

ALL CHICKEN MEALS PLAN

FEBRUARY 20217

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1. Grilled Mango Chicken Lettuce Wraps

Yield: 4 servings

Active Time: 15 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 1/2 lb(s) boneless chicken thighs
- 1 cup(s) spicy mango marinade
- 2 mango(s)**
- 1 celery stalk(s)**
- 2 tsp garlic cloves **
- Salt and pepper
- 8 large lettuce leaves**
- Side: veggies**
- Side: rice**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. *Marinate the chicken thighs in 1 cup of the spicy mango marinade and 2 tsp minced garlic for at least 30 minutes in the refrigerator.
2. Dice the mango and chop the celery. Toss the mango and celery together in a mixing bowl. Season with salt and pepper.
3. Grill the marinated chicken for 6 to 8 minutes per side, or until they are cooked through. Dice the grilled chicken and toss with the mango mixture and remaining ¼ cup of Spicy Mango Marinade.
4. Cook rice, as directed.
5. Prepare veggies.
6. Serve Grilled Mango Chicken Lettuce Wraps with veggie and rice.

Assembly Prep Directions for 2 Meals

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

- 1 1/2 lbs. chicken thighs
- 1 cup spicy mango marinade
- 2 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 to the grill and grilling as directed.

Special Notes: Alternative freezing option: Cut up the raw chicken and toss with sauce, fresh mango, celery, and garlic. Freeze together, then thaw and saute the ingredients together in skillet before assembling lettuce wraps.

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. Apple Butter Glazed Chicken

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 50 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 small boneless chicken breasts
- Salt and pepper
- 1 cup(s) apple butter
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder
- 1 tsp ground cumin
- Side: salad**
- Side: rice**
- 1 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. In a small mixing bowl, whisk together the apple butter, garlic powder, onion powder, chili powder and ground cumin.
3. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Pour the apple butter mixture over the top, evenly coating the chicken breasts.
4. Bake in the preheated oven for 45 to 50 minutes, or until chicken is cooked through. Season with salt and pepper to taste.
5. Cook the rice, as directed.
6. Prepare the salad.
7. Serve Apple Butter Glazed Chicken with rice and salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 2 cups of apple butter, 2 tsp garlic powder, 2 tsp onion powder, 2 tsp chili powder and 2 tsp ground cumin.

To each disposable tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the prepared apple butter glaze

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.*

3. Slow Cooker Pineapple Chicken

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

- 4 small boneless chicken breasts
- 3/4 cup(s) chicken stock
- 1/4 cup(s) brown sugar
- 3 Tbsp soy sauce
- 1 tsp minced garlic
- 1 x 20 oz. can(s) pineapple chunks
- Salt and pepper
- 1 Tbsp cornstarch**
- Garnish: sesame seeds**
- Side: rice**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Drain the pineapple juice into a small bowl. Set the drained can of pineapple to the side. Add the chicken stock, brown sugar, soy sauce and minced garlic to the bowl with the pineapple juice.
2. Place the chicken breasts in the base of the slow cooker and pour the pineapple chunks around the chicken. Season with salt and pepper. Pour the pineapple-soy sauce mixture over the top.
3. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, swirl the cornstarch with a few Tbsp of water and stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Cook the rice as directed.
5. Prepare veggies.
6. Serve Slow Cooker Pineapple Chicken with sesame seed garnish over rice with veggies.

Assembly Prep Directions for 2 Meals

Drain and reserve the pineapple juice from 2 cans of pineapple chunks in small bowl. To the pineapple juice, add 1 1/2 cups chicken stock, 1/2 cup brown sugar, 6 Tbsp soy sauce and 2 tsp minced garlic.

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

- 4 boneless chicken breasts
- Half of the drained pineapple chunks
- Half of the prepared sauce
- Do NOT add the cornstarch 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 to the slow cooker and cooking on low for 8 hours. Thicken with cornstarch at the end of the cooking cycle as directed.

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

Gluten-Free Modifications: Recipe is gluten-free if you use gluten-free soy sauce.

4. Chicken Fajita Nachos

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

- 2 cup(s) rotisserie chicken(s)
- 1 Tbsp canola oil
- 1 red bell pepper(s)
- 1 green bell pepper(s)
- 1 small white onion(s)
- 1 Tbsp lime juice
- 1 Tbsp taco seasoning
- 1 bag(s) corn tortilla chips**
- 2 cup(s) shredded Monterey Jack cheese**
- Garnish: guacamole**
- Side: fruit**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Seed and slice the bell peppers. Slice the onion.
3. In a large skillet, heat the canola oil and saute the bell peppers and onions with the lime juice for 3 to 4 minutes. Move the onions and bell peppers to large mixing bowl and toss with the rotisserie chicken and taco seasoning.
4. Add the tortilla chips to large rimmed baking sheet or large baking dish. Top with the chicken and peppers mixture, then top with cheese.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted and is bubbly.
6. Prepare fruit.
7. Serve Chicken Fajita Nachos with guacamole garnish and fruit.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers and 2 green bell peppers.

