

# ALL CHICKEN MEALS PLAN

MAY 2017

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# 1. Buffalo Chicken Nachos

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

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

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

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## Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - packet(s) ranch dressing mix
- 1 - cup(s) buffalo wing sauce
- 1 - bag(s) tortilla chips\*\*
- 2 - cup(s) shredded mozzarella cheese\*\*
- Garnish: - crumbled blue cheese\*\*
- Garnish: - chopped celery\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and sprinkle the ranch dressing mix over the top. Pour the buffalo wing sauce over the top.
2. Set on low and cook for 8 hours. Once the chicken is cooked, shred with 2 forks and combine with the sauce.
3. Preheat the oven to 400 F.
4. Assemble the nachos on baking sheet with tortilla chips, shredded buffalo chicken and shredded mozzarella cheese on top. Bake in the preheated oven for 10-15 minutes, or until cheese has melted.
5. Prepare fruit.
6. Serve Buffalo Chicken Nachos with crumbled blue cheese and chopped celery garnish, and side of fruit.

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## Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1 packet Ranch dressing mix
- 1 cup buffalo wing 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 to the slow cooker and cooking on low for 8 hours. Shred the chicken once it is cooked, and then assemble the nachos as directed.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free if you use gluten-free Ranch dressing mix.*

## 2. Chicken Tetrazzini

*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.

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### Ingredients for Single Meal

- 1 - 12 oz. box(es) spaghetti pasta
- 3 - cup(s) shredded rotisserie chicken
- 1 - Tbsp olive oil
- 1 - 8 oz. box(es) sliced mushrooms
- 2 - 10 oz can(s) cream of mushroom
- 1/4 - cup(s) white cooking wine
- 1 - cup(s) sour cream
- - Salt and pepper
- Garnish: - Parmesan cheese\*\*
- Side: - salad
- 1 - 9x13 disposable foil tray(s)

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### Cooking Directions for Single Meal

1. Cook the spaghetti as directed, drain and add to large mixing bowl.
2. Preheat oven to 350 F. Lightly grease a 9x13-inch baking dish.
3. In a large skillet, add the olive oil and saute the mushrooms for 3 to 5 minutes, or until they soften. Add mushrooms to the large bowl with the pasta and toss with the cans of cream of mushroom soup, white wine and sour cream. Mix until combined and then add to the baking dish.
4. Bake in the preheated oven for 30 minutes.
5. Prepare the salad.
6. Serve Chicken Tetrazzini with Parmesan cheese garnish and side salad.

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### Assembly Prep Directions for 2 Meals

Cook the 2 boxes of spaghetti as directed, drain and add to large mixing bowl.

In a large skillet, saute 2 boxes of sliced mushrooms in 2 Tbsp olive oil.

In the large bowl, combine the cooked spaghetti, sauteed mushrooms, 6 cups of shredded chicken, the cream of mushroom soups, 1/2 cup white cooking wine and 2 cups sour cream. Mix well.

Open 4 cans of cream of mushroom soup.

To each disposable tray, add the following ingredients:

- Half of the chicken and spaghetti mixture into each tray

Cover with foil or lid, add label 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. Bake at 350 F for 30 minutes, or until bubbly. Garnish with Parmesan cheese.*

**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.*

## 3. Cowboy Chicken Chili

*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.

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### Ingredients for Single Meal

- 2 - large boneless chicken breasts
- 1 - small white onion(s)
- 1 - tsp minced garlic
- 1 - 15 oz. cans red kidney beans
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) tomato sauce
- 1 - cup(s) red salsa
- 1 - cup(s) chicken stock
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- Garnish: - shredded cheddar cheese\*\*
- Side: - veggies\*\*
- Side: - dinner rolls\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Cut the chicken breasts into bite size pieces.
2. Chop the small white onion.
3. Open the can of tomato sauce. Open, drain and rinse the cans of red kidney beans and black beans.
4. In a large saucepan, add all the ingredients and bring to boiling over medium high heat. Let cook over medium low heat for 15 to 20 minutes, stirring often. Season with salt and pepper to taste.
5. Prepare veggies.
6. Warm the dinner rolls.
7. Serve Cowboy Chicken Chili with shredded cheese garnish, and side of veggies and dinner rolls.

