

THE 20 MEALS 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. Baked BBQ Chicken Sandwiches

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

- 2 cup(s) shredded rotisserie chicken
- 1/2 small red onion(s)
- 1 cup(s) BBQ sauce
- 1 cup(s) shredded white cheddar cheese
- 2 Tbsp butter
- 1 tsp minced garlic
- 12 small Hawaiian rolls
- Side: chips**
- Side: Tbsp veggies**
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Place the bottoms of the Hawaiian rolls into a baking dish.
2. Finely chop the red onion.
3. In a small mixing bowl, toss together the rotisserie chicken, red onion and BBQ sauce. Spoon onto the bottoms of the rolls in the baking dish, top with shredded cheese, then add tops of the Hawaiian rolls.
4. Melt the butter and stir into the minced garlic. Brush on top of the sandwiches. Bake in the preheated oven for 8 to 10 minutes, or until cheese has melted.
5. Prepare the veggies.
6. Serve Baked BBQ Chicken Sandwiches with veggies and chips.

Assembly Prep Directions for 2 Meals

Finely chop 1 red onion.

In a small mixing bowl, toss together 4 cups rotisserie chicken, 1 chopped red onion and 2 cups BBQ sauce.

Melt 4 Tbsp butter and stir in 2 tsp minced garlic.

To each disposable tray, add the following ingredients:

- Bottoms of the Hawaiian rolls
- Half of the BBQ Chicken mixture
- 1 cup shredded white cheddar cheese
- Tops of the Hawaiian rolls
- Melted butter and garlic, brushed on top.

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. If baking from partially frozen, please leave foil over the sandwiches and bake as long as needed to defrost and reheat.*

Dairy-Free Modifications: *Omit the shredded cheese for dairy-free sandwiches.*

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for these sandwiches.*

3. Sour Cream Chicken Enchiladas

Yield: 4 servings

Active Time: 15 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

- 1 1/2 cup(s) sour cream
- 1 x 7 oz. can(s) green chiles
- 1/2 cup(s) chicken broth
- 2 cup(s) shredded rotisserie chicken
- 1 tsp garlic powder
- Salt and pepper
- 12 flour tortillas
- 2 cup(s) shredded pepper jack cheese
- Side: veggies**
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open the can of green chilies.
3. In large mixing bowl, combine the sour cream, green chiles and chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.
4. Stir in the rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas. Nestle each enchilada in the prepared baking dish, seam side down. Assemble all the enchiladas into the baking dish (10 to 12 enchiladas should fit cozy in the baking dish).
5. Pour the reserved sour cream sauce over the top. Then top with shredded Pepper Jack cheese.
6. Bake in the preheated oven for 15 to 20 minutes, or until cheese has melted on top.
7. Prepare veggies.
8. Serve Sour Cream Chicken Enchiladas with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans green chilies.

In large mixing bowl, combine 3 cups sour cream, 2 cans green chiles and 1 cup of chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.

Stir in the 4 cups shredded rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas.

To each disposable tray, layer the following ingredients:

- 12 enchiladas, nestled snugly
- Reserved sour cream sauce
- 2 cups shredded Pepper 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 isn't a great dairy-free option for this meal.*

Gluten-Free Modifications: *Use corn tortillas to make this a gluten-free meal.*

4. Italian Wedding 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.

** 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) ground chicken
- 1 cup(s) breadcrumbs
- 2 egg(s)
- 1 tsp Italian seasoning
- 1 Tbsp olive oil
- 2 cup(s) chicken broth
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 10 oz. box(es) frozen spinach
- 1 x 1 cup(s) small shell pasta noodles**
- Salt and pepper
- Garnish: Parmesan cheese**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a mixing bowl, combine the ground chicken, bread crumbs, eggs and Italian seasoning and form into into 3/4 inch-diameter meatballs.
2. In a large saucepan or Dutch oven, add the olive oil and brown the meatballs on all sides. Add the chicken broth plus 2 to 3 cups of water.
3. Open the diced tomatoes. Open the frozen spinach.
4. Stir in the diced tomatoes and frozen spinach, then bring to a rolling boil. Then reduce heat to simmering.
5. Add the pasta noodles and cook about 10 minutes. Remove the soup from heat once pasta is ready, so they don't overcook.
6. Prepare veggies.
7. Serve Italian Wedding Soup with Parmesan cheese garnish and veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, combine 2 lbs. ground chicken, 2 cups bread crumbs, 4 eggs and 2 tsp Italian seasoning and form into into 3/4 inch-diameter meatballs.

