

THE 20 MEALS PLAN

MARCH 2017

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Meal Assembly Instructions

1. Skillet Chicken Cacciatore

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

- 1 - Tbsp olive oil
- 3 - cup(s) shredded rotisserie chicken
- - Salt and pepper
- 1/4 - cup(s) red cooking wine
- 1 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 28 - oz. can(s) crushed tomatoes
- 2 - tsp Italian seasoning
- Side: - box(es) pasta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the bell peppers.
2. Sauté the sliced onion and bell peppers in the olive oil for 2 to 3 minutes per side in a large skillet. Season with salt and pepper, then pour in the red cooking wine around the veggies. Then pour the crushed tomatoes over the top and add Italian seasoning. Stir in the shredded chicken.
3. Reduce heat to low and let simmer for 8 to 10 minutes.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Skillet Chicken Cacciatore over pasta with salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.

Open 2 cans of crushed tomatoes.

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

- 3 cups shredded rotisserie chicken
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes
- 2 tsp Italian seasoning

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 adding the veggies, chicken and sauce to a large skillet and reheating for 10 minutes over low heat.*

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 pasta.*

2. Skillet Jamaican Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 10 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 - Tbsp canola oil
- 8 - oz. can(s) crushed pineapple
- 1 - Tbsp Jerk seasoning
- 1 - Tbsp brown sugar
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice, as directed.
2. Open and drain the canned crushed pineapple.
3. Season both sides of the pork chops with salt and pepper.
4. In a large skillet, heat the oil and brown the pork chops for 2 minutes on each side.
5. Mix together the crushed pineapple, Jerk seasoning and brown sugar. Spread on top of and around the pork chops in the skillet and cook for another 4 to 5 minutes, or until cooked through. Add 1/4 cup water, if needed, to keep sauce from browning too much.
6. Prepare the salad.
7. Serve Skillet Jamaican Pork Chops with rice and salad.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of crushed pineapple.

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

- 4 boneless pork chops
- Salt and pepper
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp Jerk seasoning
- 1 Tbsp brown sugar

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 skillet to cook the pork chops in the sauce over medium low heat for 8 to 10 minutes, or until pork chops are cooked through.*

Special Notes: *Add a couple Tbsp of water if the pineapple sauce begins to caramelize or thicken, while the pork chops are cooking.*

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. Cashew & Curry Chicken Wraps

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

- 3 - cup(s) shredded rotisserie chicken
- 1 - cup(s) can(s) light coconut milk
- 2 - Tbsp green curry paste
- 1 - Tbsp chopped cilantro
- 4 - flour tortillas**
- Garnish: - chopped cashews**
- Garnish: - coleslaw**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of light coconut milk.
2. In a small mixing bowl, toss the shredded rotisserie chicken with the coconut milk, curry paste and chopped cilantro. *Refrigerate and let marinate for at least 30 minutes.
3. In a small skillet, heat up the chicken and curry mixture over low heat for 8 to 10 minutes, or until simmering. Strain off extra liquid, if necessary.
4. Assemble wraps with the flour tortillas, adding in the curried chicken, chopped cashews and Coleslaw.
5. Prepare the fruit.
6. Serve Cashew & Curry Chicken Wraps with fruit.

Assembly Prep Directions for 2 Meals

Shake the can(s) of coconut milk well and then open. If it is separated, warm it over low heat for a few minutes and whisk until smooth.

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

- 3 cups shredded rotisserie chicken
- 1 cup light coconut milk
- 2 Tbsp green curry paste
- 1 Tbsp chopped cilantro

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 skillet to reheat and then spoon the filling into wraps with the garnishes.*

Special Notes: *Flour tortillas can be frozen in the bag they come in from the store. If you wish to freeze the tortillas with the filling, just make a note on the tortillas or freezer meal bag what meal they are being use for. Use lettuce cups for a gluten free and grain free meal.*

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

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for the flour tortillas in this meal. You could serve the chicken filling over rice or in lettuce cups, instead of as a wrap.*

