

20 MEALS PLAN

APRIL 2017

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Meal Assembly Instructions

1. Turkey Sloppy Joe Sandwiches

Yield: 4 servings

Active Time: 15 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

- 1 - lb(s) ground turkey
- 15 - oz. can(s) tomato sauce
- 1 - Tbsp yellow mustard
- 2 1/2 - Tbsp cider vinegar
- 3 - Tbsp brown sugar
- 1 - Tbsp minced onion
- 1 - Tbsp smoked paprika
- 1 - tsp ground cumin
- 1 - tsp Salt and pepper
- 1 - tsp salt
- 1 - tsp pepper
- 4 - sandwich buns**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the ground turkey in skillet and drain. Return to the skillet and stir in the tomato sauce plus 1/2 can worth of hot water, mustard, vinegar, brown sugar, minced onion, paprika, cumin, garlic powder and salt and pepper. Bring to bubbling and simmer for 10 minutes.
2. (Note: you could substitute a 15 oz. can sloppy joe sauce in place of the homemade sauce above. Be sure to update the shopping list if you make this substitution.)
3. Serve Turkey Sloppy Joes on hamburger buns with side of fruit.

Assembly Prep Directions for 2 Meals

Brown and cool 2 lbs. ground turkey.

If needed, make your own sloppy joe sauce as directed on recipe. You can also just add all ingredients to baggies without pre-mixing the sauce as shown in the assembly directions below.

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

- Half of the browned and cooled ground turkey
- 15 oz. can tomato sauce
- 1 Tbsp yellow mustard
- 2 1/2 Tbsp cider vinegar
- 3 Tbsp brown sugar
- 1 Tbsp minced onion
- 1 Tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

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

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet for reheating with about 1 cup hot water mixed into the sauce.

Special Notes: You can substitute 15 oz. can sloppy joe sauce for the homemade sauce above.

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

Gluten-Free Modifications: Use gluten-free buns or serve

as "Sloppy Joe Bowl" over bed of rice.

2. Sheet Pan Chicken Fajitas

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 25 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 - large boneless chicken breasts
- 2 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 2 - lime(s)
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- Garnish: - sour cream and guacamole**
- Side: - flour tortillas**
- Side: - refried beans**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Slice the chicken breasts into strips.
3. Seed and slice the bell peppers. Slice the onions. Halve the limes.
4. Place the sliced chicken into one half of the baking dish. Arrange the sliced onions and peppers into the other half of the baking dish. Squeeze the lime juice all over the chicken and veggies. Sprinkle the ground cumin, garlic powder, salt and pepper over the top.
5. Bake in the preheated oven for 20 to 25 minutes, or until chicken is cooked through and veggies have softened.
6. Assemble the chicken and veggies into tortillas and add garnishes.
7. Heat the refried beans.
8. Serve Sheet Pan Fajitas with refried beans.

Assembly Prep Directions for 2 Meals

Slice 8 chicken breasts into strips.

Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.

To each disposable tray, add the following ingredients:

- Half of the chicken strips
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

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.*

Special Notes: *Use chicken tenderloins if you want to shortcut the slicing of the chicken breasts.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served with corn tortillas.*

3. Baked Teriyaki Chicken Wings

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 50 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 - lb(s) chicken wings
- - Salt and pepper
- 1/2 - cup(s) teriyaki sauce
- 1/4 - cup(s) honey
- 1 - tsp minced garlic
- 1 - tsp crushed red pepper
- 1/4 - cup(s) teriyaki sauce**
- Garnish: - sesame seeds**
- Side: - rice**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Place the chicken wings onto baking sheet and season with salt and pepper.
2. In a small mixing bowl, whisk together the teriyaki sauce, honey, minced garlic and crushed red pepper. Brush the sauce over the chicken wings. Discard excess marinade.
3. Bake in the preheated oven for 45 to 50 minutes, or until wings are cooked through. Once baked, baste with the additional teriyaki sauce. Garnish with sesame seeds.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Baked Teriyaki Chicken Wings with rice and veggies.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1 cup teriyaki sauce, 1/2 cup honey, 2 tsp minced garlic and 2 tsp crushed red pepper.

