free when the shredded Parmesan cheese garnish is omitted.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides like rice or quinoa.*

5. 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.*

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. Winter Beef Stew

- 2 Tbsp olive oil
- 2 lb(s) stew beef
- 2 small white onion(s)
- 8 whole carrots
- 2x12 oz. bag(s) frozen butternut squash
- 2x4 oz. can(s) sliced mushrooms
- 2x15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 2 tsp Italian seasoning
- 2 tsp garlic powder
- Salt and pepper
- salad
- dinner rolls
- gallon-size freezer baggie(s)

5. 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

2. 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

4. Spinach & White Bean Soup

- 2 small white onion(s)
- 4 garlic cloves
- 2x2 - 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 2x10 oz. box(es) frozen spinach
- 8 cup(s) vegetable broth
- Salt and pepper
- shredded Parmesan cheese
- salad
- dinner rolls
- 2 gallon-size freezer baggie(s)

- Salt and pepper
- chopped cilantro
- flour tortillas
- Tbsp veggies
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 28 boneless chicken thighs
- 8 small boneless chicken breasts
- 2 lb(s) stew beef

Pantry Staples - Canned, Boxed

- 12 cup(s) chicken stock
- 16 oz. small shell pasta
- 2x4 oz. can(s) sliced mushrooms
- 4x15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 8 cup(s) vegetable broth
- 2x28 oz. can(s) crushed tomatoes

Sauces/Condiments

- 10 Tbsp olive oil

Dairy/Frozen

- 2x12 oz. bag(s) frozen butternut squash
- 2x10 oz. box(es) frozen spinach
- Garnish:** shredded Parmesan cheese

Produce

- 16 whole carrots
- 4 celery stalk(s)
- 8 small white onion(s)
- Side:** salad
- 4 lemon(s)
- 4 Tbsp lemon juice
- 2x2 - 15 oz. can(s) white beans
- Garnish:** chopped cilantro
- Side:** Tbsp veggies

Starchy Sides

- Side:** dinner rolls
- Side:** flour tortillas

Spices

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

Supplies

- Side:** 4 gallon-size freezer baggie(s)
- Side:** 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. 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. Winter Beef Stew

- 2 Tbsp olive oil
- 2 lb(s) stew beef
- 2 small white onion(s)
- 8 whole carrots
- 2x12 oz. bag(s) frozen butternut squash
- 2x4 oz. can(s) sliced mushrooms
- 2x15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 2 tsp Italian seasoning
- 2 tsp garlic powder
- Salt and pepper
- gallon-size freezer baggie(s)

5. 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. 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

4. Spinach & White Bean Soup

- 2 small white onion(s)
- 4 garlic cloves
- 2x2 - 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 2x10 oz. box(es) frozen spinach
- 8 cup(s) vegetable broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

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

- 28 boneless chicken thighs
- 8 small boneless chicken breasts
- 2 lb(s) stew beef

Pantry Staples - Canned, Boxed

- 12 cup(s) chicken stock
- 2x4 oz. can(s) sliced mushrooms
- 4x15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 8 cup(s) vegetable broth
- 2x28 oz. can(s) crushed tomatoes

Spices

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

Supplies

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

Produce

- 16 whole carrots
- 4 celery stalk(s)
- 8 small white onion(s)
- 4 lemon(s)
- 4 Tbsp lemon juice
- 2x2 - 15 oz. can(s) white beans

Sauces/Condiments

- 10 Tbsp olive oil

Dairy/Frozen

- 2x12 oz. bag(s) frozen butternut squash
- 2x10 oz. box(es) frozen spinach

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.
- 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.
- Chop 2 onions. Peel and chop 8 whole carrots.
- Open and drain 2 cans of sliced mushrooms.
- Open 2 cans of diced tomatoes.
- Chop 2 small white onions. Crush 4 cloves of garlic.
- Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.
- Chop 2 small white onions.
- Shave 4 oz. bittersweet chocolate.

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.

Winter Beef Stew

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- 1 small white onion
- Half of the carrots
- 12 oz. bag frozen butternut squash
- 4 oz. can sliced mushrooms
- 15 oz. can diced tomatoes
- 2 cups beef broth
- 1 tsp Italian seasoning
- 1 tsp garlic powder

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

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.

Spinach & White Bean Soup

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable broth
- Salt and pepper, to taste

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

- 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.