

ALL PORK MEALS PLAN

JANUARY 2017

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1. Cranberry-Apple Pork Chops

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.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 boneless pork chops
 - Salt and pepper
 - 2 small Granny Smith apple(s)
 - 1 x 15 oz. can(s) whole cranberries
 - 2 Tbsp spicy mustard
 - 1/2 tsp cinnamon
 - Side: rice**
 - Side: veggies**
 - 1 9x13 disposable foil tray
-

Cooking Directions for Single Meal

1. Preheat oven to 375 F/ 190 C. Spray a 9x13 inch glass baking dish with non-stick cooking spray.
2. Place the pork chops into the baking dish and sprinkle with salt and pepper.
3. Peel and chop the Granny Smith apples.
4. In a small mixing bowl, combine the whole cranberries, diced apples, spicy mustard and cinnamon. Pour the sauce over top of the pork chops and bake in the preheated oven for 30 to 35 minutes, or until pork chops are cooked through. Cooking time may vary, depending on thickness of the chop.
5. Prepare rice and fresh veggies.
6. Serve Cranberry-Apple Pork Chops with a side of rice and veggies.

Assembly Prep Directions for 2 Meals

Peel and chop 4 Granny Smith apples.

Whisk together 2 - 15 oz. cans whole cranberries sauce, the chopped apples, 1/4 cup spicy mustard, and 1 tsp cinnamon.

To each of the disposable 9x13-inch baking trays, add the following ingredients:

- 4 boneless pork chops
- Half of the prepared cranberry-apple sauce over the pork chops

Cover each tray with foil.

Freeze & Thaw Instructions: *Pull out the tray the night before and thaw overnight in the fridge. Cook as directed. If only partially thawed, keep covered and bake for an additional 20-30 minutes and then finish baking as directed and until pork chops are cooked.*

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.*

2. Thai Peanut Pork Chops

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.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 boneless pork chops
- 1 Tbsp canola oil
- 1 small white onion(s)
- 1 red bell pepper(s)
- 1 cup(s) Thai peanut sauce
- 1 x 15 oz. can(s) light coconut milk
- Garnish: chopped cilantro**
- Side: rice**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the red bell pepper.
2. Cook the rice, as directed.
3. In a large skillet, heat the oil, then saute the onion and bell pepper for 3 to 4 minutes. Then nestle the pork chops into the bell peppers and onions and pour the Thai peanut sauce and 1/2 cup of the canned coconut milk over the top. Bring to bubbling over medium heat and cook the pork chops through, flipping once and stirring often. Once the pork chops are cooked through, remove the skillet from the heat.
4. Prepare veggies.
5. Serve Thai Peanut Pork Chops with cilantro garnish, over rice with veggies.

Assembly Prep Directions for 2 Meals

Slice 2 onions.

Seed and dice 2 red bell peppers.

Open 1 can of coconut milk.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the sliced red bell peppers
- Half of the sliced onion
- 1 cup Thai peanut sauce
- 3/4 cup of the canned coconut milk into each bag

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 skillet for cooking as directed.

Special Notes: If you wish to use the entire can of coconut milk, you could swirl in a little more into the sauce, or save it for another meal. It's also delicious swirled into coffee. :)

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

Gluten-Free Modifications: Check the Thai peanut sauce for hidden gluten.

3. Slow Cooker Herbed Pork Tenderloin

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.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 lb(s) pork tenderloin
- Salt and pepper
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried rosemary
- Side: veggies**
- Side: dinner rolls**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper.
2. In a small bowl, toss together the minced onion, minced garlic, dried oregano, dried basil and dried rosemary. Add the herb mixture directly onto the pork roast, pressing lightly. 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 dinner rolls.
6. Serve Slow Cooker Herb Pork Tenderloin with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

In a small bowl, toss together 2 Tbsp minced onion, 2 tsp minced garlic, 2 tsp dried oregano, 2 tsp dried basil, and 2 tsp dried rosemary.

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the herb mixture

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. Add 1/2 to 1 cup hot water to slow cooker, if your slow cooker runs hot.

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 mashed potatoes.

4. Mushroom-Pepper Skillet Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 Tbsp canola oil**
- 4 boneless pork chops
- Salt and pepper
- 1 small red onion(s)
- 1 red bell pepper(s)
- 8 oz. sliced white mushrooms
- 1/4 cup(s) white wine
- Salt and pepper
- Side: mashed potatoes**
- Side: salad**
- 1 gallon-size freezer baggie(s)
- 1 quart-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the red onion. Seed and slice the red bell pepper.
2. In a large skillet, heat the canola oil and brown the pork chops on both sides. Season both sides with salt and pepper. Saute for a 3 to 4 minutes, until pork chops are cooked through. Remove from heat and set aside.
3. In the same skillet, saute the red onion slices, red bell pepper slices, sliced white mushrooms and white wine. Stir and saute for 5 to 7 minutes, or until veggies soften. Return the pork chops to the skillet and reheat with the veggies.
4. Prepare mashed potatoes or other starchy side.
5. Prepare the salad.
6. Serve Mushroom-Pepper Skillet Pork Chops with mashed potatoes and salad.