To each disposable tray, add the following ingredients:

- 3 lbs. chicken wings
- Half of the prepared marinade

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. Baste with more teriyaki sauce before serving.*

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

Gluten-Free Modifications: *Use a gluten-free teriyaki or soy sauce for a gluten-free meal.*

4. Beef Chili with Refried Beans

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 - 15 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) refried beans
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 2 - cup(s) beef broth
- - Salt and pepper
- Side: - cornbread**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the diced tomatoes. Open the refried beans.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the diced tomatoes, refried beans, chili powder, ground cumin and beef broth and bring to bubbling. Reduce heat and simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
3. Prepare the cornbread, as directed
4. Serve Beef Chili with Refried Beans with cornbread.

Assembly Prep Directions for 2 Meals

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

Open and drain 2 cans of diced tomatoes. Open 2 cans of refried beans.

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can refried beans
- 1 Tbsp 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. Thai Beef Red Curry

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

- 2 - lb(s) beef for stirfry
- 1 - Tbsp canola oil
- 2 - Tbsp lime juice
- - Salt and pepper
- 15 - oz. can(s) light coconut milk**
- 1 - cup(s) beef broth
- 1 - red bell pepper(s)
- 2 - tsp minced garlic
- 3 - Tbsp red curry paste
- 1/2 - lb(s) bag matchstick carrots
- 1 - cup(s) frozen peas
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the red bell pepper(s).
2. Open the coconut milk, and reheat it over low heat if it has separated.
3. In a large saucepan, saute beef for stirfry strips in the oil and lime juice. Season with salt and pepper. Stir in the coconut milk, beef broth, red bell pepper slices, minced garlic, and red curry paste and bring to bubbling. Stir in the matchstick carrots and frozen peas. Return to bubbling over medium low heat.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Thai Beef Red Curry over rice with salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers.

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 1 cup beef broth
- Half of the red bell pepper slices
- 2 tsp minced garlic
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Do NOT add the coconut milk at this time. Store in the pantry.

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 saucepan and reheating. Once bubbling, stir in the canned coconut milk and return to bubbling.

Special Notes: Omit oil and serve over cauli-rice for Paleo/Whole30 meal.

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.

6. Tuscan Ham & Bean Soup

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

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

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

Ingredients for Single Meal

- 2 - cup(s) chopped ham
- 1 - Tbsp olive oil
- 1 - small white onion(s)
- 4 - whole carrots
- 1 - tsp minced garlic
- 1 - 15 oz. can(s) Cannellini beans
- 1 - 15 oz. cans red kidney beans
- 4 - cup(s) vegetable stock
- 10 - oz. box(es) frozen spinach
- 1 - tsp dried basil
- 1 - tsp dried thyme
- - Salt and pepper
- Garnish: - shredded Parmesan cheese**
- Side: - loaf bread**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the white onion(s). Peel and chop the carrots.
2. Open and drain the cans of beans.
3. Thaw the frozen spinach.
4. In a large saucepan, heat the olive oil and saute the chopped onion and carrots. Mix in the chopped ham, minced garlic and then pour in all the cans of drained beans and the vegetable stock. Bring to bubbling, then reduce heat and stir in the spinach, basil and thyme. Let simmer for 15 minutes. Season with salt and pepper to taste. Garnish with shredded Parmesan cheese.
5. Warm the loaf bread.
6. Serve Tuscan Ham & Bean Soup with warm loaf bread and butter.

Assembly Prep Directions for 2 Meals

Partially thaw 2 boxes of frozen spinach.

Chop 2 white onions. Peel and chop 8 whole carrots.

Open and drain 2 cans of red kidney beans and the 2 cans of cannellini beans.