4. Slow Cooker Chicken and Mushroom Stroganoff

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
- 1 - Tbsp minced onion
- 1 - tsp onion powder
- 1 - tsp garlic powder
- 1/2 - tsp paprika
- 10 - oz. can(s) cream of mushroom soup
- 8 - oz. can(s) sliced mushrooms
- 8 - oz. cream cheese**
- - Salt and pepper
- Garnish: - chopped parsley**
- 1 x Side: - box(es) egg noodles**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. To the slow cooker insert, add the chicken breasts, minced onion, onion powder, garlic powder, paprika, cream of mushroom soup, and sliced mushrooms. Set the slow cooker on low and cook for 8 hours.
2. Just before serving, stir the softened cream cheese into the chicken mixture, and shred the chicken with 2 forks. Season with salt and pepper to taste.
3. Cook the egg noodles, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Chicken and Mushroom Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

Open the can(s) of cream of mushroom soup.

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- 1 - 10 oz. can cream of mushroom soup

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. Just before serving, stir in 8 oz. of cream cheese.

Special Notes: If you wish to make your own cream of mushroom soup, visit 5dollarinnings.com and search "homemade cream of mushroom sauce."

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

Gluten-Free Modifications: Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.

5. Slow Cooker Russian Shredded Beef 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) beef chuck roast
- - Salt and pepper
- 1 - cup(s) Russian salad dressing
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- - Salt and pepper
- Garnish: - coleslaw**
- 4 - hoagie rolls**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef roast into the base of the slow cooker and season with salt and pepper. Pour the Russian salad dressing over the top and sprinkle the minced onion and garlic powder over the top.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce.
3. Prepare the Coleslaw, and assemble sandwiches with shredded beef and Coleslaw.
4. Prepare the fruit.
5. Serve Russian Shredded Beef Sandwiches with side of fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 cup Russian salad dressing
- 1 Tbsp minced onion
- 1 tsp garlic powder

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. Shred beef and prepare sandwiches as directed.*

Special Notes: *If your slow cooker runs hot, add 1/4 to 1/2 cup water or beef broth to the slow cooker.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served on gluten-free sandwich bread.*

6. Chipotle Chili

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 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - red bell pepper(s)
- 15 - oz. can(s) tomato sauce
- 1 - Tbsp chili powder
- 1 - tsp chipotle chili powder
- 1 - tsp ground cumin
- 2 - cup(s) beef broth
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of tomato sauce.
2. Seed and chop the red bell pepper.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chopped red bell pepper, tomato sauce, chili powder, chipotle chili powder, ground cumin and saute for 5 minutes.
4. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Chipotle Chili with salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

Seed and chop 2 red bell peppers.

Open and drain 2 cans of tomato sauce.

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp chipotle chili powder
- 1 tsp ground cumin
- 2 cups beef broth
- 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 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.

7. Layered Taco Bake

Yield: 4 servings

Active Time: 15 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - tsp chili powder
- 1 - tsp ground cumin
- 1 - cup(s) red salsa
- 2 - cup(s) container cottage cheese
- 2 - cup(s) shredded cheddar cheese
- 16 - corn tortillas
- Garnish: - shredded lettuce and tomatoes**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F/180 C. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chili powder, ground cumin and salsa.
3. In a mixing bowl, combine the cottage cheese and shredded cheese.
4. Add a single layer of corn tortillas to the bottom of the dish, covering it as best you can. You might need to tear a tortilla in half to fill in some sections. Add half of the ground beef mixture, then half of the cottage cheese-shredded cheese mixture, then repeat to make a second layer.
5. Bake in the preheated oven for 25 to 30 minutes, or until cheese has melted.
6. Prepare the veggies and garnishes.
7. Serve Layered Taco Bake with garnishes and veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp chili powder and 2 tsp ground cumin. Let cool.

In a mixing bowl, combine 4 cups of cottage cheese and 4 cups shredded cheese.