In a large skillet, add 2 Tbsp olive oil and brown the meatballs on all sides, until cooked through. Let cool for a few minutes before adding to meal bag.

Open 2 cans of diced tomatoes. Open 2 boxes of frozen spinach.

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

- Half of the browned chicken meatballs
- 2 cups chicken broth
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- Do NOT add the pasta before freezing!

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 add the pasta and cook another 10 minutes.*

Special Notes: *Save time with pre-made and pre-cooked chicken sausage meatballs.*

Dairy-Free Modifications: *Omit the Parmesan cheese garnish for a dairy-free meal.*

Gluten-Free Modifications: *Use gluten-free small shell pasta and gluten-free breadcrumbs for a gluten-free meal.*

5. Apricot Meatballs

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 lb(s) ground beef
- 1 egg(s)
- 1 cup(s) breadcrumbs
- 1 tsp minced onion
- 1 tsp minced garlic
- 1 x 1 cup(s) jar(s) apricot preserves
- 1/2 cup(s) French salad dressing
- Side: rice**
- Side: salad**
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat oven to 375 F.
2. In a large mixing bowl, combine the ground beef, egg, breadcrumbs, minced onion, and minced garlic. Mix well and form into 1-inch meatballs. Place them in a single layer into a baking dish or tray.
3. In a small mixing bowl, combine the apricot preserves and French salad dressing. Pour over the prepared meatballs.
4. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
5. Cook the rice, as directed.
6. Prepare the salad.
7. Serve Apricot Meatballs over rice with salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 2 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 tsp minced onion, and 2 tsp minced garlic. Mix well and form into 1-inch meatballs.

In a small mixing bowl, combine 2 cups apricot preserves and 1 cup French salad dressing.

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- Half of the prepared apricot sauce

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 tray/pan of warm 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 made with gluten-free breadcrumbs.*

6. Black Bean & Sweet Potato 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

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 2 small sweet potatoes
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 15 oz. can(s) black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cup(s) beef broth
- Salt and pepper
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the diced tomatoes. Open, drain and rinse the black beans.
2. Peel and chop the sweet potatoes.
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 sweet potatoes, diced tomatoes, black beans, chili powder, ground cumin, and lime juice and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Black Bean & Sweet Potato Chili 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.

Peel and chop 4 small sweet potatoes.

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

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

- Half of the browned ground beef
- Half of the chopped sweet potatoes
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cups beef broth
- 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 large saucepan or Dutch oven. Bring to bubbling 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. 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.

8. 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.*

9. 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.*

10. 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. 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. Sour Cream Chicken Enchiladas

- 3 cup(s) sour cream
- 2x7 oz. can(s) green chiles
- 1 cup(s) chicken broth
- 4 cup(s) shredded rotisserie chicken
- 2 tsp garlic powder
- Salt and pepper
- 24 flour tortillas
- 4 cup(s) shredded pepper jack cheese
- veggies
- 2 9x13 disposable foil tray

5. Apricot Meatballs

- 2 lb(s) ground beef
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 tsp minced onion
- 2 tsp minced garlic
- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- rice
- salad

2. Baked BBQ Chicken Sandwiches

- 4 cup(s) shredded rotisserie chicken
- 1 small red onion(s)
- 2 cup(s) BBQ sauce
- 2 cup(s) shredded white cheddar cheese
- 4 Tbsp butter
- 2 tsp minced garlic
- 24 small Hawaiian rolls
- chips
- Tbsp veggies
- 2 9x13 disposable foil tray

4. Italian Wedding Soup

- 2 lb(s) ground chicken
- 2 cup(s) breadcrumbs
- 4 egg(s)
- 2 tsp Italian seasoning
- 2 Tbsp olive oil
- 4 cup(s) chicken broth
- 2x15 oz. can(s) diced tomatoes
- 2x10 oz. box(es) frozen spinach
- 2x1 cup(s) small shell pasta noodles
- Salt and pepper
- Parmesan cheese
- veggies
- 2 gallon-size freezer baggie(s)

6. Black Bean & Sweet Potato Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 small sweet potatoes
- 2x15 oz. can(s) diced tomatoes
- 2x15 oz. can(s) black beans
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 4 Tbsp lime juice