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

- 2 cups chopped ham
- Half of the chopped onion
- Half of the chopped carrots
- 1 tsp minced garlic
- 1 - 15 oz. can cannellini beans, drained
- 1 - 15 oz. can red kidney beans, drained
- 4 cups vegetable stock
- 1 - 10 oz. box frozen spinach
- 1 tsp dried basil
- 1 tsp dried thyme
- 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 omit the Parmesan cheese.*

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

7. Spinach Ravioli Lasagna

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 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

- 20 - oz. box(es) cheese ravioli
- 26 - oz. jar(s) spaghetti sauce
- 10 - oz. box(es) frozen spinach
- 1 - cup(s) Parmesan cheese
- 2 - cup(s) mozzarella cheese
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Add a thin layer of spaghetti sauce to the bottom of a 9x13 inch baking dish. Add a single layer of ravioli, then half of the chopped spinach, then sprinkle half of the Parmesan and mozzarella cheeses. Repeat with another layer, then pour remaining spaghetti sauce over the top. Carefully add 1 cup warm water around the edges of the dish.
3. Bake in the preheated oven for 25 minutes, or until raviolis are softened.
4. Prepare the salad.
5. Serve Spinach Ravioli Lasagna with salad.

Assembly Prep Directions for 2 Meals

To each disposable tray, add the following ingredients:

- Thin layer of spaghetti sauce
- Single layer of ravioli
- Half the chopped spinach
- Half of the Parmesan and mozzarella cheese
- Thin layer of spaghetti sauce
- Single layer of ravioli
- Remaining half the chopped spinach
- Remaining half of the Parmesan and mozzarella cheese
- Remaining spaghetti sauce on top
- 1 cup water around the edges of the dish

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: *Unfortunately, there is not a great gluten-free option for this meal.*

8. Vegetarian Tex-Mex Pasta Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 15 minutes

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

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

Ingredients for Single Meal

- 1 - lb(s) small shell pasta noodles
- 2 - 15 oz. can(s) black beans
- 15 - oz. can(s) corn
- 15 - oz. can(s) diced tomatoes
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 2 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- 2 - cup(s) shredded cheddar cheese
- Garnish: - avocado(s)**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Cook the pasta, as directed. Drain and rinse with cool water. Pour into a 9x13-inch baking dish.
3. Open and drain the black beans and corn. Open the diced tomatoes.
4. In a large mixing bowl, mix together the black beans, corn, diced tomatoes, minced onion, garlic powder, chili powder, ground cumin, salt, and pepper. Pour over the cooked pasta in the baking dish and carefully combine. Sprinkle the cheese on top.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted.
6. Prepare the salad.
7. Serve Vegetarian Tex-Mex Pasta Bake with avocado garnish and salad.

Assembly Prep Directions for 2 Meals

Open and drain 4 cans of black beans and 2 cans of corn. Open 2 cans of diced tomatoes.

In a large mixing bowl, mix together all of the black beans, corn, and diced tomatoes with 2 Tbsp minced onion, 2 tsp garlic powder, 4 Tbsp chili powder and 2 tsp ground cumin. Season with salt and pepper.

Cook the pasta, as directed. Drain and rinse with cool water.

To each disposable tray, add the following ingredients:

- Half of the cooked pasta
- Half of the bean-tomato mixture
- 2 cups shredded cheddar cheese

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: *Omit the shredded cheese on top for dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when made with small shell gluten-free pasta.*

9. Macaroni with Spinach and Bacon

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

- 1 - lb(s) box(es) elbow pasta noodles
- 10 - oz. box(es) frozen spinach
- 4 - Tbsp butter
- 4 - Tbsp all purpose flour
- 1 1/2 - cup(s) milk
- 8 - oz. cream cheese
- 2 - cup(s) shredded mozzarella cheese
- 6 - slices bacon**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cook the pasta, as directed on package, to al dente. Drain well.
2. Preheat oven to 350 F.
3. In a large saucepan, melt the butter and stir the flour in to make a paste. Pour in the milk, while whisking the sauce to prevent clumps. Let simmer for a few minutes to thicken, then stir in the cream cheese and shredded cheese and let melt into the sauce over low heat.
4. Toss the cooked pasta into the cheese sauce and coat completely, then stir in the frozen spinach. Pour into 9x13 inch baking dish.
5. Bake in the preheated oven for 20 minutes.
6. Cook and crumble the bacon.
7. Prepare the salad.
8. Serve Macaroni with Spinach and Bacon and side salad.