To each disposable tray, layer the following ingredients:

- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture
- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture

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: *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.*

8. Slow Cooker Cubano Sandwiches

Yield: 4 servings

Active Time: 5 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 - cup(s) orange juice
- 1 - tsp ground cumin
- 4 - hoagie rolls**
- 8 - sandwich pickles**
- 1 - Tbsp mayonnaise**
- 1 - Tbsp Dijon mustard**
- 8 - slices ham deli meat**
- 4 - slices Swiss cheese**
- Side: - fruit**
- 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. Pour the orange juice on and around the pork and season with the ground cumin.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the sauce. Strain before adding the pork to the sandwiches.
3. Assemble sandwiches by adding the shredded pork, ham, Swiss cheese with mayo and mustard onto the hoagie buns with pickles. Warm in oven or press in panini press.
4. Prepare fruit.
5. Serve Slow Cooker Cubano Sandwiches with fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 cup orange juice
- 1 tsp ground cumin

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. Assemble Cubano Sandwiches as directed.*

Dairy-Free Modifications: *Omit the Swiss cheese for a dairy free meal, but know that then it's not a true Cubano sandwich.*

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for this sandwich.*

9. Sunshine Salmon

Yield: 4 servings

Active Time: 5 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) salmon fillet
- - Salt and pepper
- 3 - Tbsp orange marmalade
- 1 - Tbsp Dijon mustard
- 1 - tsp minced garlic
- 1 - tsp dried dill
- 1 - orange(s)
- 1 - blood orange(s)
- Side: - salad**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook rice, as directed.
2. Preheat oven to 400 F/200 C.
3. Slice the orange(s) and blood orange(s).
4. Cut salmon fillet(s) into 4 pieces each. Place in small baking dish and season with salt and pepper.
5. In a small mixing bowl, combine the orange marmalade, Dijon mustard, minced garlic and dried dill. Spread directly onto the salmon fillets. Add the orange and blood orange slices on top.
6. Bake in the preheated oven for 15 to 20 minutes, or until salmon is no longer pink in the middle.
7. Prepare the salad.
8. Serve Sunshine Salmon with side of rice and salad.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of salmon fillet into 8 pieces.

Slice 2 oranges and 2 blood oranges.

In a small mixing bowl, combine 6 Tbsp orange marmalade, 2 Tbsp Dijon mustard, 2 tsp minced garlic, and 2 tsp dried dill.

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

- 4 salmon pieces
- Salt and pepper
- Half of the prepared sauce onto the salmon
- Half of the orange and blood orange slices

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 the salmon, glaze and toppings to baking dish. Bake at 400 F/200 C for 15 to 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.*

10. Crunchy Dijon Cod

Yield: 4 servings

Active Time: 5 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) cod fillet
- - Salt and pepper
- 1/4 - cup(s) mayonnaise
- 1 - Tbsp Dijon mustard
- 1 - Tbsp lemon juice
- 1/2 - tsp dried dill
- 1 - cup(s) Panko breadcrumbs
- Side: - salad**
- Side: - dinner rolls**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Cut cod fillet into 4 pieces. Place in small baking dish and season with salt and pepper.
3. In a mixing bowl, combine the mayonnaise, Dijon mustard, lemon juice, dill. Mix in the panko breadcrumbs. Evenly divide the topping and press onto each cod fillet.
4. Bake in the preheated oven for 15 to 20 minutes, or until cod is white and flaky all the way through.
5. Prepare the salad.
6. Warm the dinner rolls.
7. Serve Crunchy Dijon Cod with side of dinner rolls and salad.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of cod fillet into 8 pieces.

In a mixing bowl, combine the 1/2 cup mayonnaise, 2 Tbsp Dijon mustard, 2 Tbsp lemon juice, and 1 tsp dill. Mix in 2 cups panko breadcrumbs.

To each disposable tray, layer the following ingredients:

- 4 cod fillet pieces
- Half of the breadcrumb mixture, pressed onto each fillet

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 pan of water for about 20 minutes, before baking at 400 F for 20 minutes.*

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

Gluten-Free Modifications: *Recipe is gluten free when you use gluten-free breadcrumbs and serve with gluten free sides.*

Complete Shopping List by Recipe

1. Skillet Chicken Cacciatore

- 2 - Tbsp olive oil
- 6 - cup(s) shredded rotisserie chicken
- Salt and pepper
- 1/2 - cup(s) red cooking wine
- 2 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 2x28 - oz. can(s) crushed tomatoes
- 4 - tsp Italian seasoning
- box(es) pasta
- salad
- 2 - gallon-size freezer baggie(s)

