

CLEAN EATS PLAN

JANUARY 2017

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1. Turkey Spinach Burgers

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 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

- 1 egg(s)
- 1 lb(s) ground turkey
- 1 cup(s) breadcrumbs
- 1 tsp garlic powder
- 1 x 10 oz. box(es) frozen spinach
- Salt and pepper
- 2 Tbsp canola oil
- 4 whole wheat hamburger buns**
- Side: salad
- 1 gallon-size freezer baggie(s)
- Foil

Cooking Directions for Single Meal

1. Cook and drain the frozen spinach.
2. In a large mixing bowl, combine the ground turkey, egg, breadcrumbs, garlic powder and drained spinach. Mix well and form into 4 flat patties. Season patties with salt and pepper on both sides.
3. In a skillet, heat the oil and brown the patties on both sides, then cook over medium low heat until cooked through, about 10 minutes. You could grill them if you prefer.
4. Prepare the salad.
5. Serve Turkey Spinach Burgers with salad.

Assembly Prep Directions for 2 Meals

Cook and drain 2 boxes of frozen spinach.

In large mixing bowl, combine 2 lbs. ground turkey, 2 cups breadcrumbs, 2 eggs, 2 tsp garlic powder. Combine, then mix in the drained spinach. Evenly divide and form 8 patties.

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

- Half of the prepared patties
- Foil in between patties, if necessary

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 skillet or grill and cooking as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free when burgers are served inside lettuce wrap and use gluten-free bread crumbs.*

2. 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.*

3. Slow Cooker New Brunswick Stew

Yield: 4 servings

Active Time: 15 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

- 4 boneless chicken thighs
- 4 boneless pork chops
- 1 small white onion(s)
- 1 tsp minced garlic
- 1 cup(s) BBQ sauce
- 1 x 15 oz. can(s) crushed tomatoes
- 1 x 15 oz. can(s) corn
- 1 x 15 oz. can(s) lima or butter beans
- 2 cup(s) chicken stock
- Salt and pepper
- Side: salad**
- Side: dinner rolls**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of crushed tomatoes, corn and lima or butter beans. Drain the corn and beans.
2. Chop the onion.
3. To the slow cooker, add the chicken thighs, pork chops, chopped onion, minced garlic, BBQ sauce, crushed tomatoes, corn, beans and chicken stock. Add a little salt and pepper. Set on low and cook for 8 hours.
4. Once finished cooking, use 2 forks and shred the chicken and pork chops into the stew.
5. Prepare the salad.
6. Warm the dinner rolls.
7. Serve Slow Cooker New Brunswick Stew with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 onions.

Open 2 cans of crushed tomatoes. Open and drain 2 cans of corn and 2 cans of lima or butter beans.

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

- 4 chicken thighs
- 4 pork chops
- Half of the chopped onion
- 1 tsp minced garlic
- 1 cup BBQ sauce
- 1 - 15 oz. can crushed tomatoes
- 1 - 15 oz. can corn
- 1 - 15 oz. can lima or butter beans
- 2 cups chicken stock
- 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 all of the contents of the baggie into slow cooker and cooking on low for 8 hours.

Special Notes: If the chicken stock doesn't fit into your baggie, add a note to the label to include it 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 served with gluten-free sides.

4. Asian Flank Steak

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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

- 1 1/2 lb(s) flank steak
- 1/2 cup(s) canola oil
- 1/4 cup(s) soy sauce
- 1/4 cup(s) rice wine vinegar
- 2 Tbsp honey
- 2 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp ground ginger
- Salt and pepper
- Garnish: sesame seeds**
- Side: rice**
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the canola oil, soy sauce, rice wine vinegar, honey, minced onion, minced garlic, ground ginger and a few pinches of salt and pepper.
2. Place the flank steak in baking dish and pour the marinade over the top. Cover with plastic wrap and marinate in the fridge overnight, ideally.
3. Cook the rice, as directed.
4. Heat a large skillet or grill pan on the stovetop, then sear both sides of the flank steak for 30 seconds each side. Pour a little of the marinade on top, then flip and pour a little more over the other side. Sear-saute for 1 to 2 more minutes per side, until cooked to your liking.
5. Let rest for a few minutes, then slice against the grain and garnish with sesame seeds.
6. Prepare the salad.
7. Serve Asian Flank Steak with rice and salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 1 cup canola oil, 1/2 cup soy sauce, 1/2 cup rice wine vinegar, 4 Tbsp honey, 4 Tbsp minced onion, 2 tsp minced garlic, 2 tsp ground ginger and a few pinches of salt and pepper.

