

TRADITIONAL 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. 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.

3. Cheesy Beef Nachos

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 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 x 4 oz. can(s) diced green chilies
- 1 bag(s) corn tortilla chips**
- 2 cup(s) shredded mild cheddar cheese**
- 1 cup(s) shredded Pepperjack cheese**
- Salt and pepper
- Garnish: sour cream**
- Garnish: salsa**
- Side: fruit**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the can(s) of diced green chilies.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, chili powder, ground cumin and green chilies. Drain and return to saucepan.
4. On a large oven-safe serving platter or baking dish, spread the tortilla chips on the bottom and top with the cooked beef combo. Top with the shredded sharp cheddar cheese and shredded Pepper Jack cheese.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted. Garnish with sour cream and salsa.
6. Prepare the fruit.
7. Serve Cheesy Beef Nachos with fruit.

Assembly Prep Directions for 2 Meals

Open 2 cans of diced green chilies.

Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies. Let cool.

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

- Half of the browned ground beef
- 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 a skillet and reheating. Assemble and bake nachos as directed.

Dairy-Free Modifications: Unfortunately, there is not a great dairy-free option for this meal.

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

4. 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.

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 Piccata 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. 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. Cheesy Beef Nachos

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2x4 oz. can(s) diced green chilies
- ☐ 1 bag(s) corn tortilla chips
- ☐ 4 cup(s) shredded mild cheddar cheese
- ☐ 2 cup(s) shredded Pepperjack cheese
- ☐ Salt and pepper
- ☐ sour cream
- ☐ salsa
- ☐ fruit
- ☐ 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. 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)

4. 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)

- ☐ 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)

Complete Shopping List by Store Section/Category

Meat

- ☐ 6 lb(s) beef chuck roast
- ☐ 2 lb(s) ground beef
- ☐ 8 small boneless chicken breasts
- ☐ 16 bone-in chicken thighs

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) beef broth
- ☐ 2x15 oz. can(s) Cannellini beans
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 8 cup(s) vegetable stock
- ☐ 2x4 oz. can(s) diced green chilies
- ☐ **Garnish:** salsa
- ☐ 2 cup(s) chicken stock
- ☐ 2x20 oz. can(s) pineapple chunks
- ☐ **Side:** rice
- ☐ 1 cup(s) capers

Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 6 Tbsp soy sauce
- ☐ 1 cup(s) white cooking wine

Dairy/Frozen

- ☐ 2x10 oz. box(es) frozen spinach

Produce

- ☐ 4 tsp chopped chives
- ☐ 6 lb(s) baby potatoes
- ☐ **Side:** salad
- ☐ 2 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2 small zucchini
- ☐ **Side:** fruit
- ☐ **Side:** veggies
- ☐ 8 lemon(s)
- ☐ 1 cup(s) lemon juice

Starchy Sides

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

Spices

- ☐ Salt and pepper
- ☐ 10 tsp minced garlic
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried thyme
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 1 cup(s) brown sugar
- ☐ 2 Tbsp cornstarch
- ☐ **Garnish:** sesame seeds

Supplies

- ☐ 1 cup(s) red wine

- ☐ **Garnish:** shredded Parmesan cheese
- ☐ 4 cup(s) shredded mild cheddar cheese
- ☐ 2 cup(s) shredded Pepperjack cheese
- ☐ **Garnish:** sour cream
- ☐ 6 Tbsp melted butter

- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ **Side:** 2 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. 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. Cheesy Beef Nachos

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2x4 oz. can(s) diced green chilies
- ☐ Salt and pepper
- ☐ 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)

2. 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)

4. 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)

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
- ☐ 2 lb(s) ground beef
- ☐ 8 small boneless chicken breasts
- ☐ 16 bone-in chicken thighs

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) beef broth
- ☐ 2x15 oz. can(s) Cannellini beans
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 8 cup(s) vegetable stock
- ☐ 2x4 oz. can(s) diced green chilies
- ☐ 2 cup(s) chicken stock
- ☐ 2x20 oz. can(s) pineapple chunks
- ☐ 1 cup(s) capers

Spices

- ☐ Salt and pepper
- ☐ 10 tsp minced garlic
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried thyme
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 1 cup(s) brown sugar

Supplies

- ☐ 1 cup(s) red wine
- ☐ 8x gallon-size freezer baggie(s)
- ☐ 2x 9x13 disposable foil tray(s)

Produce

- ☐ 4 tsp chopped chives
- ☐ 6 lb(s) baby potatoes
- ☐ 2 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2 small zucchini
- ☐ 8 lemon(s)
- ☐ 1 cup(s) lemon juice

Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 6 Tbsp soy 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

- ☐ Chop the chives, as needed.
- ☐ 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.
- ☐ Open 2 cans of diced green chilies.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies. Let cool.
- ☐ 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.
- ☐ 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.

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.

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.

Cheesy Beef Nachos

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

- Half of the browned ground beef
- Salt and pepper

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.