3. Cashew & Curry Chicken Wraps

- 6 - cup(s) shredded rotisserie chicken
- 2x1 - cup(s) can(s) light coconut milk
- 4 - Tbsp green curry paste
- 2 - Tbsp chopped cilantro
- 8 - flour tortillas
- chopped cashews
- coleslaw
- fruit
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Russian Shredded Beef Sandwiches

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - cup(s) Russian salad dressing
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- Salt and pepper
- coleslaw
- 8 - hoagie rolls

2. Skillet Jamaican Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2 - Tbsp canola oil
- 2x8 - oz. can(s) crushed pineapple
- 2 - Tbsp Jerk seasoning
- 2 - Tbsp brown sugar
- rice
- salad
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Chicken and Mushroom Stroganoff

- 8 - small boneless chicken breasts
- 2 - Tbsp minced onion
- 2 - tsp onion powder
- 2 - tsp garlic powder
- 1 - tsp paprika
- 2x10 - oz. can(s) cream of mushroom soup
- 2x8 - oz. can(s) sliced mushrooms
- 16 - oz. cream cheese
- Salt and pepper
- chopped parsley
- 2xSide: - box(es) egg noodles
- veggies
- 2 - gallon-size freezer baggie(s)

6. Chipotle Chili

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - red bell pepper(s)
- 2x15 - oz. can(s) tomato sauce
- 2 - Tbsp chili powder
- 2 - tsp chipotle chili powder
- 2 - tsp ground cumin
- 4 - cup(s) beef broth

- fruit
- 2 - gallon-size freezer baggie(s)

7. Layered Taco Bake

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - tsp chili powder
- 2 - tsp ground cumin
- 2 - cup(s) red salsa
- 2x2 - cup(s) container cottage cheese
- 4 - cup(s) shredded cheddar cheese
- 32 - corn tortillas
- shredded lettuce and tomatoes
- veggies
- 2 - 9x13 disposable foil tray(s)

9. Sunshine Salmon

- 2 - lb(s) salmon fillet
- Salt and pepper
- 6 - Tbsp orange marmalade
- 2 - Tbsp Dijon mustard
- 2 - tsp minced garlic
- 2 - tsp dried dill
- 2 - orange(s)
- 2 - blood orange(s)
- salad
- rice
- 2 - gallon-size freezer baggie(s)

- Salt and pepper
- salad
- 2 - gallon-size freezer baggie(s)

8. Slow Cooker Cubano Sandwiches

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - cup(s) orange juice
- 2 - tsp ground cumin
- 8 - hoagie rolls
- 16 - sandwich pickles
- 2 - Tbsp mayonnaise
- 2 - Tbsp Dijon mustard
- 16 - slices ham deli meat
- 8 - slices Swiss cheese
- fruit
- 2 - gallon-size freezer baggie(s)

10. Crunchy Dijon Cod

- 2 - lb(s) cod fillet
- Salt and pepper
- 1/2 - cup(s) mayonnaise
- 2 - Tbsp Dijon mustard
- 2 - Tbsp lemon juice
- 1 - tsp dried dill
- 2 - cup(s) Panko breadcrumbs
- salad
- dinner rolls
- 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 12 cup(s) shredded rotisserie chicken
- 8 boneless pork chops
- 8 small boneless chicken breasts
- 4 lb(s) beef chuck roast
- 4 lb(s) ground beef
- 4 lb(s) pork roast
- 16 slices ham deli meat
- 2 lb(s) salmon fillet
- 2 lb(s) cod fillet

Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- Side:** box(es) pasta
- 2x8 oz. can(s) crushed pineapple
- Side:** rice
- 2x1 cup(s) can(s) light coconut milk
- 2x10 oz. can(s) cream of mushroom soup
- 2x8 oz. can(s) sliced mushrooms
- 2xSide: box(es) egg noodles
- 2x15 oz. can(s) tomato sauce
- 4 cup(s) beef broth
- 2 cup(s) red salsa
- 2 cup(s) Panko breadcrumbs

Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) red cooking wine
- 2 Tbsp canola oil
- 4 Tbsp green curry paste
- 2 cup(s) Russian salad dressing
- 2 Tbsp mayonnaise
- 6 Tbsp Dijon mustard
- 6 Tbsp orange marmalade

Produce

- 2 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- Side:** salad
- 2 Tbsp chopped cilantro
- Garnish:** chopped cashews
- Garnish:** coleslaw
- Side:** fruit
- Garnish:** chopped parsley
- Side:** veggies
- Side:** shredded lettuce and tomatoes
- 2 orange(s)
- 2 blood orange(s)
- 2 Tbsp lemon juice

Starchy Sides

- 8 flour tortillas
- 16 hoagie rolls
- 32 corn tortillas
- Side:** dinner rolls

Spices

- Salt and pepper
- 4 tsp Italian seasoning
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 8 Tbsp minced onion
- 2 tsp onion powder
- 8 tsp garlic powder
- 1 tsp paprika

1 cup(s) mayonnaise

2 Tbsp chili powder

2 tsp chipotle chili powder

6 tsp ground cumin

2 tsp chili powder

2 tsp minced garlic

3 tsp dried dill

Dairy/Frozen

16 oz. cream cheese

2x2 cup(s) container cottage cheese

4 cup(s) shredded cheddar cheese

2 cup(s) orange juice

8 slices Swiss cheese

Supplies

Side: 16 gallon-size freezer baggie(s)

Side: 4 9x13 disposable foil tray(s)

16 sandwich pickles

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. Skillet Chicken Cacciatore

- 2 Tbsp olive oil
- 6 cup(s) shredded rotisserie chicken
- Salt and pepper
- 1/2 cup(s) red cooking wine
- 2 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2x28 oz. can(s) crushed tomatoes
- 4 tsp Italian seasoning
- 2 gallon-size freezer baggie(s)

3. Cashew & Curry Chicken Wraps

- 6 cup(s) shredded rotisserie chicken
- 2x1 cup(s) can(s) light coconut milk
- 4 Tbsp green curry paste
- 2 Tbsp chopped cilantro
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Russian Shredded Beef Sandwiches

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 cup(s) Russian salad dressing
- 2 Tbsp minced onion
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Skillet Jamaican Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 Tbsp canola oil
- 2x8 oz. can(s) crushed pineapple
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Chicken and Mushroom Stroganoff

- 8 small boneless chicken breasts
- 2 Tbsp minced onion
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp paprika
- 2x10 oz. can(s) cream of mushroom soup
- 2x8 oz. can(s) sliced mushrooms
- Salt and pepper
- 2 gallon-size freezer baggie(s)

6. Chipotle Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 red bell pepper(s)
- 2x15 oz. can(s) tomato sauce
- 2 Tbsp chili powder
- 2 tsp chipotle chili powder
- 2 tsp ground cumin
- 4 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

7. Layered Taco Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 cup(s) red salsa
- 2x2 cup(s) container cottage cheese
- 4 cup(s) shredded cheddar cheese
- 32 corn tortillas
- 2 9x13 disposable foil tray(s)

9. Sunshine Salmon

- 2 lb(s) salmon fillet
- Salt and pepper
- 6 Tbsp orange marmalade
- 2 Tbsp Dijon mustard
- 2 tsp minced garlic
- 2 tsp dried dill
- 2 orange(s)
- 2 blood orange(s)
- 2 gallon-size freezer baggie(s)

8. Slow Cooker Cubano Sandwiches

- 4 lb(s) pork roast
- Salt and pepper
- 2 cup(s) orange juice
- 2 tsp ground cumin
- 2 gallon-size freezer baggie(s)

10. Crunchy Dijon Cod

- 2 lb(s) cod fillet
- Salt and pepper
- 1/2 cup(s) mayonnaise
- 2 Tbsp Dijon mustard
- 2 Tbsp lemon juice
- 1 tsp dried dill
- 2 cup(s) Panko breadcrumbs
- 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

- 12 cup(s) shredded rotisserie chicken
- 8 boneless pork chops
- 8 small boneless chicken breasts
- 4 lb(s) beef chuck roast
- 4 lb(s) ground beef
- 4 lb(s) pork roast
- 2 lb(s) salmon fillet
- 2 lb(s) cod fillet

Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- 2x8 oz. can(s) crushed pineapple
- 2x1 cup(s) can(s) light coconut milk
- 2x10 oz. can(s) cream of mushroom soup
- 2x8 oz. can(s) sliced mushrooms
- 2x15 oz. can(s) tomato sauce
- 4 cup(s) beef broth
- 2 cup(s) red salsa
- 2 cup(s) Panko breadcrumbs

Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) red cooking wine
- 2 Tbsp canola oil
- 4 Tbsp green curry paste
- 2 cup(s) Russian salad dressing
- 6 Tbsp orange marmalade
- 4 Tbsp Dijon mustard
- 1 cup(s) mayonnaise

Produce

- 2 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- 2 Tbsp chopped cilantro
- 2 orange(s)
- 2 blood orange(s)
- 2 Tbsp lemon juice

Starchy Sides

- 32 corn tortillas

Spices

- Salt and pepper
- 4 tsp Italian seasoning
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 8 Tbsp minced onion
- 2 tsp onion powder
- 8 tsp garlic powder
- 1 tsp paprika
- 2 Tbsp chili powder
- 2 tsp chipotle chili powder
- 6 tsp ground cumin
- 2 tsp chili powder
- 2 tsp minced garlic
- 3 tsp dried dill

Dairy/Frozen

- 2x2 cup(s) container cottage cheese
- 4 cup(s) shredded cheddar cheese
- 2 cup(s) orange juice

Supplies

- 16x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(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

- Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.
- Open 2 cans of crushed tomatoes.
- Open and drain 2 cans of crushed pineapple.
- Shake the can(s) of coconut milk well and then open. If it is separated, warm it over low heat for a few minutes and whisk until smooth.
- Open the can(s) of cream of mushroom soup.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Seed and chop 2 red bell peppers.
- Open and drain 2 cans of tomato sauce.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp chili powder and 2 tsp ground cumin. Let cool.
- In a mixing bowl, combine 4 cups of cottage cheese and 4 cups shredded cheese.
- Cut 2 lbs. of salmon fillet into 8 pieces.
- Slice 2 oranges and 2 blood oranges.
- In a small mixing bowl, combine 6 Tbsp orange marmalade, 2 Tbsp Dijon mustard, 2 tsp minced garlic, and 2 tsp dried dill.
- Cut 2 lbs. of cod fillet into 8 pieces.
- In a mixing bowl, combine the 1/2 cup mayonnaise, 2 Tbsp Dijon mustard, 2 Tbsp lemon juice, and 1 tsp dill. Mix in 2 cups panko breadcrumbs.

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.

Skillet Chicken Cacciatore

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

- 3 cups shredded rotisserie chicken
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes
- 2 tsp Italian seasoning

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

Cashew & Curry Chicken Wraps

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

- 3 cups shredded rotisserie chicken
- 1 cup light coconut milk
- 2 Tbsp green curry paste
- 1 Tbsp chopped cilantro

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

Slow Cooker Russian Shredded Beef

Sandwiches

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 cup Russian salad dressing
- 1 Tbsp minced onion

Skillet Jamaican Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp Jerk seasoning
- 1 Tbsp brown sugar

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

Slow Cooker Chicken and Mushroom

Stroganoff

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- 1 - 10 oz. can cream of mushroom soup

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

Chipotle Chili

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp chipotle chili powder
- 1 tsp ground cumin

- 1 tsp garlic powder

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

Layered Taco Bake

To each disposable tray, layer the following ingredients:

- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture
- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture

Cover with foil or lid, add label and freeze.

Sunshine Salmon

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

- 4 salmon pieces
- Salt and pepper
- Half of the prepared sauce onto the salmon
- Half of the orange and blood orange slices

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

- 2 cups beef broth
- Salt and pepper

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

Slow Cooker Cubano Sandwiches

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

- 2 lb. pork roast
- Salt and pepper
- 1 cup orange juice
- 1 tsp ground cumin

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

Crunchy Dijon Cod

To each disposable tray, layer the following ingredients:

- 4 cod fillet pieces
- Half of the breadcrumb mixture, pressed onto each fillet

Cover with foil or lid, add label and freeze.