Assembly Prep Directions for 2 Meals

In a large saucepan, melt 8 Tbsp butter and stir 8 Tbsp flour in to make a paste. Pour in the 3 cups milk, while whisking the sauce to prevent clumps. Let simmer for a few minutes to thicken, then stir in 2 - 8 oz. bars cream cheese and 4 cups shredded mozzarella cheese and let melt into the sauce over low heat.

Cook the pasta, as directed, to al dente. Drain well.

To each disposable tray, add the following ingredients:

- Half of the cooked pasta
- Half of the cheese sauce
- 1 - 10 oz. bag frozen spinach
- Gently combine in the tray.

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. Add crumbled bacon as garnish, before serving.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use small shell gluten-free pasta.*

10. Skillet Chicken Parmesan

Yield: 4 servings

Active Time: 5 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
- - Salt and pepper
- 2 - Tbsp olive oil
- 2 - cup(s) chunky spaghetti sauce
- 1/2 - cup(s) grated Parmesan cheese**
- 1 - cup(s) shredded mozzarella cheese**
- Side: - pasta
- Side: - salad
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the pasta, as directed.
2. Halve the chicken breasts, lengthwise.
3. In a large skillet, heat the olive oil. Sprinkle the chicken breasts with salt and pepper and place them in the skillet. Brown the chicken breast halves on both sides. Stir in the spaghetti sauce and reduce heat to low. Cover and cook for 8 to 10 minutes, or until chicken is cooked through.
4. Sprinkle the Parmesan cheese evenly over each piece of chicken. Then sprinkle the mozzarella cheese evenly over each piece of chicken. Let the heat from the skillet melt the cheeses. Serve immediately.
5. Prepare the salad.
6. Serve Skillet Chicken Parmesan over pasta with salad.

Assembly Prep Directions for 2 Meals

Halve 8 small chicken breasts, lengthwise.

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

- Half of the chicken breast pieces
- Salt and pepper
- 2 cups of spaghetti 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 the chicken and sauce to the skillet. Cover and cook over low heat for 15 minutes, turning chicken once or twice. Once the chicken is cooked, add the cheeses on top 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 pasta.*

Complete Shopping List by Recipe

1. Turkey Sloppy Joe Sandwiches

- 2 - lb(s) ground turkey
- 2x15 - oz. can(s) tomato sauce
- 2 - Tbsp yellow mustard
- 5 - Tbsp cider vinegar
- 6 - Tbsp brown sugar
- 2 - Tbsp minced onion
- 2 - Tbsp smoked paprika
- 2 - tsp ground cumin
- 2 - tsp Salt and pepper
- 2 - tsp salt
- 2 - tsp pepper
- 4 - sandwich buns
- fruit
- 2 - gallon-size freezer baggie(s)

3. Baked Teriyaki Chicken Wings

- 6 - lb(s) chicken wings
- Salt and pepper
- 1 - cup(s) teriyaki sauce
- 1/2 - cup(s) honey
- 2 - tsp minced garlic
- 2 - tsp crushed red pepper
- 1/2 - cup(s) teriyaki sauce
- sesame seeds
- rice
- veggies
- 2 - 9x13 disposable foil tray(s)

5. Thai Beef Red Curry

- 4 - lb(s) beef for stirfry
- 2 - Tbsp canola oil
- 4 - Tbsp lime juice
- Salt and pepper
- 2x15 - oz. can(s) light coconut milk
- 2 - cup(s) beef broth
- 2 - red bell pepper(s)
- 4 - tsp minced garlic
- 6 - Tbsp red curry paste

