

# GLUTEN FREE MEAL PLAN

MARCH 2017

## Table of Contents

### *Recipes*

1. Skillet Chicken Cacciatore
2. Apple Chicken Lettuce Wraps
3. Chipotle Chili
4. Layered Taco Bake
5. Sunshine Salmon

### *Shopping Lists*

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

### *Assembly of Meals*

- Assembly Prep Instructions
- 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.

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## 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)

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## 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.

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## 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. 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.

## 3. 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.

## 4. 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.*

## 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.

### 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.*

# 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. 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)

## 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. 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)

## 4. 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)

- 2 - blood orange(s)
- salad
- rice
- 2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 6 cup(s) shredded rotisserie chicken
- 2 lb(s) ground chicken
- 4 lb(s) ground beef
- 2 lb(s) salmon fillet

## Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- Side:** box(es) pasta
- 2x15 oz. can(s) tomato sauce
- 4 cup(s) beef broth
- 2 cup(s) red salsa
- Side:** rice

## Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) red cooking wine
- 12 Tbsp soy sauce
- 4 Tbsp honey
- 2 Tbsp rice vinegar
- 6 Tbsp orange marmalade
- 2 Tbsp Dijon mustard

## Dairy/Frozen

## Produce

- 2 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- Side:** salad
- 32 large lettuce leaves
- Tbsp chopped apples
- Garnish:** sliced green onions
- Side:** fruit
- Side:** shredded lettuce and tomatoes
- Side:** veggies
- 2 orange(s)
- 2 blood orange(s)

## Starchy Sides

- 32 corn tortillas

## Spices

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

## Supplies

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

- 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 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. 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)

## 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. 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)

## 4. 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)

# 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 cup(s) shredded rotisserie chicken
- 2 lb(s) ground chicken
- 4 lb(s) ground beef
- 2 lb(s) salmon fillet

## Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- 2x15 oz. can(s) tomato sauce
- 4 cup(s) beef broth
- 2 cup(s) red salsa

## Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) red cooking wine
- 12 Tbsp soy sauce
- 4 Tbsp honey
- 2 Tbsp rice vinegar
- 6 Tbsp orange marmalade
- 2 Tbsp Dijon mustard

## Dairy/Frozen

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

## Produce

- 2 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- 2 orange(s)
- 2 blood orange(s)

## Starchy Sides

- 32 corn tortillas

## Spices

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

## 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

- Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.
- Open 2 cans of crushed tomatoes.
- 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.
- 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.

*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.

### 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.

### 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

### 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.

### 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.

baggie and freeze.