- 2 9x13 disposable foil tray

7. 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)

9. 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 cup(s) beef broth
- Salt and pepper
- salad
- 2 gallon-size freezer baggie(s)

8. 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)

10. 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)

Complete Shopping List by Store Section/Category

Meat

- 6 large boneless chicken breasts
- 8 cup(s) shredded rotisserie chicken
- 2 lb(s) ground chicken
- 4 lb(s) ground beef
- 8 boneless chicken thighs
- 16 boneless pork chops
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 4x28 oz. can(s) crushed tomatoes
- Side:** box(es) pasta
- 2x7 oz. can(s) green chiles
- 5 cup(s) chicken broth
- 4 cup(s) breadcrumbs
- 4x15 oz. can(s) diced tomatoes
- 2x1 cup(s) small shell pasta noodles
- Side:** rice
- 2x15 oz. can(s) black beans
- 4 cup(s) beef broth
- 4x15 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) lima or butter beans
- 4 cup(s) chicken stock
- 2x15 oz. can(s) light coconut milk
- 2x6 oz. can(s) sliced black olives
- 4 Tbsp capers

Sauces/Condiments

- 4 Tbsp olive oil
- 1 cup(s) red cooking wine
- 4 cup(s) BBQ sauce
- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- 1 cup(s) canola oil

Produce

- 6 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- Side:** salad
- 1 small red onion(s)
- Side:** Tbsp veggies
- Side:** veggies
- 4 small sweet potatoes
- 4 Tbsp lime juice
- Garnish:** chopped cilantro
- 2 pint cherry tomatoes

Starchy Sides

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

Spices

- Salt and pepper
- 6 tsp Italian seasoning
- 8 tsp minced garlic
- 4 tsp garlic powder
- 2 tsp minced onion
- 6 Tbsp minced onion

- 1 cup(s) soy sauce
- 1 cup(s) rice wine vinegar
- 4 Tbsp honey
- 2 Tbsp canola oil
- 2 cup(s) Thai peanut sauce

Dairy/Frozen

- 2 cup(s) shredded white cheddar cheese
- 4 Tbsp butter
- 3 cup(s) sour cream
- 4 cup(s) shredded pepper jack cheese
- 6 egg(s)
- 2x10 oz. box(es) frozen spinach
- Side:** Parmesan cheese

- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp ground ginger
- Garnish:** sesame seeds
- 2 tsp dried oregano

Supplies

- Side:** 14 gallon-size freezer baggie(s)
- 24 small Hawaiian rolls
- Side:** 6 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. 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. Sour Cream Chicken Enchiladas

- 3 cup(s) sour cream
- 2x7 oz. can(s) green chiles
- 1 cup(s) chicken broth
- 4 cup(s) shredded rotisserie chicken
- 2 tsp garlic powder
- Salt and pepper
- 24 flour tortillas
- 4 cup(s) shredded pepper jack cheese
- 2 9x13 disposable foil tray

5. Apricot Meatballs

- 2 lb(s) ground beef
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 tsp minced onion
- 2 tsp minced garlic
- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- 2 9x13 disposable foil tray

2. Baked BBQ Chicken Sandwiches

- 4 cup(s) shredded rotisserie chicken
- 1 small red onion(s)
- 2 cup(s) BBQ sauce
- 2 cup(s) shredded white cheddar cheese
- 4 Tbsp butter
- 2 tsp minced garlic
- 24 small Hawaiian rolls
- 2 9x13 disposable foil tray

4. Italian Wedding Soup

- 2 lb(s) ground chicken
- 2 cup(s) breadcrumbs
- 4 egg(s)
- 2 tsp Italian seasoning
- 2 Tbsp olive oil
- 4 cup(s) chicken broth
- 2x15 oz. can(s) diced tomatoes
- 2x10 oz. box(es) frozen spinach
- Salt and pepper
- 2 gallon-size freezer baggie(s)

6. Black Bean & Sweet Potato Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 small sweet potatoes
- 2x15 oz. can(s) diced tomatoes
- 2x15 oz. can(s) black beans
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 4 Tbsp lime juice
- 4 cup(s) beef broth
- Salt and pepper

- 2 gallon-size freezer baggie(s)

7. 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)

9. 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)

8. 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)

10. 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)