2. Sheet Pan Chicken Fajitas

- 8 - large boneless chicken breasts
- 4 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 4 - lime(s)
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- sour cream and guacamole
- flour tortillas
- refried beans
- 2 - 9x13 disposable foil tray(s)

4. Beef Chili with Refried Beans

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) diced tomatoes
- 2 - 15 oz. can(s) refried beans
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- 4 - cup(s) beef broth
- Salt and pepper
- cornbread
- 2 - gallon-size freezer baggie(s)

6. Tuscan Ham & Bean Soup

- 4 - cup(s) chopped ham
- 2 - Tbsp olive oil
- 2 - small white onion(s)
- 8 - whole carrots
- 2 - tsp minced garlic
- 2 - 15 oz. can(s) Cannellini beans
- 2 - 15 oz. cans red kidney beans
- 8 - cup(s) vegetable stock
- 2x10 - oz. box(es) frozen spinach

- 1 - lb(s) bag matchstick carrots
- 2 - cup(s) frozen peas
- rice
- salad
- 2 - gallon-size freezer baggie(s)

7. Spinach Ravioli Lasagna

- 2x20 - oz. box(es) cheese ravioli
- 2x26 - oz. jar(s) spaghetti sauce
- 2x10 - oz. box(es) frozen spinach
- 1 - cup(s) Parmesan cheese
- 4 - cup(s) mozzarella cheese
- salad
- 2 - 9x13 disposable foil tray(s)

9. Macaroni with Spinach and Bacon

- 2x1 - lb(s) box(es) elbow pasta noodles
- 2x10 - oz. box(es) frozen spinach
- 8 - Tbsp butter
- 8 - Tbsp all purpose flour
- 3 - cup(s) milk
- 16 - oz. cream cheese
- 4 - cup(s) shredded mozzarella cheese
- 12 - slices bacon
- salad
- 2 - 9x13 disposable foil tray(s)

- 2 - tsp dried basil
- 2 - tsp dried thyme
- Salt and pepper
- shredded Parmesan cheese
- loaf bread
- 2 - gallon-size freezer baggie(s)

8. Vegetarian Tex-Mex Pasta Bake

- 2x1 - lb(s) small shell pasta noodles
- 4 - 15 oz. can(s) black beans
- 2x15 - oz. can(s) corn
- 2x15 - oz. can(s) diced tomatoes
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 4 - Tbsp chili powder
- 2 - tsp ground cumin
- Salt and pepper
- 4 - cup(s) shredded cheddar cheese
- avocado(s)
- salad
- 2 - 9x13 disposable foil tray(s)

10. Skillet Chicken Parmesan

- 8 - small boneless chicken breasts
- Salt and pepper
- 4 - Tbsp olive oil
- 4 - cup(s) chunky spaghetti sauce
- 1 - cup(s) grated Parmesan cheese
- 2 - cup(s) shredded mozzarella cheese
- pasta
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) ground turkey
- 8 large boneless chicken breasts
- 6 lb(s) chicken wings
- 2 lb(s) ground beef
- 4 lb(s) beef for stirfry
- 4 cup(s) chopped ham
- 12 slices bacon
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) tomato sauce
- Side:** refried beans
- Side:** rice
- 2 15 oz. can(s) diced tomatoes
- 2 15 oz. can(s) refried beans
- 6 cup(s) beef broth
- Side:** cornbread
- 2x15 oz. can(s) light coconut milk
- 2 15 oz. can(s) Cannellini beans
- 2 15 oz. cans red kidney beans
- 8 cup(s) vegetable stock
- 2x1 lb(s) small shell pasta noodles
- 4 15 oz. can(s) black beans
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) diced tomatoes
- 2x1 lb(s) box(es) elbow pasta noodles