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

- 1 1/2 lb. flank steak
- Half of the prepared marinade

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 or grill pan and searing as directed.*

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

Gluten-Free Modifications: *Use gluten-free soy sauce for gluten-free meal.*

5. Mediterranean Salmon

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 15 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

- 1 lb(s) salmon fillet
- Salt and pepper
- 1 pint cherry tomatoes
- 1 x 6 oz. can(s) sliced black olives
- 2 Tbsp capers
- 1 tsp dried oregano
- Side: salad**
- Side: rice**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook rice, as directed.
2. Preheat oven to 400 F.
3. Halve the cherry tomatoes. Open and drain the can of black olives.
4. Cut salmon fillet into 4 pieces. Place in small baking dish and season with salt and pepper. Add the halved cherry tomatoes, sliced black olives, capers and oregano over and around the salmon.
5. Bake in the preheated oven for 15 to 20 minutes, or until salmon is no longer pink in the middle.
6. Prepare the salad.
7. Serve Mediterranean Salmon with side of rice and salad.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of salmon fillet into 8 pieces.

Halve 2 pints of cherry tomatoes.

Open and drain 2 cans of black olives.

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

- 4 salmon pieces
- Salt and pepper
- Half of the halved cherry tomatoes
- 1 - 6 oz. can sliced black olives
- 2 Tbsp capers
- 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 the salmon and toppings to baking dish. Bake at 400 F for 15 to 20 minutes.*

Special Notes: *Serve with cauliflower 'rice' for Paleo/Whole30 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.*

Complete Shopping List by Recipe

1. Turkey Spinach Burgers

- 2 egg(s)
- 2 lb(s) ground turkey
- 2 cup(s) breadcrumbs
- 2 tsp garlic powder
- 2x10 oz. box(es) frozen spinach
- Salt and pepper
- 4 Tbsp canola oil
- 8 whole wheat hamburger buns
- salad
- 2 gallon-size freezer baggie(s)
- Foil

3. Slow Cooker New Brunswick Stew

- 8 boneless chicken thighs
- 8 boneless pork chops
- 2 small white onion(s)
- 2 tsp minced garlic
- 2 cup(s) BBQ sauce
- 2x15 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) lima or butter beans
- 4 cup(s) chicken stock
- Salt and pepper
- salad
- dinner rolls
- 2 gallon-size freezer baggie(s)

5. Mediterranean Salmon

- 2 lb(s) salmon fillet
- Salt and pepper
- 2 pint cherry tomatoes
- 2x6 oz. can(s) sliced black olives
- 4 Tbsp capers
- 2 tsp dried oregano
- salad
- rice
- 2 gallon-size freezer baggie(s)

2. 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

4. Asian Flank Steak

- 3 lb(s) flank steak
- 1 cup(s) canola oil
- 1/2 cup(s) soy sauce
- 1/2 cup(s) rice wine vinegar
- 4 Tbsp honey
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp ground ginger
- Salt and pepper
- sesame seeds
- rice
- salad
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) ground turkey
- 16 boneless pork chops
- 8 boneless chicken thighs
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 2x15 oz. can(s) whole cranberries
- Side:** rice
- 2x15 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) lima or butter beans
- 4 cup(s) chicken stock
- 2x6 oz. can(s) sliced black olives
- 4 Tbsp capers

Sauces/Condiments

- 4 Tbsp canola oil
- 4 Tbsp spicy mustard
- 2 cup(s) BBQ sauce
- 1 cup(s) canola oil
- 1 cup(s) soy sauce
- 1 cup(s) rice wine vinegar
- 4 Tbsp honey

Dairy/Frozen

- 2 egg(s)
- 2x10 oz. box(es) frozen spinach

Produce

- Side:** salad
- 4 small Granny Smith apple(s)
- Side:** veggies
- 2 small white onion(s)
- 2 pint cherry tomatoes

Starchy Sides

- 8 whole wheat hamburger buns
- Side:** dinner rolls

Spices

- 2 tsp garlic powder
- Salt and pepper
- 1 tsp cinnamon
- 4 tsp minced garlic
- 4 Tbsp minced onion
- 2 tsp ground ginger
- Garnish:** sesame seeds
- 2 tsp dried oregano