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

- 6 large boneless chicken breasts
- 8 cup(s) shredded rotisserie chicken
- 2 lb(s) ground chicken
- 4 lb(s) ground beef
- 8 boneless chicken thighs
- 16 boneless pork chops
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 4x28 oz. can(s) crushed tomatoes
- 2x7 oz. can(s) green chiles
- 5 cup(s) chicken broth
- 4 cup(s) breadcrumbs
- 4x15 oz. can(s) diced tomatoes
- 2x15 oz. can(s) black beans
- 4 cup(s) beef broth
- 4x15 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) lima or butter beans
- 4 cup(s) chicken stock
- 2x15 oz. can(s) light coconut milk
- 2x6 oz. can(s) sliced black olives
- 4 Tbsp capers

Sauces/Condiments

- 4 Tbsp olive oil
- 1 cup(s) red cooking wine
- 4 cup(s) BBQ sauce
- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- 1 cup(s) canola oil
- 1 cup(s) soy sauce
- 1 cup(s) rice wine vinegar
- 4 Tbsp honey

Produce

- 6 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- 1 small red onion(s)
- 4 small sweet potatoes
- 4 Tbsp lime juice
- 2 pint cherry tomatoes

Starchy Sides

- 24 flour tortillas

Spices

- Salt and pepper
- 6 tsp Italian seasoning
- 8 tsp minced garlic
- 4 tsp garlic powder
- 2 tsp minced onion
- 6 Tbsp minced onion
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp ground ginger

- 2 Tbsp canola oil
- 2 cup(s) Thai peanut sauce

Dairy/Frozen

- 2 cup(s) shredded white cheddar cheese
- 4 Tbsp butter
- 3 cup(s) sour cream
- 4 cup(s) shredded pepper jack cheese
- 6 egg(s)
- 2x10 oz. box(es) frozen spinach

- 2 tsp dried oregano

Supplies

- 14x gallon-size freezer baggie(s)
- 24 small Hawaiian rolls
- 6x 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

- Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.
- Open 2 cans of crushed tomatoes.
- Finely chop 1 red onion.
- In a small mixing bowl, toss together 4 cups rotisserie chicken, 1 chopped red onion and 2 cups BBQ sauce.
- Melt 4 Tbsp butter and stir in 2 tsp minced garlic.
- Open 2 cans green chilies.
- In large mixing bowl, combine 3 cups sour cream, 2 cans green chiles and 1 cup of chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.
- Stir in the 4 cups shredded rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas.
- In a mixing bowl, combine 2 lbs. ground chicken, 2 cups bread crumbs, 4 eggs and 2 tsp Italian seasoning and form into into 3/4 inch-diameter meatballs.
- In a large skillet, add 2 Tbsp olive oil and brown the meatballs on all sides, until cooked through. Let cool for a few minutes before adding to meal bag.
- Open 2 cans of diced tomatoes. Open 2 boxes of frozen spinach.
- In a large mixing bowl, combine 2 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 tsp minced onion, and 2 tsp minced garlic. Mix well and form into 1-inch meatballs.
- In a small mixing bowl, combine 2 cups apricot preserves and 1 cup French salad dressing.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and chop 4 small sweet potatoes.
- Open 2 cans of diced tomatoes. Open, drain and rinse 2 cans of black beans.
- 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.
- Slice 2 onions.
- Seed and dice 2 red bell peppers.
- Open 1 can of coconut milk.
- 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.

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.

Sour Cream Chicken Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas, nestled snugly
- Reserved sour cream sauce
- 2 cups shredded Pepper Jack cheese

Cover with foil or lid, add label and freeze.

Apricot Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- Half of the prepared apricot sauce

Cover with foil or lid, add label and freeze.

Baked BBQ Chicken Sandwiches

To each disposable tray, add the following ingredients:

- Bottoms of the Hawaiian rolls
- Half of the BBQ Chicken mixture
- 1 cup shredded white cheddar cheese
- Tops of the Hawaiian rolls
- Melted butter and garlic, brushed on top.

Cover with foil or lid, add label and freeze.

Italian Wedding Soup

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

- Half of the browned chicken meatballs
- 2 cups chicken broth
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- Do NOT add the pasta before freezing!

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

Black Bean & Sweet Potato Chili

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

- Half of the browned ground beef
- Half of the chopped sweet potatoes
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cups beef broth
- Salt and pepper

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.

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.

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.

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.