Sauces/Condiments

- 2 Tbsp yellow mustard
- 5 Tbsp cider vinegar
- 2 cup(s) teriyaki sauce
- 1 cup(s) honey
- 2 Tbsp canola oil
- 6 Tbsp red curry paste
- 6 Tbsp olive oil

Produce

- Side:** fruit
- 6 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- 4 lime(s)
- Side:** veggies
- 4 Tbsp lime juice
- 1 lb(s) bag matchstick carrots
- Side:** salad
- 8 whole carrots
- Garnish:** avocado(s)

Starchy Sides

- Side:** 4 sandwich buns
- Side:** flour tortillas
- Side:** loaf bread
- 2x20 oz. box(es) cheese ravioli
- Side:** pasta

Spices

- 6 Tbsp brown sugar
- 6 Tbsp minced onion
- 2 Tbsp smoked paprika
- 6 tsp ground cumin
- 2 tsp Salt and pepper
- 2 tsp salt
- 2 tsp pepper

- 2x26 oz. jar(s) spaghetti sauce
- 4 cup(s) chunky spaghetti sauce

- 2 Tbsp ground cumin
- 6 tsp garlic powder
- Salt and pepper
- 8 tsp minced garlic
- 2 tsp crushed red pepper
- Garnish:** sesame seeds
- 6 Tbsp chili powder
- 2 tsp dried basil
- 2 tsp dried thyme
- 8 Tbsp all purpose flour

Dairy/Frozen

- Garnish:** sour cream and guacamole
- 2 cup(s) frozen peas
- 6x10 oz. box(es) frozen spinach
- Garnish:** shredded Parmesan cheese
- Side:** 1 cup(s) Parmesan cheese
- 4 cup(s) mozzarella cheese
- 4 cup(s) shredded cheddar cheese
- 8 Tbsp butter
- 3 cup(s) milk
- 16 oz. cream cheese
- 6 cup(s) shredded mozzarella cheese
- 1 cup(s) grated Parmesan cheese

Supplies

- Side:** 10 gallon-size freezer baggie(s)
- Side:** 10 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. Turkey Sloppy Joe Sandwiches

- 2 lb(s) ground turkey
- 2x15 oz. can(s) tomato sauce
- 2 Tbsp yellow mustard
- 5 Tbsp cider vinegar
- 6 Tbsp brown sugar
- 2 Tbsp minced onion
- 2 Tbsp smoked paprika
- 2 tsp ground cumin
- 2 tsp Salt and pepper
- 2 tsp salt
- 2 tsp pepper
- 2 gallon-size freezer baggie(s)

3. Baked Teriyaki Chicken Wings

- 6 lb(s) chicken wings
- Salt and pepper
- 1 cup(s) teriyaki sauce
- 1/2 cup(s) honey
- 2 tsp minced garlic
- 2 tsp crushed red pepper
- 2 9x13 disposable foil tray(s)

5. Thai Beef Red Curry

- 4 lb(s) beef for stirfry
- 2 Tbsp canola oil
- 4 Tbsp lime juice
- Salt and pepper
- 2 cup(s) beef broth
- 2 red bell pepper(s)
- 4 tsp minced garlic
- 6 Tbsp red curry paste
- 1 lb(s) bag matchstick carrots

2. Sheet Pan Chicken Fajitas

- 8 large boneless chicken breasts
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 9x13 disposable foil tray(s)

4. Beef Chili with Refried Beans

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) diced tomatoes
- 2 15 oz. can(s) refried beans
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 4 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

6. Tuscan Ham & Bean Soup

- 4 cup(s) chopped ham
- 2 Tbsp olive oil
- 2 small white onion(s)
- 8 whole carrots
- 2 tsp minced garlic
- 2 15 oz. can(s) Cannellini beans
- 2 15 oz. cans red kidney beans
- 8 cup(s) vegetable stock
- 2x10 oz. box(es) frozen spinach

- 2 cup(s) frozen peas
- 2 gallon-size freezer baggie(s)

