

# ALL PORK MEALS PLAN

**FEBRUARY 2017**

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# 1. Slow Cooker Adobo Pulled Pork Sandwiches

*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 roast
- Salt and pepper
- 1 x 8 oz. can(s) tomato sauce
- 2 Tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 Tbsp Adobo seasoning
- 8 hamburger buns\*\*
- Side: veggies\*\*
- Side: potato chips\*\*
- 1 gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper.
2. In a small bowl, combine the tomato sauce, brown sugar, garlic powder, chili powder and Adobo seasoning. Pour over the beef roast. Add 1 cup water to the base of your slow cooker.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork roast with 2 forks and mix into the sauce.
4. Spoon the shredded pork onto buns.
5. Prepare the veggies.
6. Serve Adobo Pulled Pork Sandwiches with veggies and chips.

## Assembly Prep Directions for 2 Meals

Open 2 cans of tomato sauce.

In a small bowl, combine the 2 cans of tomato sauce, 4 Tbsp brown sugar, 2 tsp garlic powder, 2 tsp chili powder and 2 Tbsp Adobo seasoning.

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

- 2 lb. pork roast
- Salt and pepper
- Half of the prepared Adobo 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 contents with 1 cup water 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 if you serve over rice or other gluten-free grain.

## 2. 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.

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### 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)

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### 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.

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### 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.

## 3. 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.

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### 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)
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### 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.

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### 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.

## 4. Honey Dijon Pork Chops

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 40 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
- 1/2 cup(s) honey
- 1/2 cup(s) Dijon mustard
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- Side: mashed potatoes\*\*
- 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. In a small bowl, whisk together the honey, Dijon mustard, garlic powder and smoked paprika.
3. Place the pork chops into the baking dish, season with a little salt and pepper, and then pour the honey-Dijon sauce evenly over the pork chops.
4. 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.
5. Prepare and cook the mashed potatoes.
6. Prepare veggies.
7. Serve Honey Dijon Pork Chops with mashed potatoes and veggies.

### Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 1 cup honey, 1 cup Dijon mustard, 2 tsp garlic powder and 1 tsp smoked paprika.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the honey-Dijon 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.

## 5. Peppered 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
- salt
- 1 Tbsp canola oil
- 3 Tbsp Worcestershire sauce
- 1 tsp minced garlic
- 1 tsp brown sugar
- 2 tsp pepper
- Side: rice\*\*
- Side: veggies\*\*
- 1 gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. In a small mixing bowl, combine the Worcestershire sauce, minced garlic, brown sugar and pepper. Add the pork chops to the bowl and place in the refrigerator and marinate for at least 1 hour.\*
2. In a large skillet, heat the canola oil, and then brown the pork chops on both sides. Pour marinade over the pork chops in the skillet and simmer for 4 minutes on both sides, or until pork chops are cooked through.
3. Cook the rice, as directed.
4. Prepare veggies.
5. Serve Peppered Pork Chops over rice with veggies.

### Assembly Prep Directions for 2 Meals

In a small mixing bowl, combine the 6 Tbsp Worcestershire sauce, 2 tsp minced garlic, 2 tsp brown sugar, 4 tsp pepper.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared pepper marinade

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

**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.*

**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. Slow Cooker Adobo Pulled Pork Sandwiches

- ☐ 4 lb(s) pork roast
- ☐ Salt and pepper
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 4 Tbsp brown sugar
- ☐ 2 tsp garlic powder
- ☐ 2 tsp chili powder
- ☐ 2 Tbsp Adobo seasoning
- ☐ 16 hamburger buns
- ☐ veggies
- ☐ potato chips
- ☐ 2 gallon-size freezer baggie(s)

## 3. 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)

## 5. Peppered Pork Chops

- ☐ 8 boneless pork chops
- ☐ salt
- ☐ 2 Tbsp canola oil
- ☐ 6 Tbsp Worcestershire sauce
- ☐ 2 tsp minced garlic
- ☐ 2 tsp brown sugar
- ☐ 4 tsp pepper
- ☐ rice
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

## 2. 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)

## 4. Honey Dijon Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup(s) honey
- ☐ 1 cup(s) Dijon mustard
- ☐ 2 tsp garlic powder
- ☐ 1 tsp smoked paprika
- ☐ mashed potatoes
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- ☐ 4 lb(s) pork roast
- ☐ 4 lb(s) pork tenderloin
- ☐ 24 boneless pork chops

## Pantry Staples - Canned, Boxed

- ☐ 2x8 oz. can(s) tomato sauce
- ☐ **Side:** rice
- ☐ 2x8 oz. can(s) crushed pineapple

