

# CLEAN EATS MEAL PLAN

MARCH 2017

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# 1. 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.

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## 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)

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## 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.

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## 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.*

## 2. 40 Garlic Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 60 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 - bone-in split chicken breasts
- 2 - Tbsp olive oil
- 40 - peeled garlic cloves
- 1 - tsp dried thyme
- - Salt and pepper
- Side: - mashed potatoes\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

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### Cooking Directions for Single Meal

1. Preheat oven to 375 F/190 C.
2. Place the chicken breasts into baking dish. Drizzle the olive oil over the top and then place the garlic cloves under, around and on top of the chicken breasts. Sprinkle the thyme, salt and pepper over the top. Cover tightly with foil and bake for 60 minutes.
3. Prepare the mashed potatoes.
4. Prepare the salad.
5. Serve 40 Garlic Chicken with mashed potatoes and side salad.

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### Assembly Prep Directions for 2 Meals

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

- 4 bone-in split chicken breasts
- 2 Tbsp olive oil
- 40 peeled garlic cloves
- 1 tsp dried thyme
- 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 shallow tray of warm water for about 20 minutes, before transferring to the 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.*

## 3. Apple Chicken Lettuce 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

- 1 - lb(s) ground chicken
- 1 - tsp garlic powder
- 1/2 - tsp salt
- 6 - Tbsp soy sauce
- 2 - Tbsp honey
- 1 - Tbsp rice vinegar
- 2 - tsp minced garlic
- 1 - tsp ground ginger
- 1/2 - tsp crushed red pepper
- 1 - tsp cornstarch\*\*
- 16 - large lettuce leaves\*\*
- - Tbsp chopped apples\*\*
- Garnish: - sliced green onions\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. In a large skillet, brown the ground chicken with garlic powder and salt.
2. In a mixing bowl, whisk together the soy sauce, honey, rice vinegar, minced garlic, ground ginger and crushed red pepper. Stir into the ground chicken over low heat and warm the sauce through.
3. Mix together the cornstarch with equal parts water and swirl it into the sauce. Let simmer for 2 to 3 minutes to thicken.
4. Chop the apples and slice the green onions. Assemble the lettuce wraps with the chicken mixture topped with chopped apples and sliced green onions.
5. Warm the dinner rolls.
6. Serve Apple Chicken Lettuce Wraps with dinner rolls.

### Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground chicken with 2 tsp garlic powder and 1 tsp salt. Let cool.

In a mixing bowl, whisk together 12 Tbsp soy sauce, 4 Tbsp honey, 2 Tbsp rice vinegar, 4 tsp minced garlic, 2 tsp ground ginger and 1 tsp crushed red pepper.

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

- Half of the browned ground chicken
- Half of the prepared sauce
- Do NOT add the cornstarch

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 and reheating. Mix together the cornstarch with equal parts water and swirl it into the sauce. Let simmer for 2 to 3 minute to thicken. Assemble lettuce wraps with garnishes, 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 and serve with gluten free sides.

## 4. 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.

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### 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)

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### 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.

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### 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.

## 5. 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.

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### 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)

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### 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.

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### 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.*

# Complete Shopping List by Recipe

## 1. 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)

## 3. Apple Chicken Lettuce Wraps

- 2 - lb(s) ground chicken
- 2 - tsp garlic powder
- 1 - tsp salt
- 12 - Tbsp soy sauce
- 4 - Tbsp honey
- 2 - Tbsp rice vinegar
- 4 - tsp minced garlic
- 2 - tsp ground ginger
- 1 - tsp crushed red pepper
- 2 - tsp cornstarch
- 32 - large lettuce leaves
- Tbsp chopped apples
- sliced green onions
- fruit
- 2 - gallon-size freezer baggie(s)

## 5. 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. 40 Garlic Chicken

- 8 - bone-in split chicken breasts
- 4 - Tbsp olive oil
- 80 - peeled garlic cloves
- 2 - tsp dried thyme
- Salt and pepper
- mashed potatoes
- salad
- 2 - 9x13 disposable foil tray(s)

## 4. 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
- salad
- 2 - gallon-size freezer baggie(s)

2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 8 boneless pork chops
- 8 bone-in split chicken breasts
- 2 lb(s) ground chicken
- 2 lb(s) ground beef
- 2 lb(s) salmon fillet

## Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) crushed pineapple
- Side:** rice
- 2x15 oz. can(s) tomato sauce
- 4 cup(s) beef broth

## Spices

- Salt and pepper
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 2 tsp dried thyme
- 4 tsp garlic powder
- 1 tsp salt
- 6 tsp minced garlic
- 2 tsp ground ginger
- 1 tsp crushed red pepper
- 2 tsp cornstarch
- 2 Tbsp minced onion
- 2 Tbsp chili powder
- 2 tsp chipotle chili powder
- 2 tsp ground cumin
- 2 tsp dried dill

## Produce

- Side:** salad
- 80 peeled garlic cloves
- Side:** mashed potatoes
- 32 large lettuce leaves
- Tbsp chopped apples
- Garnish:** sliced green onions
- Side:** fruit
- 2 red bell pepper(s)
- 2 orange(s)
- 2 blood orange(s)

## Sauces/Condiments

- 2 Tbsp canola oil
- 4 Tbsp olive oil
- 12 Tbsp soy sauce
- 4 Tbsp honey
- 2 Tbsp rice vinegar
- 6 Tbsp orange marmalade
- 2 Tbsp Dijon mustard

## Supplies

- 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. 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)

## 3. Apple Chicken Lettuce Wraps

- 2 lb(s) ground chicken
- 2 tsp garlic powder
- 1 tsp salt
- 12 Tbsp soy sauce
- 4 Tbsp honey
- 2 Tbsp rice vinegar
- 4 tsp minced garlic
- 2 tsp ground ginger
- 1 tsp crushed red pepper
- 2 gallon-size freezer baggie(s)

## 5. 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)

## 2. 40 Garlic Chicken

- 8 bone-in split chicken breasts
- 4 Tbsp olive oil
- 80 peeled garlic cloves
- 2 tsp dried thyme
- Salt and pepper
- 2 9x13 disposable foil tray(s)

## 4. 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)

# Freezer Meal Prep Day Shopping List by Store Section/Category

*Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.*

## Meat

- 8 boneless pork chops
- 8 bone-in split chicken breasts
- 2 lb(s) ground chicken
- 2 lb(s) ground beef
- 2 lb(s) salmon fillet

## Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) crushed pineapple
- 2x15 oz. can(s) tomato sauce
- 4 cup(s) beef broth

## Spices

- Salt and pepper
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 2 tsp dried thyme
- 4 tsp garlic powder
- 1 tsp salt
- 6 tsp minced garlic
- 2 tsp ground ginger
- 1 tsp crushed red pepper
- 2 Tbsp minced onion
- 2 Tbsp chili powder
- 2 tsp chipotle chili powder
- 2 tsp ground cumin
- 2 tsp dried dill

## Produce

- 80 peeled garlic cloves
- 2 red bell pepper(s)
- 2 orange(s)
- 2 blood orange(s)

## Sauces/Condiments

- 2 Tbsp canola oil
- 4 Tbsp olive oil
- 12 Tbsp soy sauce
- 4 Tbsp honey
- 2 Tbsp rice vinegar
- 6 Tbsp orange marmalade
- 2 Tbsp Dijon mustard

## Supplies

- 8x gallon-size freezer baggie(s)
- 2x 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

- Open and drain 2 cans of crushed pineapple.
- Brown 2 lbs. ground chicken with 2 tsp garlic powder and 1 tsp salt. Let cool.
- In a mixing bowl, whisk together 12 Tbsp soy sauce, 4 Tbsp honey, 2 Tbsp rice vinegar, 4 tsp minced garlic, 2 tsp ground ginger and 1 tsp crushed red pepper.
- 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.
- 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.

*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 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.

### Apple Chicken Lettuce Wraps

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

- Half of the browned ground chicken
- Half of the prepared sauce
- Do NOT add the cornstarch

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

### 40 Garlic Chicken

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

- 4 bone-in split chicken breasts
- 2 Tbsp olive oil
- 40 peeled garlic cloves
- 1 tsp dried thyme
- Salt and pepper

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
- 2 cups beef broth
- Salt and pepper

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