7. Spinach Ravioli Lasagna

- 2x20 oz. box(es) cheese ravioli
- 2x26 oz. jar(s) spaghetti sauce
- 2x10 oz. box(es) frozen spinach
- 4 cup(s) mozzarella cheese
- 2 9x13 disposable foil tray(s)

9. Macaroni with Spinach and Bacon

- 2x1 lb(s) box(es) elbow pasta noodles
- 2x10 oz. box(es) frozen spinach
- 8 Tbsp butter
- 8 Tbsp all purpose flour
- 3 cup(s) milk
- 16 oz. cream cheese
- 4 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(s)

- 2 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 gallon-size freezer baggie(s)

8. Vegetarian Tex-Mex Pasta Bake

- 2x1 lb(s) small shell pasta noodles
- 4 15 oz. can(s) black beans
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) diced tomatoes
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 4 cup(s) shredded cheddar cheese
- 2 9x13 disposable foil tray(s)

10. Skillet Chicken Parmesan

- 8 small boneless chicken breasts
- Salt and pepper
- 4 Tbsp olive oil
- 4 cup(s) chunky spaghetti sauce
- pasta
- 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

- 2 lb(s) ground turkey
- 8 large boneless chicken breasts
- 6 lb(s) chicken wings
- 2 lb(s) ground beef
- 4 lb(s) beef for stirfry
- 4 cup(s) chopped ham
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x15 oz. can(s) tomato sauce
- 2 15 oz. can(s) diced tomatoes
- 2 15 oz. can(s) refried beans
- 6 cup(s) beef broth
- 2 15 oz. can(s) Cannellini beans
- 2 15 oz. cans red kidney beans
- 8 cup(s) vegetable stock
- 2x1 lb(s) small shell pasta noodles
- 4 15 oz. can(s) black beans
- 2x15 oz. can(s) corn
- 2x15 oz. can(s) diced tomatoes
- 2x1 lb(s) box(es) elbow pasta noodles

Sauces/Condiments

- 2 Tbsp yellow mustard
- 5 Tbsp cider vinegar
- 1 cup(s) teriyaki sauce
- 1 cup(s) honey
- 2 Tbsp canola oil
- 6 Tbsp red curry paste
- 6 Tbsp olive oil
- 2x26 oz. jar(s) spaghetti sauce
- 4 cup(s) chunky spaghetti sauce

Produce

- 6 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- 4 lime(s)
- 4 Tbsp lime juice
- 1 lb(s) bag matchstick carrots
- 8 whole carrots
- salad

Starchy Sides

- 2x20 oz. box(es) cheese ravioli
- pasta

Spices

- 6 Tbsp brown sugar
- 6 Tbsp minced onion
- 2 Tbsp smoked paprika
- 6 tsp ground cumin
- 2 tsp Salt and pepper
- 2 tsp salt
- 2 tsp pepper
- 2 Tbsp ground cumin
- 6 tsp garlic powder
- Salt and pepper
- 8 tsp minced garlic

- 2 tsp crushed red pepper
- 6 Tbsp chili powder
- 2 tsp dried basil
- 2 tsp dried thyme
- 8 Tbsp all purpose flour

Dairy/Frozen

- 2 cup(s) frozen peas
- 6x10 oz. box(es) frozen spinach
- 2x cup(s) Parmesan cheese
- 4 cup(s) mozzarella cheese
- 4 cup(s) shredded cheddar cheese
- 8 Tbsp butter
- 3 cup(s) milk
- 16 oz. cream cheese
- 4 cup(s) shredded mozzarella cheese