Slice 2 white onions.

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

- 2 cups rotisserie chicken
- Half of the sliced bell peppers
- Half of the sliced onion
- 2 Tbsp lime juice
- 1 Tbsp taco seasoning

Remove as much air as possible and seal. Add label to baggie 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 skillet and sauteing the chicken and bell peppers combo for 4 to 5 minutes, then assembling and baking nachos.*

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

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

5. Baked Chicken Piccata

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

- 8 bone-in chicken thighs
- 3 Tbsp melted butter
- Salt and pepper
- 4 lemon(s)
- 1/4 cup(s) capers
- 1 tsp minced garlic
- 1/2 cup(s) chicken stock
- 1/4 cup(s) lemon juice
- 1/4 cup(s) white cooking wine
- Side: rice**
- Side: salad**
- 1 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Place the chicken thighs into baking dish. Brush with melted butter and season with salt and pepper.
2. Slice the lemons. Arrange lemon slices, capers and minced garlic over the chicken thighs.
3. Pour the chicken stock, lemon juice, and white cooking wine into the baking dish, but not on top of the chicken. Bake in the preheated oven for 30 to 35 minutes, or until chicken is cooked through.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Baked Chicken Picatta with rice and salad.

Assembly Prep Directions for 2 Meals

Slice 8 lemons.

Melt 6 Tbsp butter.

To each disposable tray, add the following ingredients:

- 8 bone-in chicken thighs
- Half of the melted butter
- Salt and pepper
- Half of the sliced lemons
- 1/4 cup capers
- 1 tsp minced garlic
- 1/2 cup chicken stock
- 1/4 cup lemon juice
- 1/4 cup white cooking wine

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 dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Brush chicken with olive oil or dairy-free margarine for dairy-free meal.*

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

Complete Shopping List by Recipe

1. Grilled Mango Chicken Lettuce Wraps

- 3 lb(s) boneless chicken thighs
- 2 cup(s) spicy mango marinade
- 4 mango(s)
- 2 celery stalk(s)
- 4 tsp garlic cloves
- Salt and pepper
- 16 large lettuce leaves
- veggies
- rice
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Pineapple Chicken

- 8 small boneless chicken breasts
- 1 1/2 cup(s) chicken stock
- 1/2 cup(s) brown sugar
- 6 Tbsp soy sauce
- 2 tsp minced garlic
- 2x20 oz. can(s) pineapple chunks
- Salt and pepper
- 2 Tbsp cornstarch
- sesame seeds
- rice
- veggies
- 2 gallon-size freezer baggie(s)

5. Baked Chicken Piccata

- 16 bone-in chicken thighs
- 6 Tbsp melted butter
- Salt and pepper
- 8 lemon(s)
- 1/2 cup(s) capers
- 2 tsp minced garlic
- 1 cup(s) chicken stock
- 1/2 cup(s) lemon juice
- 1/2 cup(s) white cooking wine
- rice
- salad
- 2 9x13 disposable foil tray(s)

2. Apple Butter Glazed Chicken

- 8 small boneless chicken breasts
- Salt and pepper
- 2 cup(s) apple butter
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp chili powder
- 2 tsp ground cumin
- salad
- rice
- 2 9x13 disposable foil tray(s)

4. Chicken Fajita Nachos

- 4 cup(s) rotisserie chicken(s)
- 2 Tbsp canola oil
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 Tbsp lime juice
- 2 Tbsp taco seasoning
- 1 bag(s) corn tortilla chips
- 4 cup(s) shredded Monterey Jack cheese
- guacamole
- fruit
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 3 lb(s) boneless chicken thighs
- 16 small boneless chicken breasts
- 4 cup(s) rotisserie chicken(s)
- 16 bone-in chicken thighs

Pantry Staples - Canned, Boxed

- Side:** rice
- 2 cup(s) chicken stock
- 2x20 oz. can(s) pineapple chunks
- 1 cup(s) capers

Sauces/Condiments

- 2 cup(s) spicy mango marinade
- 2 cup(s) apple butter
- 6 Tbsp soy sauce
- 2 Tbsp canola oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- 4 cup(s) shredded Monterey Jack cheese
- 6 Tbsp melted butter

