

GLUTEN FREE MEAL PLAN

JANUARY 2017

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1. Stovetop Chicken Cacciatore

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

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

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

Cooking Directions for Single Meal

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

Assembly Prep Directions for 2 Meals

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

Open 2 cans of crushed tomatoes.

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

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

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

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before adding olive oil to saucepan or Dutch oven and cooking all ingredients together for 15 minutes, or until chicken is cooked through.*

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

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

2. 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.

3. 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.*

4. Buffalo Chicken Chili

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.

****** 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 large boneless chicken breasts
- 2 celery stalk(s)
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 8 oz. can(s) tomato sauce
- 1 cup(s) chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic
- Salt and pepper
- Garnish: blue cheese crumbles**
- Side: salad**
- Side: dinner rolls**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Chop the celery.
3. Open the cans of diced tomatoes and tomato sauce. Open, drain, and rinse the black beans.
4. In a large saucepan, add the diced chicken, chopped celery, black beans, diced tomatoes, tomato sauce, chicken broth, hot sauce, and minced garlic.
5. Bring to bubbling, then reduce heat and cover. Cook for 5 to 10 minutes, or until chicken has cooked through. Season with salt and pepper to taste.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Ladle into serving bowls and add pinch of crumbled blue cheese to each bowl. Add more hot sauce to taste.
9. Serve Buffalo Chicken Chili with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Cut the 4 chicken breasts into bite-size pieces.

Chop 4 celery stalks.

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

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

- Half of the diced chicken
- Half of the chopped celery
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 8 oz. can tomato sauce
- 1 cup chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic

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, or until chicken is cooked through.

Dairy-Free Modifications: Omit the blue cheese garnish for dairy-free meal.

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

5. Top 8 Allergen Free Meatloaf

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 75 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) ground beef
- 1/2 cup(s) coconut flour
- 1/3 cup(s) applesauce
- 1/4 cup(s) ketchup
- 1 small white onion(s)
- 1 Tbsp Italian seasoning
- Salt and pepper
- Garnish: ketchup**
- Side: salad**
- 1 9x5 disposable foil loaf pans
- Foil

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Finely grate the white onion.
3. In a large mixing bowl, combine the ground beef, coconut flour, applesauce, ketchup, 3 Tbsp of the grated onion and juices, the Italian seasoning and a pinch of salt and pepper. Form into loaf and add to 9x5-inch loaf pan.
4. Bake in the preheated oven for 65 minutes. Remove and add ketchup topping and bake for another 10 minutes, or until meatloaf is cooked through.
5. Let cool for 10 minutes before slicing and serving.
6. Prepare the salad.
7. Serve Top 8 Free Meatloaf with salad.

Assembly Prep Directions for 2 Meals

Finely grate 2 small white onions.

In a large mixing bowl, combine 3 lbs. ground beef, 1 cup coconut flour, 2/3 cup applesauce, 1/2 cup ketchup, 6 Tbsp of the grated onion and juices, 2 Tbsp Italian seasoning and a pinch of salt and pepper. Mix well into meatloaf.

To each disposable loaf tray, add the following ingredients:

- Half of the meatloaf mixture into each tray

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.*

Special Notes: *Read ingredient labels closely for complete Top 8 Free recipe.*

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. Stovetop Chicken Cacciatore

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

3. 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)

5. Top 8 Allergen Free Meatloaf

- 3 lb(s) ground beef
- 1 cup(s) coconut flour
- 2/3 cup(s) applesauce
- 1/2 cup(s) ketchup
- 2 small white onion(s)
- 2 Tbsp Italian seasoning
- Salt and pepper
- ketchup

2. 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)

4. Buffalo Chicken Chili

- 4 large boneless chicken breasts
- 4 celery stalk(s)
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 cup(s) chicken broth
- 4 Tbsp red hot pepper sauce
- 2 tsp minced garlic
- Salt and pepper
- blue cheese crumbles
- salad
- dinner rolls
- 2 gallon-size freezer baggie(s)

