

# CLEAN EATS MEAL 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.

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## 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)

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## 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.

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## 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. 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.

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### 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)

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### 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.

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### 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.*

## 3. 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.

## 4. 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.

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### 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)

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### 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.

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### 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.*

## 5. Sheet Pan Beef 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

- 1 - lb(s) beef for stirfry
- 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. Seed and slice the bell peppers. Slice the onions. Halve the limes.
3. Place the beef for stirfry 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 beef and veggies. Sprinkle the ground cumin, garlic powder, salt and pepper over the top.
4. Bake in the preheated oven for 20 to 25 minutes, or until beef is cooked through and veggies have softened.
5. Assemble the beef and veggies into tortillas and add garnishes.
6. Heat the refried beans.
7. Serve Sheet Pan Fajitas with refried beans.

### Assembly Prep Directions for 2 Meals

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 beef for stirfry
- 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 skirt steak or flank steak instead of beef for stirfry. Slice against the grain before cooking.*

**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.*

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

## 5. Sheet Pan Beef Fajitas

- 2 - lb(s) beef for stirfry
- 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

## 2. 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)

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

- refried beans
- 2 - 9x13 disposable foil tray(s)



# Complete Shopping List by Store Section/Category

## Meat

- 16 small boneless chicken breasts
- 6 lb(s) beef for stirfry
- 4 cup(s) chopped ham

## Pantry Staples - Canned, Boxed

- Side:** rice
- 2x15 oz. can(s) light coconut milk
- 2 cup(s) beef broth
- 2 15 oz. can(s) Cannellini beans
- 2 15 oz. cans red kidney beans
- 8 cup(s) vegetable stock
- Side:** refried beans

## Sauces/Condiments

- 1 cup(s) apricot preserves
- 1 cup(s) olive oil
- 2 Tbsp canola oil
- 6 Tbsp red curry paste
- 2 Tbsp olive oil

## Dairy/Frozen

- 8 oz. goat cheese
- 2 cup(s) frozen peas
- 2x10 oz. box(es) frozen spinach
- Garnish:** shredded Parmesan cheese
- Garnish:** sour cream and guacamole

## Produce

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

## Starchy Sides

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

## Spices

- Salt and pepper
- 2 tsp minced onion
- 8 tsp minced garlic
- 2 Tbsp minced garlic
- 2 tsp dried basil
- 2 tsp dried thyme
- 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. 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 cup(s) frozen peas
- 2 gallon-size freezer baggie(s)

## 5. Sheet Pan Beef Fajitas

- 2 lb(s) beef for stirfry
- 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)

## 2. 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)

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

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

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

## Meat

- 16 small boneless chicken breasts
- 6 lb(s) beef for stirfry
- 4 cup(s) chopped ham

## Pantry Staples - Canned, Boxed

- 2 cup(s) beef broth
- 2 15 oz. can(s) Cannellini beans
- 2 15 oz. cans red kidney beans
- 8 cup(s) vegetable stock

## Spices

- Salt and pepper
- 2 tsp minced onion
- 8 tsp minced garlic
- 2 Tbsp minced garlic
- 2 tsp dried basil
- 2 tsp dried thyme
- 2 Tbsp ground cumin
- 2 tsp garlic powder

## Supplies

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

## Produce

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

## Sauces/Condiments

- 1 cup(s) apricot preserves
- 1 cup(s) olive oil
- 2 Tbsp canola oil
- 6 Tbsp red curry paste
- 2 Tbsp olive oil

## Dairy/Frozen

- 8 oz. goat cheese
- 2 cup(s) frozen peas
- 2x10 oz. box(es) frozen spinach

## 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

- Chop 2 white onions. Peel and chop 8 whole carrots.
- 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.
- Open and drain 2 cans of red kidney beans and the 2 cans of cannellini beans.
- 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.
- 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.

### 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
- 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.

### 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
- 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.

### Sheet Pan Beef Fajitas

To each disposable tray, add the following ingredients:

- Half of the beef for stirfry
- 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.