

TRADITIONAL 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.

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.*

2. Thai Peanut Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - Tbsp olive oil
- - Salt and pepper
- 1 - small white onion(s)
- 1 - red bell pepper(s)
- 1 - cup(s) Thai peanut sauce
- Garnish: - sesame seeds and green onions**
- Garnish: - chopped peanuts**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Dice the white onion. Seed and dice the red bell pepper.
2. In a large skillet, brown the chicken on both sides, then toss in the onion and bell pepper and saute until translucent. Pour the Thai peanut sauce over the top, reduce heat to low and simmer for 5 to 10 minutes, or until chicken is cooked through. Remove from heat, until ready to serve.
3. Cook the rice as directed.
4. Prepare the veggies and garnishes.
5. Serve Thai Peanut Chicken over rice with garnishes and a side of veggies.

Assembly Prep Directions for 2 Meals

Dice 2 small white onions.

Seed and dice 2 red bell peppers.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the diced onion
- Half of the diced bell peppers
- 1 cup Thai peanut sauce

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

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring all of the contents in the baggie to a skillet and cooking over medium low heat for 15 to 18 minutes, until the veggies are softened and the chicken is cooked through. If needed, add 1/4 to 1/2 cup water or chicken stock to keep sauce from thickening too much.*

Special Notes: *Look for Thai Peanut sauce on the Asian aisle at your grocery store.*

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

Gluten-Free Modifications: *Check the Thai Peanut sauce for hidden gluten, otherwise this recipe is gluten free.*

3. 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.*

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 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. 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
- 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 - gallon-size freezer baggie(s)

2. Thai Peanut Chicken

- 8 - small boneless chicken breasts
- 2 - Tbsp olive oil
- Salt and pepper
- 2 - small white onion(s)
- 2 - red bell pepper(s)
- 2 - cup(s) Thai peanut sauce
- sesame seeds and green onions
- chopped peanuts
- rice
- veggies
- 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)

Complete Shopping List by Store Section/Category

Meat

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

Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) crushed pineapple
- Side:** rice
- Side:** chopped peanuts
- 2 cup(s) red salsa

Sauces/Condiments

- 2 Tbsp canola oil
- 2 Tbsp olive oil
- 2 cup(s) Thai peanut sauce
- 2 cup(s) Russian salad dressing
- 6 Tbsp orange marmalade
- 2 Tbsp Dijon mustard

Dairy/Frozen

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

Produce

- Side:** salad
- 2 small white onion(s)
- 2 red bell pepper(s)
- Garnish:** sesame seeds and green onions
- Side:** veggies
- Garnish:** coleslaw
- Side:** fruit
- Side:** shredded lettuce and tomatoes
- 2 orange(s)
- 2 blood orange(s)

Starchy Sides

- 8 hoagie rolls
- 32 corn tortillas

Spices

- Salt and pepper
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp minced garlic
- 2 tsp dried dill

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. 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)

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. Thai Peanut Chicken

- 8 small boneless chicken breasts
- 2 Tbsp olive oil
- Salt and pepper
- 2 small white onion(s)
- 2 red bell pepper(s)
- 2 cup(s) Thai peanut sauce
- 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

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

Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) crushed pineapple
- 2 cup(s) red salsa

Sauces/Condiments

- 2 Tbsp canola oil
- 2 Tbsp olive oil
- 2 cup(s) Thai peanut sauce
- 2 cup(s) Russian salad dressing
- 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 red bell pepper(s)
- 2 orange(s)
- 2 blood orange(s)

Starchy Sides

- 32 corn tortillas

Spices

- Salt and pepper
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp minced garlic
- 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

- Open and drain 2 cans of crushed pineapple.
- Dice 2 small white onions.
- Seed and dice 2 red bell peppers.
- 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 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 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
- 1 tsp garlic powder

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.

Thai Peanut Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the diced onion
- Half of the diced bell peppers
- 1 cup Thai peanut sauce

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.