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Foil
- Side:** 2 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. Turkey Spinach Burgers

- 2 egg(s)
- 2 lb(s) ground turkey
- 2 cup(s) breadcrumbs
- 2 tsp garlic powder
- 2x10 oz. box(es) frozen spinach
- Salt and pepper
- 4 Tbsp canola oil
- 2 gallon-size freezer baggie(s)
- Foil

3. Slow Cooker New Brunswick Stew

- 8 boneless chicken thighs
- 8 boneless pork chops
- 2 small white onion(s)
- 2 tsp minced garlic
- 2 cup(s) BBQ sauce
- 2x15 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) lima or butter beans
- 4 cup(s) chicken stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Mediterranean Salmon

- 2 lb(s) salmon fillet
- Salt and pepper
- 2 pint cherry tomatoes
- 2x6 oz. can(s) sliced black olives
- 4 Tbsp capers
- 2 tsp dried oregano
- 2 gallon-size freezer baggie(s)

2. 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

4. Asian Flank Steak

- 3 lb(s) flank steak
- 1 cup(s) canola oil
- 1/2 cup(s) soy sauce
- 1/2 cup(s) rice wine vinegar
- 4 Tbsp honey
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp ground ginger
- 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

- 2 lb(s) ground turkey
- 16 boneless pork chops
- 8 boneless chicken thighs
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 2x15 oz. can(s) whole cranberries
- 2x15 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) lima or butter beans
- 4 cup(s) chicken stock
- 2x6 oz. can(s) sliced black olives
- 4 Tbsp capers

Spices

- 2 tsp garlic powder
- Salt and pepper
- 1 tsp cinnamon
- 4 tsp minced garlic
- 4 Tbsp minced onion
- 2 tsp ground ginger
- 2 tsp dried oregano

Supplies

- 8x gallon-size freezer baggie(s)
- Foil
- 2x 9x13 disposable foil tray

Produce

- salad
- 4 small Granny Smith apple(s)
- 2 small white onion(s)
- 2 pint cherry tomatoes

Sauces/Condiments

- 4 Tbsp canola oil
- 4 Tbsp spicy mustard
- 2 cup(s) BBQ sauce
- 1 cup(s) canola oil
- 1 cup(s) soy sauce
- 1 cup(s) rice wine vinegar
- 4 Tbsp honey

Dairy/Frozen

- 2 egg(s)
- 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

- Cook and drain 2 boxes of frozen spinach.
- In large mixing bowl, combine 2 lbs. ground turkey, 2 cups breadcrumbs, 2 eggs, 2 tsp garlic powder. Combine, then mix in the drained spinach. Evenly divide and form 8 patties.
- 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.
- Chop 2 onions.
- Open 2 cans of crushed tomatoes. Open and drain 2 cans of corn and 2 cans of lima or butter beans.
- In a large mixing bowl, whisk together 1 cup canola oil, 1/2 cup soy sauce, 1/2 cup rice wine vinegar, 4 Tbsp honey, 4 Tbsp minced onion, 2 tsp minced garlic, 2 tsp ground ginger and a few pinches of salt and pepper.
- Cut 2 lbs. of salmon fillet into 8 pieces.
- Halve 2 pints of cherry tomatoes.
- Open and drain 2 cans of black olives.

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.

Turkey Spinach Burgers

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

- Half of the prepared patties
- Foil in between patties, if necessary

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.

Slow Cooker New Brunswick Stew

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

- 4 chicken thighs
- 4 pork chops
- Half of the chopped onion
- 1 tsp minced garlic
- 1 cup BBQ sauce
- 1 - 15 oz. can crushed tomatoes
- 1 - 15 oz. can corn
- 1 - 15 oz. can lima or butter beans
- 2 cups chicken stock
- Salt and pepper

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

Mediterranean Salmon

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

- 4 salmon pieces
- Salt and pepper
- Half of the halved cherry tomatoes
- 1 - 6 oz. can sliced black olives
- 2 Tbsp capers
- 1 tsp dried oregano

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

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.

Asian Flank Steak

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

- 1 1/2 lb. flank steak
- Half of the prepared marinade

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

baggie and freeze.