

ALL CHICKEN MEALS PLAN

APRIL 2017

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1. Goat Cheese-Apricot Stuffed Chicken

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

- 4 - small boneless chicken breasts
- - Salt and pepper
- 4 - oz. goat cheese
- 1/2 - cup(s) apricot preserves
- 1 - tsp minced onion
- 1 - tsp minced garlic
- Side: - loaf bread**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Slit each of the chicken breasts at their widest section, creating a pocket.
3. In a small mixing bowl, combine the goat cheese, apricot preserves, minced onion, and minced garlic.
4. Spoon the goat cheese mixture into each of the chicken breasts. Place into a baking dish and sprinkle the chicken with salt and pepper.
5. Bake in the preheated oven for 35 minutes, or until chicken is cooked through.
6. Prepare the salad. Warm the bread.
7. Serve Goat Cheese-Apricot Stuffed Chicken with salad and bread.

Assembly Prep Directions for 2 Meals

Slit each of the chicken breasts at their widest section, creating a pocket.

In a small mixing bowl, combine 8 oz. goat cheese, 1 cup apricot preserves, 2 tsp minced onion, and 2 tsp minced garlic. Spoon the goat cheese mixture into each of the chicken breasts.

To each disposable tray, add the following ingredients:

- 4 stuffed chicken breasts
- 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.*

Dairy-Free Modifications: *If you can tolerate goat cheese, then no modifications are necessary.*

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

2. Skillet Caprese 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
- 2 - Tbsp balsamic vinegar
- 1 - pint cherry tomatoes
- - Salt and pepper
- 6 - oz. fresh mozzarella cheese**
- Garnish: - fresh basil**
- Side: - salad**
- Side: - loaf bread**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large skillet, add the olive oil and saute the chicken breasts for 2 to 3 minutes. Sprinkle the balsamic vinegar and cherry tomatoes around the chicken and saute for 5 to 7 minutes, stirring and flipping chicken often.
2. Once the chicken has cooked through, add slices of fresh mozzarella cheese and fresh basil over the chicken and sauteed tomatoes.
3. Prepare the salad. Warm the loaf of bread.
4. Serve Skillet Caprese Chicken with salad and bread.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 1 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 pint cherry tomatoes
- 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. Transfer all of the content from the freezer bag to large skillet or saucepan, start to cook over medium low heat, stirring and flipping the chicken often.*

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.*

3. Garlic Lime Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 35 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
- 1/4 - cup(s) lime juice
- 1/4 - cup(s) olive oil
- 1 - Tbsp minced garlic
- - Salt and pepper
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a mixing bowl, whisk together the lime juice, olive oil, minced garlic, salt and pepper. Add the chicken breasts and coat with the marinade. *Place in the fridge and let marinate for at least 2 hours.
2. Preheat oven to 350 F.
3. Place the chicken and marinade into baking dish and bake in the preheated oven for 35 minutes, or until chicken is cooked through. If desired, run under the broil for 2 minutes to crisp up the tops of the chicken.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Garlic Lime Chicken over rice with salad.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 Tbsp minced garlic
- 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. Transfer the chicken and marinade to baking dish and bake as directed.*

Special Notes: *Serve with 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.*

4. 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.*

5. 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. Goat Cheese-Apricot Stuffed Chicken

- 8 - small boneless chicken breasts
- Salt and pepper
- 8 - oz. goat cheese
- 1 - cup(s) apricot preserves
- 2 - tsp minced onion
- 2 - tsp minced garlic
- loaf bread
- salad
- 2 - 9x13 disposable foil tray(s)

3. Garlic Lime Chicken

- 8 - small boneless chicken breasts
- 1/2 - cup(s) lime juice
- 1/2 - cup(s) olive oil
- 2 - Tbsp minced garlic
- Salt and pepper
- rice
- salad
- 2 - gallon-size freezer baggie(s)

5. 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)

2. Skillet Caprese Chicken

- 8 - small boneless chicken breasts
- 2 - Tbsp olive oil
- 4 - Tbsp balsamic vinegar
- 2 - pint cherry tomatoes
- Salt and pepper
- 12 - oz. fresh mozzarella cheese
- fresh basil
- salad
- loaf bread
- 2 - gallon-size freezer baggie(s)

4. 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)

Complete Shopping List by Store Section/Category

Meat

- 32 small boneless chicken breasts
- 8 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- Side:** rice
- Side:** refried beans

Sauces/Condiments

- 1 cup(s) apricot preserves
- 6 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 1 cup(s) olive oil
- 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- 8 oz. goat cheese
- 12 oz. fresh mozzarella cheese
- Garnish:** sour cream and guacamole
- 1 cup(s) grated Parmesan cheese
- 2 cup(s) shredded mozzarella cheese

Produce

- Side:** salad
- 2 pint cherry tomatoes
- Side:** fresh basil
- 1 cup(s) lime juice
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)

Starchy Sides

- Side:** loaf bread
- Side:** flour tortillas
- Side:** pasta

Spices

- Salt and pepper
- 2 tsp minced onion
- 2 tsp minced garlic
- 2 Tbsp minced garlic
- 2 Tbsp ground cumin
- 2 tsp garlic powder

Supplies

- Side:** 4 9x13 disposable foil tray(s)
- Side:** 6 gallon-size freezer baggie(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. Goat Cheese-Apricot Stuffed Chicken

- 8 small boneless chicken breasts
- Salt and pepper
- 8 oz. goat cheese
- 1 cup(s) apricot preserves
- 2 tsp minced onion
- 2 tsp minced garlic
- 2 9x13 disposable foil tray(s)

3. Garlic Lime Chicken

- 8 small boneless chicken breasts
- 1/2 cup(s) lime juice
- 1/2 cup(s) olive oil
- 2 Tbsp minced garlic
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. 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)

2. Skillet Caprese Chicken

- 8 small boneless chicken breasts
- 2 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 2 pint cherry tomatoes
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. 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)

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

- 32 small boneless chicken breasts
- 8 large boneless chicken breasts

Starchy Sides

- pasta

Spices

- Salt and pepper
- 2 tsp minced onion
- 2 tsp minced garlic
- 2 Tbsp minced garlic
- 2 Tbsp ground cumin
- 2 tsp garlic powder

Supplies

- 4x 9x13 disposable foil tray(s)
- 6x gallon-size freezer baggie(s)

Produce

- 2 pint cherry tomatoes
- 1 cup(s) lime juice
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- salad

Sauces/Condiments

- 1 cup(s) apricot preserves
- 6 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 1 cup(s) olive oil
- 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- 8 oz. goat cheese

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

- Halve 8 small chicken breasts, lengthwise.
- In a small mixing bowl, combine 8 oz. goat cheese, 1 cup apricot preserves, 2 tsp minced onion, and 2 tsp minced garlic. Spoon the goat cheese mixture into each of the chicken breasts.
- Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.
- Slice 8 chicken breasts into strips.
- Slit each of the chicken breasts at their widest section, creating a pocket.

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.

Goat Cheese-Apricot Stuffed Chicken

To each disposable tray, add the following ingredients:

- 4 stuffed chicken breasts
- Salt and pepper

Cover with foil or lid, add label and freeze.

Garlic Lime Chicken

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

- 4 small boneless chicken breasts
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 Tbsp minced garlic
- Salt and pepper

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

Skillet Caprese Chicken

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

- 4 small boneless chicken breasts
- 1 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 pint cherry tomatoes
- Salt and pepper

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

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.