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### Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.

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

- Half of the chicken pieces
- Half of the chopped onion
- 1 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup chicken stock
- 1 Tbsp chili powder
- 1 tsp ground cumin

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. Cook over medium low heat for 15 to 20 minutes.

**Dairy-Free Modifications:** Recipe is dairy-free when the shredded cheese garnish is omitted.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides like rice or quinoa.

## 4. Grilled Jerk Chicken with Mango Sauce

*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 - tsp crushed red pepper
- 1 - tsp ground allspice
- 1/2 - tsp curry powder
- 1/2 - tsp dried thyme
- 1/2 - tsp pepper
- 1/4 - tsp ground ginger
- 1/4 - tsp salt
- 1/2 - cup(s) spicy mango sauce\*\*
- Side: - dinner rolls\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Place the chicken into a shallow dish and drizzle the olive oil on top.
2. In a small bowl, whisk together the crushed red pepper, allspice, curry powder, thyme, pepper, ground ginger and salt. Sprinkle onto the chicken and cover with plastic wrap and \*marinate in the fridge for at least 2 hours or overnight, ideally.
3. Preheat the grill or skillet. Grill over direct heat for 5 to 6 minutes per side, or until cooked through. Cooking time may vary depending on thickness of the chicken. Once cooked, slice and drizzle mango sauce over the top.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Grilled Jerk Chicken with Mango Sauce with warm rolls and salad.

### Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 4 tsp crushed red pepper, 2 tsp allspice, 1 tsp curry powder, 1 tsp thyme, 1 tsp pepper, 1/2 tsp ground ginger and 1/2 tsp salt.

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

- 4 small boneless chicken breasts
- 1 Tbsp olive oil
- Half of the Jerk seasoning mix

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 or grill pan and searing as directed.*

**Special Notes:** *Look for spicy mango sauce on the Asian aisle at your store. If you can't find it, mix up a fresh mango salsa with diced mango, chopped red onion and lime juice to taste.*

**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, like rice or quinoa.*

# 5. Grilled Chicken Thighs with Chile-Herb Sauce

*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

- 8 - boneless chicken thighs
- 2 - Tbsp olive oil
- 2 - Tbsp lime juice
- 2 - tsp minced garlic
- 1 - tsp minced onion
- 1 - tsp paprika
- 1 - tsp ground cumin
- 1 - tsp salt
- 1 - small jalapeño(s)\*\*
- 1 - cup(s) fresh parsley\*\*
- 1 - Tbsp sour cream\*\*
- 1 - Tbsp lime juice\*\*
- - Salt and pepper
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. Place the chicken thighs into a shallow dish.
2. In a small bowl, whisk together the olive oil, lime juice, minced garlic, minced onion, paprika, ground cumin, and salt. Pour onto the chicken and cover with plastic wrap and \*marinate in the fridge for at least 2 hours or overnight, ideally.
3. Preheat the grill or skillet. Grill over direct heat for 5 to 6 minutes per side, or until cooked through. Cooking time may vary depending on thickness of the chicken.
4. Prepare the chile-herb sauce: seed and dice the jalapeno. Add diced jalapeno with the parsley, sour cream, lime juice and salt and pepper to taste. Blend or puree with blender or food processor. Serve over the grilled chicken.
5. Cook the rice.
6. Prepare veggies.
7. Serve Grilled Chicken Thighs with Chile-Herb Sauce with

## Assembly Prep Directions for 2 Meals

In a small bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lime juice, 4 tsp minced garlic, 2 tsp minced onion, 2 tsp paprika, 2 tsp ground cumin, and 2 tsp salt.

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

- 8 small boneless chicken thighs
- Half of the prepared marinade

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 or grill pan and searing as directed.*

**Dairy-Free Modifications:** *Use flavorless dairy-free milk in the chili-herb sauce for a dairy-free meal.*

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

rice and veggies.

