

# GLUTEN FREE 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. 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.

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### 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)

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### 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.

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### Assembly Prep Directions for 2 Meals

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

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.*

## 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. Slow Cooker Pork Carnitas Nachos

*Yield: 4 servings*

*Active Time: 5 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.

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### Ingredients for Single Meal

- 2 - lb(s) pork roast
- - Salt and pepper
- 1 - packet(s) taco seasoning
- 1/4 - cup(s) lime juice
- 1 - bag(s) corn tortilla chips\*\*
- 2 - cup(s) shredded mozzarella cheese\*\*
- Garnish: - chopped cilantro\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker. Season with salt and pepper. Sprinkle the taco seasoning and lime juice over the top. If your slow cooker "runs hot" and dries out meals, add 1/4 to 1/2 cup of water.
2. Set the slow cooker on low and cook for 8 hours. Shred the pork roast when it's finished cooking.
3. Assemble nachos with corn tortillas chips, shredded pork and shredded cheese. Top with chopped cilantro garnish. If needed, place in the microwave or oven to melt the cheese.
4. Prepare veggies.
5. Serve Slow Cooker Pork Carnitas Nachos with side of veggies.

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### Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning
- 1/4 cup lime juice

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, adding 1/4 to 1/2 cup of water and cooking on low for 8 hours.*

**Dairy-Free Modifications:** *Recipe is dairy-free when you omit the shredded cheese.*

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

# 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. Slow Cooker Pork Carnitas Nachos

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - packet(s) taco seasoning
- 1/2 - cup(s) lime juice
- 1 - bag(s) corn tortilla chips
- 4 - cup(s) shredded mozzarella cheese
- chopped cilantro
- veggies

## 2. 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)

## 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)

2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 8 small boneless chicken breasts
- 2 lb(s) ground beef
- 4 lb(s) beef for stirfry
- 4 cup(s) chopped ham
- 4 lb(s) pork roast

## Pantry Staples - Canned, Boxed

- 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
- Side:** rice
- 2 15 oz. can(s) Cannellini beans
- 2 15 oz. cans red kidney beans
- 8 cup(s) vegetable stock

## Sauces/Condiments

- 1 cup(s) apricot preserves
- 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

## Produce

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

## Starchy Sides

- Side:** loaf bread
- Side:** 1 bag(s) corn tortilla chips

## Spices

- Salt and pepper
- 2 tsp minced onion
- 8 tsp minced garlic
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried basil
- 2 tsp dried thyme
- 2 packet(s) taco seasoning

## Supplies

- Side:** 2 9x13 disposable foil tray(s)
- Side:** 8 gallon-size freezer baggie(s)

4 cup(s) shredded mozzarella cheese

# 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. Slow Cooker Pork Carnitas Nachos

- 4 lb(s) pork roast
- Salt and pepper
- 2 packet(s) taco seasoning
- 1/2 cup(s) lime juice
- 2 gallon-size freezer baggie(s)

## 2. 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)

## 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

- 8 small boneless chicken breasts
- 2 lb(s) ground beef
- 4 lb(s) beef for stirfry
- 4 cup(s) chopped ham
- 4 lb(s) pork roast

## Pantry Staples - Canned, Boxed

- 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

## Spices

- Salt and pepper
- 2 tsp minced onion
- 8 tsp minced garlic
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried basil
- 2 tsp dried thyme
- 2 packet(s) taco seasoning

## Supplies

- 2x 9x13 disposable foil tray(s)
- 8x gallon-size freezer baggie(s)

## Produce

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

## Sauces/Condiments

- 1 cup(s) apricot preserves
- 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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- 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 diced tomatoes. Open 2 cans of refried beans.
- 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 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.

### 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.

### 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.

### Slow Cooker Pork Carnitas Nachos

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning

- 1/4 cup lime juice

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