Produce

- 4 mango(s)
- 2 celery stalk(s)
- 16 large lettuce leaves
- Side:** veggies
- Side:** salad
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 Tbsp lime juice
- Side:** guacamole
- Side:** fruit
- 8 lemon(s)
- 1 cup(s) lemon juice

Starchy Sides

- Side:** 1 bag(s) corn tortilla chips

Spices

- 4 tsp garlic cloves
- Salt and pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 cup(s) brown sugar
- 4 tsp minced garlic
- 2 Tbsp cornstarch
- Garnish:** sesame seeds
- 2 Tbsp taco seasoning

Supplies

- Side:** 6 gallon-size freezer baggie(s)
- Side:** 4 9x13 disposable foil tray(s)

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. Grilled Mango Chicken Lettuce Wraps

- 3 lb(s) boneless chicken thighs
- 2 cup(s) spicy mango marinade
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Apple Butter Glazed Chicken

- 8 small boneless chicken breasts
- Salt and pepper
- 2 cup(s) apple butter
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 9x13 disposable foil tray(s)

3. Slow Cooker Pineapple Chicken

- 8 small boneless chicken breasts
- 1 1/2 cup(s) chicken stock
- 1/2 cup(s) brown sugar
- 6 Tbsp soy sauce
- 2 tsp minced garlic
- 2x20 oz. can(s) pineapple chunks
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Chicken Fajita Nachos

- 4 cup(s) rotisserie chicken(s)
- 2 Tbsp canola oil
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 Tbsp lime juice
- 2 Tbsp taco seasoning
- 2 gallon-size freezer baggie(s)

5. Baked Chicken Piccata

- 16 bone-in chicken thighs
- 6 Tbsp melted butter
- Salt and pepper
- 8 lemon(s)
- 1/2 cup(s) capers
- 2 tsp minced garlic
- 1 cup(s) chicken stock
- 1/2 cup(s) lemon juice
- 1/2 cup(s) white cooking wine
- 2 9x13 disposable foil tray(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

- 3 lb(s) boneless chicken thighs
- 16 small boneless chicken breasts
- 4 cup(s) rotisserie chicken(s)
- 16 bone-in chicken thighs

Pantry Staples - Canned, Boxed

- 2 cup(s) chicken stock
- 2x20 oz. can(s) pineapple chunks
- 1 cup(s) capers

Spices

- Salt and pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 cup(s) brown sugar
- 4 tsp minced garlic
- 2 Tbsp taco seasoning

Supplies

- 6x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(s)

Produce

- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 Tbsp lime juice
- 8 lemon(s)
- 1 cup(s) lemon juice

Sauces/Condiments

- 2 cup(s) spicy mango marinade
- 2 cup(s) apple butter
- 6 Tbsp soy sauce
- 2 Tbsp canola oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- 6 Tbsp melted butter

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

-
- In a small mixing bowl, whisk together 2 cups of apple butter, 2 tsp garlic powder, 2 tsp onion powder, 2 tsp chili powder and 2 tsp ground cumin.
- Drain and reserve the pineapple juice from 2 cans of pineapple chunks in small bowl. To the pineapple juice, add 1 1/2 cups chicken stock, 1/2 cup brown sugar, 6 Tbsp soy sauce and 2 tsp minced garlic.
- Seed and slice 2 red bell peppers and 2 green bell peppers.
- Slice 2 white onions.
- Slice 8 lemons.
- Melt 6 Tbsp butter.

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.

Grilled Mango Chicken Lettuce Wraps

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

- 1 1/2 lbs. chicken thighs
- 1 cup spicy mango marinade
- 2 tsp minced garlic

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

Slow Cooker Pineapple Chicken

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

- 4 boneless chicken breasts
- Half of the drained pineapple chunks
- Half of the prepared sauce
- Do NOT add the cornstarch before freezing

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

Baked Chicken Piccata

To each disposable tray, add the following ingredients:

- 8 bone-in chicken thighs
- Half of the melted butter
- Salt and pepper
- Half of the sliced lemons
- 1/4 cup capers
- 1 tsp minced garlic
- 1/2 cup chicken stock
- 1/4 cup lemon juice
- 1/4 cup white cooking wine

Cover with foil or lid, add label and freeze.

Apple Butter Glazed Chicken

To each disposable tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the prepared apple butter glaze

Cover with foil or lid, add label and freeze.

Chicken Fajita Nachos

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

- 2 cups rotisserie chicken
- Half of the sliced bell peppers
- Half of the sliced onion
- 2 Tbsp lime juice
- 1 Tbsp taco seasoning

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