

THE 20 MEALS PLAN

DECEMBER 2016

Table of Contents

Recipes

1. Chili Stuffed Baked Potatoes {Filling}
2. Creamy Salsa Verde Chicken Enchiladas
3. Homemade Chicken Noodle Soup
4. Slow Cooker Green Chile Chicken Street Tacos
5. Lemon Garlic Roasted Chicken
6. Stuffed Bell Pepper Soup
7. Winter Beef Stew
8. Slow Cooker Santa Fe Beef
9. Sausage & Tortellini Skillet
10. Slow Cooker Ham & White Bean Soup

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. Chili Stuffed Baked Potatoes {Filling}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 60 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 large white baking potato(es)
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cup(s) beef stock
- 1 cup(s) shredded cheddar cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Place baking potatoes on baking sheet and slit with knife. Bake in the preheated oven for 1 hour to 1 hour 15 minutes. Baking time will depend on thickness of the potatoes.
2. Open, drain, and rinse the black beans.
3. Open and drain the diced tomatoes.
4. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the black beans, diced tomatoes, chili powder, ground cumin and salt and pepper. Add in 2 cups of beef stock and simmer over low heat while the potatoes are baking.
5. When the potatoes are finished baking, spoon the chili into each potato and top with a few pinchfuls of shredded cheddar cheese.
6. Prepare the veggies.
7. Serve Chili Stuffed Baked Potatoes with veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

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

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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 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 skillet and reheating. Bake potatoes as directed and add chili filling just before serving.

Dairy-Free Modifications: Omit the shredded cheese topping for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

2. Creamy Salsa Verde Chicken Enchiladas

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 25 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 cup(s) shredded rotisserie chicken
 - Salt and pepper
 - 2 cup(s) green salsa
 - 2 cup(s) sour cream
 - 1 Tbsp minced onion
 - 1 tsp minced garlic
 - 12 corn tortillas
 - 1 cup(s) shredded Monterrey Jack cheese
 - Garnish: guacamole
 - Side: veggies
 - 9x13 disposable foil tray
-

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. In a large mixing bowl, combine the green salsa, sour cream, minced onion, minced garlic, salt and pepper. Divide the sauce in half and combine one half with the shredded chicken. Set the other half aside to pour on the top of the enchiladas.
3. Roll the chicken and creamy green salsa into the corn tortillas, nestling them snugly into the baking dish. Once all the enchiladas are made and the chicken is used up, pour the other half of the creamy green salsa sauce on top and sprinkle the shredded cheese over the top.
4. Bake in the preheated oven for 20 to 25 minutes, or until cheese has melted.
5. Prepare veggies.
6. Serve Creamy Salsa Verde Chicken Enchiladas, topped with guacamole with side of veggies.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 4 cups green salsa, 4 cups sour cream, 2 Tbsp minced onion, 2 tsp minced garlic, salt and pepper. Divide the sauce in half and combine one half with the 4 cups of shredded chicken. Set the other half aside to pour on the top of the enchiladas.

Roll and make enchiladas with chicken-sauce and corn tortillas.

To each disposable tray, add the following ingredients:

- Half of the rolled enchiladas
- Half of the remaining creamy-green salsa
- Half of the shredded Monterrey Jack 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 served with gluten-free sides.

3. 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.

4. Slow Cooker Green Chile Chicken Street Tacos

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
- 1 cup(s) green salsa
- 1 x 4 oz. can(s) diced green chiles
- 1 Tbsp ground cumin
- Salt and pepper
- 12 corn tortillas
- Garnish: sour cream
- Garnish: chopped cilantro
- Side: veggies
- gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the green chiles.
2. Place the chicken breasts and chicken thighs into the base of the slow cooker and add the green salsa, green chilies, ground cumin, salt and pepper on top of the chicken.
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 green chile sauce.
4. Spoon the shredded chicken into corn tortillas.
5. Prepare veggies.
6. Serve Slow Cooker Green Chile Chicken Street Tacos with sour cream and cilantro garnish with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of green chilies.