Assembly Prep Directions for 2 Meals

Slice 2 small red onions. Seed and slice 2 red bell peppers. ***Divide onions and bell peppers evenly into quart size baggies, then add 8 oz. sliced mushrooms and 1/4 cup white wine to each quart size baggie.

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

- 4 boneless pork chops
- Salt and pepper
- 1 quart size baggie with veggies into each bag

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 and cooking the pork chops in a large skillet, then sauteing the veggies, as directed.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides, like dinner rolls or rice.

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

5. Baked Cinnamon-Apple Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 boneless pork chops
- Salt and pepper
- 1 small red onion(s)
- 4 small Granny Smith apple(s)
- 1 Tbsp lemon juice
- 2 Tbsp brown sugar
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/2 tsp salt
- Side: dinner rolls**
- Side: salad**
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat oven to 375 F. Lightly grease a 9x13-inch glass baking dish with non-stick cooking spray. Place the pork chops into the baking dish and season with salt and pepper.
2. Slice the red onion. Peel and slice the apples, then place them in a bowl with the red onion, and then toss with the lemon juice. (The lemon juice is to keep the apples from browning.)
3. In a small mixing bowl, combine the brown sugar, cinnamon, nutmeg, ginger and salt. Toss with the apples, then pour the cinnamon-apple mixture over the pork chops. Bake in the preheated oven for 25 to 40 minutes, or until pork chops are cooked through. Cooking time will depend on the thickness of the chops.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Baked Cinnamon-Apple Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Slice 2 small red onions.

Peel and slice 8 small apples. Toss the sliced red onion and sliced apples in mixing bowl with 2 Tbsp lemon juice.

In a small mixing bowl, combine the 4 Tbsp brown sugar, 2 tsp cinnamon, 1 tsp ground nutmeg, 1 tsp ground ginger, and 1 tsp salt. Toss with the apples and red onion slices.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the cinnamon-apple mixture

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.

Complete Shopping List by Recipe

1. Cranberry-Apple Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 small Granny Smith apple(s)
- ☐ 2x15 oz. can(s) whole cranberries
- ☐ 4 Tbsp spicy mustard
- ☐ 1 tsp cinnamon
- ☐ rice
- ☐ veggies
- ☐ 2 9x13 disposable foil tray

3. Slow Cooker Herbed Pork Tenderloin

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried rosemary
- ☐ veggies
- ☐ dinner rolls
- ☐ 2 gallon-size freezer baggie(s)

5. Baked Cinnamon-Apple Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 small red onion(s)
- ☐ 8 small Granny Smith apple(s)
- ☐ 2 Tbsp lemon juice
- ☐ 4 Tbsp brown sugar
- ☐ 2 tsp cinnamon
- ☐ 1 tsp ground nutmeg
- ☐ 1 tsp ground ginger
- ☐ 1 tsp salt
- ☐ dinner rolls
- ☐ salad

2. Thai Peanut Pork Chops

- ☐ 8 boneless pork chops
- ☐ 2 Tbsp canola oil
- ☐ 2 small white onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 cup(s) Thai peanut sauce
- ☐ 2x15 oz. can(s) light coconut milk
- ☐ chopped cilantro
- ☐ rice
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

4. Mushroom-Pepper Skillet Pork Chops

- ☐ 4 Tbsp canola oil
- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 small red onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ 1/2 cup(s) white wine
- ☐ Salt and pepper
- ☐ mashed potatoes
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)
- ☐ 2 quart-size freezer baggie(s)

□ 2 9x13 disposable foil tray

Complete Shopping List by Store Section/Category

Meat

- ☐ 32 boneless pork chops
- ☐ 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) whole cranberries
- ☐ **Side:** rice
- ☐ 2x15 oz. can(s) light coconut milk

Sauces/Condiments

- ☐ 4 Tbsp spicy mustard
- ☐ 6 Tbsp canola oil
- ☐ 2 cup(s) Thai peanut sauce

Supplies

- ☐ **Side:** 4 9x13 disposable foil tray
- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ 1 cup(s) white wine
- ☐ **Side:** 2 quart-size freezer baggie(s)

