

CLEAN EATS MEAL PLAN

FEBRUARY 2017

Table of Contents

Recipes

1. Tuscan Vegetable Soup
2. Apple Butter Glazed Chicken
3. Slow Cooker Plum Pork Tenderloin
4. Baked Chicken Piccata
5. Slow Cooker Beef Ragu

Shopping Lists

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

- Assembly Prep Instructions
- Meal Assembly Instructions

1. Tuscan Vegetable 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 Tbsp olive oil
- 1 small white onion(s)
- 4 whole carrots
- 1 small zucchini
- 1 tsp minced garlic
- 1 x 15 oz. can(s) Cannellini beans
- 1 x 15 oz. can(s) red kidney beans
- 4 cup(s) vegetable stock
- 1 x 10 oz. box(es) frozen spinach
- 1 tsp dried basil
- 1 tsp dried thyme
- Salt and pepper
- Garnish: shredded Parmesan cheese**
- Side: loaf bread**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the white onion. Peel and chop the carrots. Dice the zucchini.
2. Open and drain the cans of beans.
3. Thaw the frozen spinach.
4. In a large saucepan, heat the olive oil and saute the chopped onion and carrots. Mix in the diced zucchini, minced garlic and then pour in both cans of beans and the vegetable stock. Bring to bubbling, then reduce heat and stir in the spinach, basil and thyme. Let simmer for 15 minutes. Season with salt and pepper to taste.
5. Warm the loaf bread.
6. Serve Tuscan Vegetable Soup with warm loaf bread and butter.

Assembly Prep Directions for 2 Meals

Partially thaw 2 boxes of frozen spinach.

Chop 2 white onions. Peel and chop 8 whole carrots. Dice 2 zucchini.

Open and drain 2 cans of red kidney beans and the 2 cans of cannellini beans.

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

- Half of the chopped onion
- Half of the chopped carrots
- Half of the diced zucchini
- 1 tsp minced garlic
- 1 - 15 oz. can cannellini beans, drained
- 1 - 15 oz. can red kidney beans, drained
- 4 cups vegetable stock
- 1 - 10 oz. box frozen spinach
- 1 tsp dried basil
- 1 tsp dried thyme

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.

Special Notes: You could leave the frozen spinach in its box and add a note to your label to add it at the time of cooking.

Dairy-Free Modifications: Recipe is dairy-free when served without the Parmesan cheese garnish.

Gluten-Free Modifications: Recipe is gluten-free when

served with gluten-free sides like rice or roasted potatoes.

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 Plum Pork Tenderloin

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

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

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

Ingredients for Single Meal

- 2 lb(s) pork tenderloin
- Salt and pepper
- 1 x 9 oz. jar(s) plum sauce
- 1 tsp cinnamon
- 1 tsp ground allspice
- 2 plums
- Side: salad**
- Side: rice**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the plums into small wedges.
2. Place the pork tenderloin into the base of the slow cooker. Season with salt and pepper. Pour the plum sauce over the top and then sprinkle the cinnamon and allspice over the plum sauce. Add the plum slices with 1/2 to 1 cup of water.
3. Set the slow cooker on low and cook for 8 hours.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Plum Pork Tenderloin over rice with side salad.

Assembly Prep Directions for 2 Meals

Seed and slice 4 plums into small wedges.

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

- 2 lb. pork tenderloin
- Salt and pepper
- 1 - 9 oz. jar plum sauce
- 1 tsp cinnamon
- 1 tsp ground allspice
- Half of the plum wedges

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, adding 1/2 to 1 cup of water and cooking on low for 8 hours.*

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. 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.

5. Slow Cooker Beef Ragu

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

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

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

Ingredients for Single Meal

- 2 lb(s) stew beef
- Salt and pepper
- 1 x 28 oz. can(s) crushed tomatoes
- 1/4 cup(s) sliced green olives
- 1 cup(s) beef stock
- 2 whole carrots
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 2 Tbsp heavy cream**
- Garnish: shredded Parmesan cheese**
- Side: pasta**
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and shred the carrots.
2. Place the stew beef into the base of the slow cooker and season with salt and pepper. Pour the crushed tomatoes, sliced green olives, beef stock, shredded carrots, minced onion, minced garlic, oregano, rosemary and gently stir to combine.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, stir in the heavy cream. Garnish sauce with shredded Parmesan cheese.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Beef Ragu over pasta with side salad.

Assembly Prep Directions for 2 Meals

Peel and shred 4 whole carrots.

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

- 2 lbs. stew beef
- Salt and pepper
- 1 - 28 oz. can crushed tomatoes
- 1/4 cup sliced green olives
- 1 cup beef stock
- Half of the shredded carrots
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried rosemary

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. Stir in the heavy cream at the end of cooking.

Special Notes: Substitution idea: if your store doesn't sell "stew beef" - you can cut a 2 lb. beef chuck roast into 1-inch pieces.

Dairy-Free Modifications: Omit the heavy cream and Parmesan cheese garnish for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free if you use gluten-free pasta or serve with rice.

