

GLUTEN FREE MEAL PLAN

FEBRUARY 2017

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1. Slow Cooker Red Wine Beef Roast

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

- 3 lb(s) beef chuck roast
- Salt and pepper
- 1/4 cup(s) red wine
- 2 tsp minced garlic
- 2 tsp chopped chives
- 3 lb(s) baby potatoes
- 1 cup(s) beef broth
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef chuck roast into the base of the slow cooker and season with salt and pepper. Pour the red wine, minced garlic and chopped chives over the beef roast. Nestle the baby potatoes around the beef roast and then pour in 1 cup beef broth.
2. Set the slow cooker on low and cook for 8 hours.
3. Prepare the salad.
4. Serve Slow Cooker Red Wine Beef Roast and potatoes with side salad.

Assembly Prep Directions for 2 Meals

Chop the chives, as needed.

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

- 3 lbs. beef roast
- Salt and pepper
- 1/4 cup red wine
- 2 tsp minced garlic
- 2 tsp chopped chives
- 3 lbs. baby potatoes
- 1 cup beef broth

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.*

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. Pineapple BBQ Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1 x 8 oz. can(s) crushed pineapple
- 1 cup(s) BBQ sauce
- 1 tsp hot sauce
- 1 tsp minced garlic
- 1 tsp minced onion
- Side: dinner rolls**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly spray baking dish with non-stick cooking spray.
2. Open the can of crushed pineapple. Do not drain.
3. In a small bowl, whisk together the crushed pineapple (with juices), BBQ sauce, hot sauce, minced garlic, and minced onion. Pour a thin layer into the base of the baking dish and spread around.
4. Place the pork chops into the saucy baking dish, season with a little salt and pepper, and then pour the remaining pineapple BBQ sauce evenly over the pork chops.
5. Bake in the preheated oven for 25 to 40 minutes, or until pork chops are cooked through. Cooking time will vary depending on thickness of the pork chops. Let rest 5 minutes before slicing and serving.
6. Warm the dinner rolls.
7. Prepare veggies.
8. Serve Pineapple BBQ Pork Chops with dinner rolls and veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of crushed pineapple. Do not drain.

In a small mixing bowl, whisk together 2 cans of crushed pineapple, 2 cups BBQ sauce, 2 tsp hot sauce, 2 tsp minced garlic and 2 tsp minced onion.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the pineapple BBQ sauce

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 pork chops and sauce to baking dish 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 like rice or mashed potatoes.*

3. 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.*

4. Andouille Cajun 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 x 2 15 oz. can(s) white beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 small white onion(s)
- 2 small green bell pepper(s)
- 2 celery stalk(s)
- 12 oz. andouille sausage
- 2 tsp minced garlic
- 1 Tbsp Cajun seasoning
- 2 cup(s) chicken stock
- Salt and pepper
- Side: French loaf bread**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the white beans. Open the can of diced tomatoes.
2. Chop the onion. Seed and chop the green bell pepper. Chop the celery.
3. Slice the andouille sausage.
4. To a Dutch oven or large saucepan, add the white beans, diced tomatoes, onion, bell peppers, celery, sliced sausage, minced garlic, Cajun seasoning and 2 cups chicken stock. Bring to bubbling and simmer for 15 minutes. Season with salt and pepper.
5. Warm the French loaf.
6. Serve Andouille Cajun Soup with French loaf slices.

Assembly Prep Directions for 2 Meals

Slice 24 oz. andouille sausage.

Chop 2 small white onions. Seed and chop 4 green bell peppers. Chop 4 celery stalks.

Open and drain 4 cans of white beans. Open 2 cans of diced tomatoes.

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

- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- Half of the chopped onion
- Half of the chopped green peppers
- Half of the chopped celery
- 2 tsp minced garlic
- Half of the sliced andouille sausage
- 1 Tbsp Cajun seasoning
- 2 cups chicken stock

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 like rice or roasted potatoes.

5. Slow Cooker BBQ Shrimp

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 1 hour 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) peeled deveined shrimp
- 3 Tbsp butter
- 3 Tbsp Worcestershire sauce
- 2 tsp minced garlic
- 1 cup(s) BBQ sauce
- Salt and pepper
- Garnish: lemon wedges**
- Side: French loaf bread**
- Side: Tbsp veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the peeled and deveined shrimp into the base of the slow cooker. Add the butter, worcestershire sauce, minced garlic and BBQ sauce and toss gently.
2. Set the slow cooker on low and cook for 1 hour. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
3. Warm the loaf bread.
4. Prepare the veggies.
5. Serve Slow Cooker BBQ Shrimp and lemon wedge garnish with bread and veggies.

Assembly Prep Directions for 2 Meals

To each freezer bag, add the following ingredients:

- 2 lbs. peeled deveined shrimp
- 3 Tbsp butter
- 3 Tbsp worcestershire sauce
- 2 tsp minced garlic
- 1 cup BBQ sauce
- 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 to the slow cooker and cooking on low for 1 hour.

Special Notes: Make grits and enjoy a shrimp & grits night.

Dairy-Free Modifications: Recipe is dairy-free when made with dairy-free margarine.