Produce

- ☐ 12 small Granny Smith apple(s)
- ☐ **Side:** veggies
- ☐ 2 small white onion(s)
- ☐ 4 red bell pepper(s)
- ☐ **Garnish:** chopped cilantro
- ☐ 4 small red onion(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ **Side:** mashed potatoes
- ☐ **Side:** salad
- ☐ 2 Tbsp lemon juice

Starchy Sides

- ☐ **Side:** dinner rolls

Spices

- ☐ Salt and pepper
- ☐ 3 tsp cinnamon
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried rosemary
- ☐ 4 Tbsp brown sugar
- ☐ 1 tsp ground nutmeg
- ☐ 1 tsp ground ginger
- ☐ 1 tsp salt

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. Cranberry-Apple Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 small Granny Smith apple(s)
- ☐ 2x15 oz. can(s) whole cranberries
- ☐ 4 Tbsp spicy mustard
- ☐ 1 tsp cinnamon
- ☐ 2 9x13 disposable foil tray

3. Slow Cooker Herbed Pork Tenderloin

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried rosemary
- ☐ 2 gallon-size freezer baggie(s)

5. Baked Cinnamon-Apple Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 small red onion(s)
- ☐ 8 small Granny Smith apple(s)
- ☐ 2 Tbsp lemon juice
- ☐ 4 Tbsp brown sugar
- ☐ 2 tsp cinnamon
- ☐ 1 tsp ground nutmeg
- ☐ 1 tsp ground ginger
- ☐ 1 tsp salt
- ☐ 2 9x13 disposable foil tray

2. Thai Peanut Pork Chops

- ☐ 8 boneless pork chops
- ☐ 2 Tbsp canola oil
- ☐ 2 small white onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 cup(s) Thai peanut sauce
- ☐ 2x15 oz. can(s) light coconut milk
- ☐ 2 gallon-size freezer baggie(s)

4. Mushroom-Pepper Skillet Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 small red onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ 1/2 cup(s) white wine
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)
- ☐ 2 quart-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

- ☐ 32 boneless pork chops
- ☐ 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) whole cranberries
- ☐ 2x15 oz. can(s) light coconut milk

Spices

- ☐ Salt and pepper
- ☐ 3 tsp cinnamon
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried rosemary
- ☐ 4 Tbsp brown sugar
- ☐ 1 tsp ground nutmeg
- ☐ 1 tsp ground ginger
- ☐ 1 tsp salt

Produce

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

Sauces/Condiments

- ☐ 4 Tbsp spicy mustard
- ☐ 2 Tbsp canola oil
- ☐ 2 cup(s) Thai peanut sauce

Supplies

- ☐ 4x 9x13 disposable foil tray
- ☐ 6x gallon-size freezer baggie(s)
- ☐ 1 cup(s) white wine
- ☐ 2x quart-size freezer baggie(s)

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 4 Granny Smith apples.
- ☐ Whisk together 2 - 15 oz. cans whole cranberries sauce, the chopped apples, 1/4 cup spicy mustard, and 1 tsp cinnamon.
- ☐ Slice 2 onions.
- ☐ Seed and dice 2 red bell peppers.
- ☐ Open 1 can of coconut milk.
- ☐ In a small bowl, toss together 2 Tbsp minced onion, 2 tsp minced garlic, 2 tsp dried oregano, 2 tsp dried basil, and 2 tsp dried rosemary.
- ☐ Slice 2 small red onions. Seed and slice 2 red bell peppers. ***Divide onions and bell peppers evenly into quart size baggies, then add 8 oz. sliced mushrooms and 1/4 cup white wine to each quart size baggie.
- ☐ Slice 2 small red onions.
- ☐ Peel and slice 8 small apples. Toss the sliced red onion and sliced apples in mixing bowl with 2 Tbsp lemon juice.
- ☐ In a small mixing bowl, combine the 4 Tbsp brown sugar, 2 tsp cinnamon, 1 tsp ground nutmeg, 1 tsp ground ginger, and 1 tsp salt. Toss with the apples and red onion slices.

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.

Cranberry-Apple Pork Chops

To each of the disposable 9x13-inch baking trays, add the following ingredients:

- 4 boneless pork chops
- Half of the prepared cranberry-apple sauce over the pork chops

Cover each tray with foil.

Thai Peanut Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the sliced red bell peppers
- Half of the sliced onion
- 1 cup Thai peanut sauce
- 3/4 cup of the canned coconut milk into each bag

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

Slow Cooker Herbed Pork Tenderloin

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the herb mixture

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

Mushroom-Pepper Skillet Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1 quart size baggie with veggies into each bag

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

Baked Cinnamon-Apple Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the cinnamon-apple mixture

Cover with foil or lid, add label and freeze.