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1 cup green salsa
- 4 oz. can green chiles
- 1 Tbsp ground cumin
- 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 the slow cooker and cooking on low for 8 hours.

Dairy-Free Modifications: Recipe is dairy-free when omit the sour cream garnish.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

5. 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.

6. 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.

7. 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.

8. Slow Cooker Santa Fe 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) beef chuck roast
- Salt and pepper
- 1 packet(s) taco seasoning
- 1 x 4 oz. can(s) green chiles
- 1 cup(s) red salsa
- Side: salad
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle the taco seasoning over the roast. Pour the green chilies and red salsa over the top.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce.
3. Prepare salad.
4. Warm the dinner rolls.
5. Serve Slow Cooker Santa Fe Beef with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Open 2 cans of green chiles.

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 packet taco seasoning
- 4 oz. can green chilies
- 1 cup red salsa

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.

9. 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.

10. Slow Cooker Ham & White Bean Soup

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

- 4 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 3 cup(s) chopped ham
- 1 x 1 15 oz. can(s) diced tomatoes
- 1 x 2 15 oz. can(s) white beans
- 4 cup(s) chicken stock
- 2 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper
- Garnish: sour cream
- Side: salad
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and chop the carrots. Chop the celery. Chop the onion.
2. Open the diced tomatoes. Open, drain and rinse the white beans.
3. Place the chopped carrots, celery and onion with the diced ham, diced tomatoes, white beans and chicken stock into the base of the slow cooker. Add the garlic powder, thyme, salt and pepper. Set the slow cooker on low and cook for 8 hours.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Spoon the soup into bowls and add sour cream garnish.
7. Serve Slow Cooker Ham & White Bean Soup with side salad and dinner rolls.

Assembly Prep Directions for 2 Meals

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

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

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

- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 3 cups diced ham
- 15 oz. can diced tomatoes
- 2 - 15 oz. cans white beans
- 4 cups chicken stock
- 2 tsp garlic powder
- 1 tsp dried thyme
- 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 omit the sour cream garnish.

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

Complete Shopping List by Recipe

1. Chili Stuffed Baked Potatoes {Filling}

- 8 large white baking potato(es)
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 4 cup(s) beef stock
- 2 cup(s) shredded cheddar cheese
- veggies
- 2 gallon-size freezer baggie(s)

2. Creamy Salsa Verde Chicken Enchiladas

- 4 cup(s) shredded rotisserie chicken
- Salt and pepper
- 4 cup(s) green salsa
- 4 cup(s) sour cream
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 24 corn tortillas
- 2 cup(s) shredded Monterrey Jack cheese
- guacamole
- veggies
- 9x13 disposable foil tray

3. 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)

4. Slow Cooker Green Chile Chicken Street Tacos

- 4 large boneless chicken breasts
- 8 boneless chicken thighs
- 2 cup(s) green salsa
- 2x4 oz. can(s) diced green chiles
- 2 Tbsp ground cumin
- Salt and pepper
- 24 corn tortillas
- sour cream
- chopped cilantro
- veggies
- gallon-size freezer baggie(s)

5. 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

6. 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

9x13 disposable foil tray

2 tsp dried oregano

Salt and pepper

2 cup(s) uncooked white rice

salad

gallon-size freezer baggie(s)

7. 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)

8. Slow Cooker Santa Fe Beef

4 lb(s) beef chuck roast

Salt and pepper

2 packet(s) taco seasoning

2x4 oz. can(s) green chiles

2 cup(s) red salsa

salad

dinner rolls

2 gallon-size freezer baggie(s)

9. 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)

10. Slow Cooker Ham & White Bean Soup

8 whole carrots

4 celery stalk(s)

2 small white onion(s)