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

Complete Shopping List by Recipe

1. Slow Cooker Red Wine Beef Roast

- 6 lb(s) beef chuck roast
- Salt and pepper
- 1/2 cup(s) red wine
- 4 tsp minced garlic
- 4 tsp chopped chives
- 6 lb(s) baby potatoes
- 2 cup(s) beef broth
- salad
- 2 gallon-size freezer baggie(s)

3. 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)

5. Slow Cooker BBQ Shrimp

- 4 lb(s) peeled deveined shrimp
- 6 Tbsp butter
- 6 Tbsp Worcestershire sauce
- 4 tsp minced garlic
- 2 cup(s) BBQ sauce
- Salt and pepper
- lemon wedges
- French loaf bread
- Tbsp veggies
- 2 gallon-size freezer baggie(s)

2. Pineapple BBQ Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x8 oz. can(s) crushed pineapple
- 2 cup(s) BBQ sauce
- 2 tsp hot sauce
- 2 tsp minced garlic
- 2 tsp minced onion
- dinner rolls
- veggies
- 2 gallon-size freezer baggie(s)

4. Andouille Cajun Soup

- 2x2 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 2 small white onion(s)
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- 24 oz. andouille sausage
- 4 tsp minced garlic
- 2 Tbsp Cajun seasoning
- 4 cup(s) chicken stock
- Salt and pepper
- French loaf bread
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 6 lb(s) beef chuck roast
- 8 boneless pork chops
- 4 cup(s) rotisserie chicken(s)
- 24 oz. andouille sausage
- 4 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- 2 cup(s) beef broth
- 2x8 oz. can(s) crushed pineapple
- 2x2 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 4 cup(s) chicken stock

Sauces/Condiments

- 4 cup(s) BBQ sauce
- 2 tsp hot sauce
- 2 Tbsp canola oil
- 6 Tbsp Worcestershire sauce

Dairy/Frozen

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

Produce

- 4 tsp chopped chives
- 6 lb(s) baby potatoes
- Side:** salad
- Side:** veggies
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- 2 Tbsp lime juice
- Side:** guacamole
- Side:** fruit
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- Garnish:** lemon wedges
- Side:** Tbsp veggies

Starchy Sides

- Side:** dinner rolls
- Side:** 1 bag(s) corn tortilla chips
- Side:** French loaf bread

Spices

- Salt and pepper
- 14 tsp minced garlic
- 2 tsp minced onion
- 2 Tbsp taco seasoning
- 2 Tbsp Cajun seasoning

Supplies

- 1 cup(s) red wine
- Side:** 10 gallon-size freezer baggie(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. Slow Cooker Red Wine Beef Roast

- 6 lb(s) beef chuck roast
- Salt and pepper
- 1/2 cup(s) red wine
- 4 tsp minced garlic
- 4 tsp chopped chives
- 6 lb(s) baby potatoes
- 2 cup(s) beef broth
- 2 gallon-size freezer baggie(s)

3. 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. Slow Cooker BBQ Shrimp

- 4 lb(s) peeled deveined shrimp
- 6 Tbsp butter
- 6 Tbsp Worcestershire sauce
- 4 tsp minced garlic
- 2 cup(s) BBQ sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Pineapple BBQ Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x8 oz. can(s) crushed pineapple
- 2 cup(s) BBQ sauce
- 2 tsp hot sauce
- 2 tsp minced garlic
- 2 tsp minced onion
- 2 gallon-size freezer baggie(s)

4. Andouille Cajun Soup

- 2x2 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 2 small white onion(s)
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- 24 oz. andouille sausage
- 4 tsp minced garlic
- 2 Tbsp Cajun seasoning
- 4 cup(s) chicken stock
- 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

- 6 lb(s) beef chuck roast
- 8 boneless pork chops
- 4 cup(s) rotisserie chicken(s)
- 24 oz. andouille sausage
- 4 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- 2 cup(s) beef broth
- 2x8 oz. can(s) crushed pineapple
- 2x2 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 4 cup(s) chicken stock

Spices

- Salt and pepper
- 14 tsp minced garlic
- 2 tsp minced onion
- 2 Tbsp taco seasoning
- 2 Tbsp Cajun seasoning

Supplies

- 1 cup(s) red wine
- 10x gallon-size freezer baggie(s)

Produce

- 4 tsp chopped chives
- 6 lb(s) baby potatoes
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- 2 Tbsp lime juice
- 4 small green bell pepper(s)
- 4 celery stalk(s)

Sauces/Condiments

- 4 cup(s) BBQ sauce
- 2 tsp hot sauce
- 2 Tbsp canola oil
- 6 Tbsp Worcestershire sauce

Dairy/Frozen

- 6 Tbsp 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

- Chop the chives, as needed.
- Open 2 cans of crushed pineapple. Do not drain.
- In a small mixing bowl, whisk together 2 cans of crushed pineapple, 2 cups BBQ sauce, 2 tsp hot sauce, 2 tsp minced garlic and 2 tsp minced onion.
- Seed and slice 2 red bell peppers and 2 green bell peppers.
- Slice 2 white onions.
- Slice 24 oz. andouille sausage.
- Chop 2 small white onions. Seed and chop 4 green bell peppers. Chop 4 celery stalks.
- Open and drain 4 cans of white beans. Open 2 cans of diced tomatoes.

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.

Slow Cooker Red Wine Beef Roast

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

- 3 lbs. beef roast
- Salt and pepper
- 1/4 cup red wine
- 2 tsp minced garlic
- 2 tsp chopped chives
- 3 lbs. baby potatoes
- 1 cup beef broth

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

Slow Cooker BBQ Shrimp

To each freezer bag, add the following ingredients:

- 2 lbs. peeled deveined shrimp
- 3 Tbsp butter
- 3 Tbsp worcestershire sauce
- 2 tsp minced garlic
- 1 cup BBQ sauce
- Salt and pepper

Pineapple BBQ Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the pineapple BBQ sauce

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

Andouille Cajun Soup

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

- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- Half of the chopped onion
- Half of the chopped green peppers
- Half of the chopped celery
- 2 tsp minced garlic
- Half of the sliced andouille sausage
- 1 Tbsp Cajun seasoning
- 2 cups chicken stock

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

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