- salad
- 2 9x5 disposable foil loaf pans
- Foil

Complete Shopping List by Store Section/Category

Meat

- 10 large boneless chicken breasts
- 8 boneless chicken thighs
- 8 boneless pork chops
- 2 lb(s) salmon fillet
- 3 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 4x28 oz. can(s) crushed tomatoes
- Side:** box(es) pasta
- 4x15 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
- Side:** rice
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 cup(s) chicken broth
- 2 cup(s) applesauce

Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) red cooking wine
- 2 cup(s) BBQ sauce
- 4 Tbsp red hot pepper sauce
- 1 cup(s) ketchup
- Garnish:** ketchup

Dairy/Frozen

- Garnish:** blue cheese crumbles

Produce

- 6 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- Side:** salad
- 2 pint cherry tomatoes
- 4 celery stalk(s)
- 1 cup(s) coconut flour

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 4 tsp Italian seasoning
- 4 tsp minced garlic
- 2 tsp dried oregano
- 2 Tbsp Italian seasoning

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x5 disposable foil loaf pans
- Foil

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. Stovetop Chicken Cacciatore

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

3. 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)

5. Top 8 Allergen Free Meatloaf

- 3 lb(s) ground beef
- 1 cup(s) coconut flour
- 2/3 cup(s) applesauce
- 1/2 cup(s) ketchup
- 2 small white onion(s)
- 2 Tbsp Italian seasoning
- Salt and pepper
- 2 9x5 disposable foil loaf pans
- Foil

2. 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)

4. Buffalo Chicken Chili

- 4 large boneless chicken breasts
- 4 celery stalk(s)
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 cup(s) chicken broth
- 4 Tbsp red hot pepper sauce
- 2 tsp minced garlic
- 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

- 10 large boneless chicken breasts
- 8 boneless chicken thighs
- 8 boneless pork chops
- 2 lb(s) salmon fillet
- 3 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 4x28 oz. can(s) crushed tomatoes
- 4x15 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
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 cup(s) chicken broth
- 2 cup(s) applesauce

Spices

- Salt and pepper
- 4 tsp Italian seasoning
- 4 tsp minced garlic
- 2 tsp dried oregano
- 2 Tbsp Italian seasoning

Produce

- 6 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2 pint cherry tomatoes
- 4 celery stalk(s)
- 1 cup(s) coconut flour

Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) red cooking wine
- 2 cup(s) BBQ sauce
- 4 Tbsp red hot pepper sauce
- 1 cup(s) ketchup

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x5 disposable foil loaf pans
- Foil

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

- Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.
- Open 2 cans of crushed tomatoes.
- Chop 2 onions.
- Open 2 cans of crushed tomatoes. Open and drain 2 cans of corn and 2 cans of lima or butter beans.
- Cut 2 lbs. of salmon fillet into 8 pieces.
- Halve 2 pints of cherry tomatoes.
- Open and drain 2 cans of black olives.
- Cut the 4 chicken breasts into bite-size pieces.
- Chop 4 celery stalks.
- Open the 2 cans of diced tomatoes and 2 cans of tomato sauce. Open, drain, and rinse 2 cans of black beans.
- Finely grate 2 small white onions.
- In a large mixing bowl, combine 3 lbs. ground beef, 1 cup coconut flour, 2/3 cup applesauce, 1/2 cup ketchup, 6 Tbsp of the grated onion and juices, 2 Tbsp Italian seasoning and a pinch of salt and pepper. Mix well into meatloaf.

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.

Stovetop Chicken Cacciatore

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

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

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

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 baggie and freeze.

Buffalo Chicken Chili

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

- Half of the diced chicken
- Half of the chopped celery
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 8 oz. can tomato sauce
- 1 cup chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic

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

Top 8 Allergen Free Meatloaf

To each disposable loaf tray, add the following ingredients:

- Half of the meatloaf mixture into each tray

Cover with foil or lid, add label and freeze.