6 cup(s) chopped ham

2x1 15 oz. can(s) diced tomatoes

2x2 15 oz. can(s) white beans

8 cup(s) chicken stock

4 tsp garlic powder

2 tsp dried thyme

Salt and pepper

sour cream

salad

dinner rolls

2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) ground beef
- 4 cup(s) shredded rotisserie chicken
- 20 boneless chicken thighs
- 4 large boneless chicken breasts
- 8 small boneless chicken breasts
- 2 lb(s) stew beef
- 4 lb(s) beef chuck roast
- 2 lb(s) ground Italian sausage
- 6 cup(s) chopped ham

Produce

- 8 large white baking potato(es)
- Side:** veggies
- Side:** guacamole
- 24 whole carrots
- 8 celery stalk(s)
- 6 small white onion(s)
- Side:** salad
- Garnish:** chopped cilantro
- 4 lemon(s)
- 4 Tbsp lemon juice
- 4 green bell pepper(s)
- 2 red bell pepper(s)

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) black beans
- 4x15 oz. can(s) diced tomatoes
- 6 cup(s) beef stock
- 6 cup(s) green salsa
- 20 cup(s) chicken stock
- 16 oz. small shell pasta
- 2x4 oz. can(s) diced green chiles
- 4x1 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) tomato sauce
- 8 cup(s) beef broth
- 2 cup(s) uncooked white rice
- 2x4 oz. can(s) sliced mushrooms
- 2x4 oz. can(s) green chiles
- 2 cup(s) red salsa
- 2x2 15 oz. can(s) white beans

Starchy Sides

- 48 corn tortillas
- Side:** dinner rolls

Sauces/Condiments

- 10 Tbsp olive oil
- 2x26 oz. jar(s) marinara sauce

Spices

- 10 Tbsp minced onion
- 14 tsp garlic powder
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 tsp minced garlic
- 3 tsp dried thyme

- 2 Tbsp ground cumin
- 16 garlic cloves
- 6 tsp dried oregano
- 2 tsp dried basil
- 2 tsp Italian seasoning
- 2 packet(s) taco seasoning
- 2 Tbsp Italian seasoning

Dairy/Frozen

- 2 cup(s) shredded cheddar cheese
- 4 cup(s) sour cream
- 2 cup(s) shredded Monterrey Jack cheese
- Garnish:** sour cream
- 2x12 oz. bag(s) frozen butternut squash
- 40 oz. fresh or frozen tortellini
- 1 cup(s) heavy cream
- 2 cup(s) shredded mozzarella cheese

Supplies

- Side:** 8 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. Chili Stuffed Baked Potatoes {Filling}

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 4 cup(s) beef stock
- 2 gallon-size freezer baggie(s)

3. 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)

5. 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. Creamy Salsa Verde Chicken Enchiladas

- 4 cup(s) shredded rotisserie chicken
- Salt and pepper
- 4 cup(s) green salsa
- 4 cup(s) sour cream
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 24 corn tortillas
- 2 cup(s) shredded Monterrey Jack cheese
- 9x13 disposable foil tray

4. Slow Cooker Green Chile Chicken Street Tacos

- 4 large boneless chicken breasts
- 8 boneless chicken thighs
- 2 cup(s) green salsa
- 2x4 oz. can(s) diced green chiles
- 2 Tbsp ground cumin
- Salt and pepper
- gallon-size freezer baggie(s)

6. 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)

7. 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)

9. 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)

8. Slow Cooker Santa Fe Beef

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 packet(s) taco seasoning
- 2x4 oz. can(s) green chiles
- 2 cup(s) red salsa
- 2 gallon-size freezer baggie(s)

10. Slow Cooker Ham & White Bean Soup

- 8 whole carrots
- 4 celery stalk(s)
- 2 small white onion(s)
- 6 cup(s) chopped ham
- 2x1 15 oz. can(s) diced tomatoes
- 2x2 15 oz. can(s) white beans
- 8 cup(s) chicken stock
- 4 tsp garlic powder
- 2 tsp dried thyme
- 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