## Sauces/Condiments

- ☐ 2x9 oz. jar(s) plum sauce
- ☐ 2 cup(s) BBQ sauce
- ☐ 2 tsp hot sauce
- ☐ 1 cup(s) honey
- ☐ 1 cup(s) Dijon mustard
- ☐ 2 Tbsp canola oil
- ☐ 6 Tbsp Worcestershire sauce

## Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(s)

## Produce

- ☐ **Side:** veggies
- ☐ 4 plums
- ☐ **Side:** salad
- ☐ **Side:** mashed potatoes

## Starchy Sides

- ☐ 16 hamburger buns
- ☐ **Side:** potato chips
- ☐ **Side:** dinner rolls

## Spices

- ☐ Salt and pepper
- ☐ 4 Tbsp brown sugar
- ☐ 4 tsp garlic powder
- ☐ 2 tsp chili powder
- ☐ 2 Tbsp Adobo seasoning
- ☐ 2 tsp cinnamon
- ☐ 2 tsp ground allspice
- ☐ 4 tsp minced garlic
- ☐ 2 tsp minced onion
- ☐ 1 tsp smoked paprika
- ☐ salt
- ☐ 2 tsp brown sugar
- ☐ 4 tsp pepper



# 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 Adobo Pulled Pork Sandwiches

- ☐ 4 lb(s) pork roast
- ☐ Salt and pepper
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 4 Tbsp brown sugar
- ☐ 2 tsp garlic powder
- ☐ 2 tsp chili powder
- ☐ 2 Tbsp Adobo seasoning
- ☐ 2 gallon-size freezer baggie(s)

## 3. 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)

## 5. Peppered Pork Chops

- ☐ 8 boneless pork chops
- ☐ salt
- ☐ 2 Tbsp canola oil
- ☐ 6 Tbsp Worcestershire sauce
- ☐ 2 tsp minced garlic
- ☐ 2 tsp brown sugar
- ☐ 4 tsp pepper
- ☐ 2 gallon-size freezer baggie(s)

## 2. 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)

## 4. Honey Dijon Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup(s) honey
- ☐ 1 cup(s) Dijon mustard
- ☐ 2 tsp garlic powder
- ☐ 1 tsp smoked paprika
- ☐ 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

- ☐ 4 lb(s) pork roast
- ☐ 4 lb(s) pork tenderloin
- ☐ 24 boneless pork chops

## Pantry Staples - Canned, Boxed

- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2x8 oz. can(s) crushed pineapple

## Spices

- ☐ Salt and pepper
- ☐ 4 Tbsp brown sugar
- ☐ 4 tsp garlic powder
- ☐ 2 tsp chili powder
- ☐ 2 Tbsp Adobo seasoning
- ☐ 2 tsp cinnamon
- ☐ 2 tsp ground allspice
- ☐ 4 tsp minced garlic
- ☐ 2 tsp minced onion
- ☐ 1 tsp smoked paprika
- ☐ salt
- ☐ 2 tsp brown sugar
- ☐ 4 tsp pepper

## Produce

- ☐ 4 plums

## Sauces/Condiments

- ☐ 2x9 oz. jar(s) plum sauce
- ☐ 2 cup(s) BBQ sauce
- ☐ 2 tsp hot sauce
- ☐ 1 cup(s) honey
- ☐ 1 cup(s) Dijon mustard
- ☐ 2 Tbsp canola oil
- ☐ 6 Tbsp Worcestershire sauce

## Supplies

- ☐ 10x gallon-size freezer baggie(s)

## 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

- ☐ Open 2 cans of tomato sauce.
- ☐ In a small bowl, combine the 2 cans of tomato sauce, 4 Tbsp brown sugar, 2 tsp garlic powder, 2 tsp chili powder and 2 Tbsp Adobo seasoning.
- ☐ Seed and slice 4 plums into small wedges.
- ☐ 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.
- ☐ In a small bowl, whisk together 1 cup honey, 1 cup Dijon mustard, 2 tsp garlic powder and 1 tsp smoked paprika.
- ☐ In a small mixing bowl, combine the 6 Tbsp Worcestershire sauce, 2 tsp minced garlic, 2 tsp brown sugar, 4 tsp pepper.

*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 Adobo Pulled Pork Sandwiches

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

- 2 lb. pork roast
- Salt and pepper
- Half of the prepared Adobo sauce

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.

### 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.

### Honey Dijon Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the honey-Dijon sauce

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

### Peppered Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared pepper marinade

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.