Supplies

- 10x gallon-size freezer baggie(s)
- 10x 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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Brown and cool 2 lbs. ground turkey.
- Chop 2 white onions. Peel and chop 8 whole carrots.
- Cook the pasta, as directed, to al dente. Drain well.
- Cook the pasta, as directed. Drain and rinse with cool water.
- Halve 8 small chicken breasts, lengthwise.
- If needed, make your own sloppy joe sauce as directed on recipe. You can also just add all ingredients to baggies without pre-mixing the sauce as shown in the assembly directions below.
- In a large mixing bowl, mix together all of the black beans, corn, and diced tomatoes with 2 Tbsp minced onion, 2 tsp garlic powder, 4 Tbsp chili powder and 2 tsp ground cumin. Season with salt and pepper.
- In a large saucepan, melt 8 Tbsp butter and stir 8 Tbsp flour in to make a paste. Pour in the 3 cups milk, while whisking the sauce to prevent clumps. Let simmer for a few minutes to thicken, then stir in 2 - 8 oz. bars cream cheese and 4 cups shredded mozzarella cheese and let melt into the sauce over low heat.
- In a small mixing bowl, whisk together 1 cup teriyaki sauce, 1/2 cup honey, 2 tsp minced garlic and 2 tsp crushed red pepper.
- Open and drain 2 cans of diced tomatoes. Open 2 cans of refried beans.
- Open and drain 2 cans of red kidney beans and the 2 cans of cannellini beans.
- Open and drain 4 cans of black beans and 2 cans of corn. Open 2 cans of diced tomatoes.
- Partially thaw 2 boxes of frozen spinach.
- Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.
- Seed and slice 2 red bell peppers.
- Slice 8 chicken breasts into strips.

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.

Turkey Sloppy Joe Sandwiches

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

- Half of the browned and cooled ground turkey
- 15 oz. can tomato sauce
- 1 Tbsp yellow mustard
- 2 1/2 Tbsp cider vinegar
- 3 Tbsp brown sugar
- 1 Tbsp minced onion
- 1 Tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

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

Baked Teriyaki Chicken Wings

To each disposable tray, add the following ingredients:

- 3 lbs. chicken wings
- Half of the prepared marinade

Cover with foil or lid, add label and freeze.

Thai Beef Red Curry

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 1 cup beef broth

Sheet Pan Chicken Fajitas

To each disposable tray, add the following ingredients:

- Half of the chicken strips
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

Cover with foil or lid, add label and freeze.

Beef Chili with Refried Beans

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can refried beans
- 1 Tbsp 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.

Tuscan Ham & Bean Soup

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

- 2 cups chopped ham
- Half of the chopped onion
- Half of the chopped carrots
- 1 tsp minced garlic

- Half of the red bell pepper slices
- 2 tsp minced garlic
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Do NOT add the coconut milk at this time. Store in the pantry.

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

Spinach Ravioli Lasagna

To each disposable tray, add the following ingredients:

- Thin layer of spaghetti sauce
- Single layer of ravioli
- Half the chopped spinach
- Half of the Parmesan and mozzarella cheese
- Thin layer of spaghetti sauce
- Single layer of ravioli
- Remaining half the chopped spinach
- Remaining half of the Parmesan and mozzarella cheese
- Remaining spaghetti sauce on top
- 1 cup water around the edges of the dish

Cover with foil or lid, add label and freeze.

Macaroni with Spinach and Bacon

To each disposable tray, add the following ingredients:

- Half of the cooked pasta
- Half of the cheese sauce
- 1 - 10 oz. bag frozen spinach
- Gently combine in the tray.

Cover with foil or lid, add label and freeze.

- 1 - 15 oz. can cannellini beans, drained
- 1 - 15 oz. can red kidney beans, drained
- 4 cups vegetable stock
- 1 - 10 oz. box frozen spinach
- 1 tsp dried basil
- 1 tsp dried thyme
- Salt and pepper

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

Vegetarian Tex-Mex Pasta Bake

To each disposable tray, add the following ingredients:

- Half of the cooked pasta
- Half of the bean-tomato mixture
- 2 cups shredded cheddar cheese

Cover with foil or lid, add label and freeze.

Skillet Chicken Parmesan

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

- Half of the chicken breast pieces
- Salt and pepper
- 2 cups of spaghetti sauce

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