- 4 lb(s) ground beef
- 4 cup(s) shredded rotisserie chicken
- 20 boneless chicken thighs
- 4 large boneless chicken breasts
- 8 small boneless chicken breasts
- 2 lb(s) stew beef
- 4 lb(s) beef chuck roast
- 2 lb(s) ground Italian sausage
- 6 cup(s) chopped ham

Produce

- 24 whole carrots
- 8 celery stalk(s)
- 6 small white onion(s)
- 4 lemon(s)
- 4 Tbsp lemon juice
- 4 green bell pepper(s)
- 2 red bell pepper(s)

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) black beans
- 4x15 oz. can(s) diced tomatoes
- 6 cup(s) beef stock
- 6 cup(s) green salsa
- 20 cup(s) chicken stock
- 2x4 oz. can(s) diced green chiles
- 4x1 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) tomato sauce
- 8 cup(s) beef broth
- 2x4 oz. can(s) sliced mushrooms
- 2x4 oz. can(s) green chiles
- 2 cup(s) red salsa
- 2x2 15 oz. can(s) white beans

Starchy Sides

- 24 corn tortillas

Sauces/Condiments

- 10 Tbsp olive oil
- 2x26 oz. jar(s) marinara sauce

Spices

- 10 Tbsp minced onion
- 14 tsp garlic powder
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 tsp minced garlic
- 3 tsp dried thyme
- 2 Tbsp ground cumin
- 16 garlic cloves

- 6 tsp dried oregano
- 2 tsp dried basil
- 2 tsp Italian seasoning
- 2 packet(s) taco seasoning
- 2 Tbsp Italian seasoning

Dairy/Frozen

- 4 cup(s) sour cream
- 2 cup(s) shredded Monterrey Jack cheese
- 2x12 oz. bag(s) frozen butternut squash
- 40 oz. fresh or frozen tortellini

Supplies

- 8x gallon-size freezer baggie(s)
- 9x13 disposable foil tray

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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of diced tomatoes.
- In a large mixing bowl, combine 4 cups green salsa, 4 cups sour cream, 2 Tbsp minced onion, 2 tsp minced garlic, salt and pepper. Divide the sauce in half and combine one half with the 4 cups of shredded chicken. Set the other half aside to pour on the top of the enchiladas.
- Roll and make enchiladas with chicken-sauce and corn tortillas.
- Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- Open 2 cans of green chilies.
- 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.
- Chop 2 onions. Peel and chop 8 whole carrots.
- Open and drain 2 cans of sliced mushrooms.
- Open 2 cans of diced tomatoes.
- Open 2 cans of green chiles.
- Brown 2 lbs. ground Italian sausage with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- Open 2 cans of diced tomatoes. Open, drain and rinse 4 cans of white beans.

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.

Chili Stuffed Baked Potatoes {Filling}

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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.

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.

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

Creamy Salsa Verde Chicken Enchiladas

To each disposable tray, add the following ingredients:

- Half of the rolled enchiladas
- Half of the remaining creamy-green salsa
- Half of the shredded Monterrey Jack cheese

Cover with foil or lid, add label and freeze.

Slow Cooker Green Chile Chicken Street Tacos

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1 cup green salsa
- 4 oz. can green chiles
- 1 Tbsp ground cumin
- Salt and pepper

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

Cover with foil or lid, add label and freeze.

- 1 tsp dried basil
- 1 tsp dried oregano

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.

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 Santa Fe Beef

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 packet taco seasoning
- 4 oz. can green chilies
- 1 cup red salsa

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

Slow Cooker Ham & White Bean Soup

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

- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 3 cups diced ham
- 15 oz. can diced tomatoes
- 2 - 15 oz. cans white beans
- 4 cups chicken stock
- 2 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper, to taste

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