# Complete Shopping List by Recipe

## 1. Buffalo Chicken Nachos

- 8 - small boneless chicken breasts
- 2 - packet(s) ranch dressing mix
- 2 - cup(s) buffalo wing sauce
- 2 - bag(s) tortilla chips
- 4 - cup(s) shredded mozzarella cheese
- crumbled blue cheese
- chopped celery
- fruit
- 2 - gallon-size freezer baggie(s)

## 3. Cowboy Chicken Chili

- 4 - large boneless chicken breasts
- 2 - small white onion(s)
- 2 - tsp minced garlic
- 2 - 15 oz. cans red kidney beans
- 2 - 15 oz. can(s) black beans
- 2x1 - 15 oz. can(s) tomato sauce
- 2 - cup(s) red salsa
- 2 - cup(s) chicken stock
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- Salt and pepper
- shredded cheddar cheese
- veggies
- dinner rolls
- 2 - gallon-size freezer baggie(s)

## 5. Grilled Chicken Thighs with Chile-Herb Sauce

- 16 - boneless chicken thighs
- 4 - Tbsp olive oil
- 4 - Tbsp lime juice
- 4 - tsp minced garlic
- 2 - tsp minced onion
- 2 - tsp paprika
- 2 - tsp ground cumin
- 2 - tsp salt

## 2. Chicken Tetrazzini

- 2x1 - 12 oz. box(es) spaghetti pasta
- 6 - cup(s) shredded rotisserie chicken
- 2 - Tbsp olive oil
- 2x1 - 8 oz. box(es) sliced mushrooms
- 2x2 - 10 oz can(s) cream of mushroom
- 1/2 - cup(s) white cooking wine
- 2 - cup(s) sour cream
- Salt and pepper
- Parmesan cheese
- salad
- 2 - 9x13 disposable foil tray(s)

## 4. Grilled Jerk Chicken with Mango Sauce

- 8 - small boneless chicken breasts
- 2 - Tbsp olive oil
- 4 - tsp crushed red pepper
- 2 - tsp ground allspice
- 1 - tsp curry powder
- 1 - tsp dried thyme
- 1 - tsp pepper
- 1/2 - tsp ground ginger
- 1/2 - tsp salt
- 1 - cup(s) spicy mango sauce
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)



- 2 - small jalapeño(s)
- 2 - cup(s) fresh parsley
- 2 - Tbsp sour cream
- 2 - Tbsp lime juice
- Salt and pepper
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 16 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken
- 4 large boneless chicken breasts
- 16 boneless chicken thighs

## Pantry Staples - Canned, Boxed

- 2x1 12 oz. box(es) spaghetti pasta
- 2x2 10 oz can(s) cream of mushroom
- 2 15 oz. cans red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) chicken stock
- Side:** rice

## Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 8 Tbsp olive oil
- 1 cup(s) white cooking wine
- 1 cup(s) spicy mango sauce

## Dairy/Frozen

- 4 cup(s) shredded mozzarella cheese

## Produce

- Garnish:** chopped celery
- Side:** fruit
- 2x1 8 oz. box(es) sliced mushrooms
- Side:** salad
- 2 small white onion(s)
- Side:** veggies
- 6 Tbsp lime juice
- 2 small jalapeño(s)
- 2 cup(s) fresh parsley

## Starchy Sides

- Side:** dinner rolls

## Spices

- 2 packet(s) ranch dressing mix
- Salt and pepper
- 6 tsp minced garlic
- 2 Tbsp chili powder
- 4 tsp ground cumin
- 4 tsp crushed red pepper
- 2 tsp ground allspice
- 1 tsp curry powder
- 1 tsp dried thyme
- 1 tsp pepper
- 1 tsp ground ginger
- 3 tsp salt
- 2 tsp minced onion
- 2 tsp paprika

## Supplies

- 2 bag(s) tortilla chips

- Garnish:** crumbled blue cheese
- 2 cup(s) sour cream
- Side:** Parmesan cheese
- Garnish:** shredded cheddar cheese
- 2 Tbsp sour cream