Complete Shopping List by Recipe

1. Tuscan Vegetable Soup

- 2 Tbsp olive oil
- 2 small white onion(s)
- 8 whole carrots
- 2 small zucchini
- 2 tsp minced garlic
- 2x15 oz. can(s) Cannellini beans
- 2x15 oz. can(s) red kidney beans
- 8 cup(s) vegetable stock
- 2x10 oz. box(es) frozen spinach
- 2 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- shredded Parmesan cheese
- loaf bread
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Plum Pork Tenderloin

- 4 lb(s) pork tenderloin
- Salt and pepper
- 2x9 oz. jar(s) plum sauce
- 2 tsp cinnamon
- 2 tsp ground allspice
- 4 plums
- salad
- rice
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Beef Ragu

- 4 lb(s) stew beef
- Salt and pepper
- 2x28 oz. can(s) crushed tomatoes
- 1/2 cup(s) sliced green olives
- 2 cup(s) beef stock
- 4 whole carrots
- 2 Tbsp minced onion

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. 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 tsp minced garlic
- 2 tsp dried oregano
- 2 tsp dried rosemary
- 4 Tbsp heavy cream
- shredded Parmesan cheese
- pasta
- salad
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 4 lb(s) pork tenderloin
- 16 bone-in chicken thighs
- 4 lb(s) stew beef

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) Cannellini beans
- 2x15 oz. can(s) red kidney beans
- 8 cup(s) vegetable stock
- Side:** rice
- 1 cup(s) capers
- 1 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes
- 1 cup(s) sliced green olives
- 2 cup(s) beef stock

Sauces/Condiments

- 2 Tbsp olive oil
- 2 cup(s) apple butter
- 2x9 oz. jar(s) plum sauce
- 1 cup(s) white cooking wine

Dairy/Frozen

- 2x10 oz. box(es) frozen spinach
- Garnish:** shredded Parmesan cheese
- 6 Tbsp melted butter

Produce

- 2 small white onion(s)
- 12 whole carrots
- 2 small zucchini
- Side:** salad
- 4 plums
- 8 lemon(s)
- 1 cup(s) lemon juice

Starchy Sides

- Side:** loaf bread
- Side:** pasta

Spices

- 6 tsp minced garlic
- 2 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp cinnamon
- 2 tsp ground allspice
- 2 Tbsp minced onion
- 2 tsp dried oregano
- 2 tsp dried rosemary

Supplies

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

4 Tbsp heavy cream

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. Tuscan Vegetable Soup

- 2 Tbsp olive oil
- 2 small white onion(s)
- 8 whole carrots
- 2 small zucchini
- 2 tsp minced garlic
- 2x15 oz. can(s) Cannellini beans
- 2x15 oz. can(s) red kidney beans
- 8 cup(s) vegetable stock
- 2x10 oz. box(es) frozen spinach
- 2 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Plum Pork Tenderloin

- 4 lb(s) pork tenderloin
- Salt and pepper
- 2x9 oz. jar(s) plum sauce
- 2 tsp cinnamon
- 2 tsp ground allspice
- 4 plums
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Beef Ragù

- 4 lb(s) stew beef
- Salt and pepper
- 2x28 oz. can(s) crushed tomatoes
- 1/2 cup(s) sliced green olives
- 2 cup(s) beef stock
- 4 whole carrots
- 2 Tbsp minced onion
- 2 tsp minced garlic

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)

4. 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)

- 2 tsp dried oregano
- 2 tsp dried rosemary
- 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

- 8 small boneless chicken breasts
- 4 lb(s) pork tenderloin
- 16 bone-in chicken thighs
- 4 lb(s) stew beef

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) Cannellini beans
- 2x15 oz. can(s) red kidney beans
- 8 cup(s) vegetable stock
- 1 cup(s) capers
- 1 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes
- 1 cup(s) sliced green olives
- 2 cup(s) beef stock

Spices

- 6 tsp minced garlic
- 2 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp cinnamon
- 2 tsp ground allspice
- 2 Tbsp minced onion
- 2 tsp dried oregano
- 2 tsp dried rosemary

Supplies

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

Produce

- 2 small white onion(s)
- 12 whole carrots
- 2 small zucchini
- 4 plums
- 8 lemon(s)
- 1 cup(s) lemon juice

Sauces/Condiments

- 2 Tbsp olive oil
- 2 cup(s) apple butter
- 2x9 oz. jar(s) plum sauce
- 1 cup(s) white cooking wine

Dairy/Frozen

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

- Partially thaw 2 boxes of frozen spinach.
- Chop 2 white onions. Peel and chop 8 whole carrots. Dice 2 zucchini.
- Open and drain 2 cans of red kidney beans and the 2 cans of cannellini beans.
- 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.
- Seed and slice 4 plums into small wedges.
- Slice 8 lemons.
- Melt 6 Tbsp butter.
- Peel and shred 4 whole carrots.

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.

Tuscan Vegetable Soup

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

- Half of the chopped onion
- Half of the chopped carrots
- Half of the diced zucchini
- 1 tsp minced garlic
- 1 - 15 oz. can cannellini beans, drained
- 1 - 15 oz. can red kidney beans, drained
- 4 cups vegetable stock
- 1 - 10 oz. box frozen spinach
- 1 tsp dried basil
- 1 tsp dried thyme

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

Slow Cooker Plum Pork Tenderloin

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

- 2 lb. pork tenderloin
- Salt and pepper
- 1 - 9 oz. jar plum sauce
- 1 tsp cinnamon
- 1 tsp ground allspice
- Half of the plum wedges

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

Slow Cooker Beef Ragu

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

- 2 lbs. stew beef
- Salt and pepper
- 1 - 28 oz. can crushed tomatoes
- 1/4 cup sliced green olives

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.

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.

- 1 cup beef stock
- Half of the shredded carrots
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried rosemary

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