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

# Freezer Meal Prep Day Shopping List by Recipe

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

**\*\*In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

## 1. Buffalo Chicken Nachos

- 8 small boneless chicken breasts
- 2 packet(s) ranch dressing mix
- 2 cup(s) buffalo wing sauce
- 2 gallon-size freezer baggie(s)

## 3. Cowboy Chicken Chili

- 4 large boneless chicken breasts
- 2 small white onion(s)
- 2 tsp minced garlic
- 2 15 oz. cans red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) chicken stock
- 2 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Grilled Chicken Thighs with Chile-Herb Sauce

- 16 boneless chicken thighs
- 4 Tbsp olive oil
- 4 Tbsp lime juice
- 4 tsp minced garlic
- 2 tsp minced onion
- 2 tsp paprika
- 2 tsp ground cumin
- 2 tsp salt
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 2. Chicken Tetrazzini

- 2x1 12 oz. box(es) spaghetti pasta
- 6 cup(s) shredded rotisserie chicken
- 2 Tbsp olive oil
- 2x1 8 oz. box(es) sliced mushrooms
- 2x2 10 oz can(s) cream of mushroom
- 1/2 cup(s) white cooking wine
- 2 cup(s) sour cream
- Salt and pepper
- 2 9x13 disposable foil tray(s)

## 4. Grilled Jerk Chicken with Mango Sauce

- 8 small boneless chicken breasts
- 2 Tbsp olive oil
- 4 tsp crushed red pepper
- 2 tsp ground allspice
- 1 tsp curry powder
- 1 tsp dried thyme
- 1 tsp pepper
- 1/2 tsp ground ginger
- 1/2 tsp salt
- 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 cup(s) shredded rotisserie chicken
- 4 large boneless chicken breasts
- 16 boneless chicken thighs

## Pantry Staples - Canned, Boxed

- 2x1 12 oz. box(es) spaghetti pasta
- 2x2 10 oz can(s) cream of mushroom
- 2 15 oz. cans red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) chicken stock

## Spices

- 2 packet(s) ranch dressing mix
- Salt and pepper
- 6 tsp minced garlic
- 2 Tbsp chili powder
- 4 tsp ground cumin
- 4 tsp crushed red pepper
- 2 tsp ground allspice
- 1 tsp curry powder
- 1 tsp dried thyme
- 1 tsp pepper
- 1 tsp ground ginger
- 3 tsp salt
- 2 tsp minced onion
- 2 tsp paprika

## Supplies

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

## Produce

- 2x1 8 oz. box(es) sliced mushrooms
- salad
- 2 small white onion(s)
- 4 Tbsp lime juice

## Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 8 Tbsp olive oil
- 1 cup(s) white cooking wine

## Dairy/Frozen

- 2 cup(s) sour cream

## 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 small white onions.
- Cook the 2 boxes of spaghetti as directed, drain and add to large mixing bowl.
- In a large skillet, saute 2 boxes of sliced mushrooms in 2 Tbsp olive oil.
- In a small bowl, whisk together 4 tsp crushed red pepper, 2 tsp allspice, 1 tsp curry powder, 1 tsp thyme, 1 tsp pepper, 1/2 tsp ground ginger and 1/2 tsp salt.
- In a small bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lime juice, 4 tsp minced garlic, 2 tsp minced onion, 2 tsp paprika, 2 tsp ground cumin, and 2 tsp salt.
- In the large bowl, combine the cooked spaghetti, sauteed mushrooms, 6 cups of shredded chicken, the cream of mushroom soups, 1/2 cup white cooking wine and 2 cups sour cream. Mix well.
- Open 4 cans of cream of mushroom soup.
- Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.

*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.

### Buffalo Chicken Nachos

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

- 4 boneless chicken breasts
- 1 packet Ranch dressing mix
- 1 cup buffalo wing sauce

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

### Cowboy Chicken Chili

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

- Half of the chicken pieces
- Half of the chopped onion
- 1 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup chicken stock
- 1 Tbsp chili powder
- 1 tsp ground cumin

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

### Grilled Chicken Thighs with Chile-Herb

#### Sauce

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

- 8 small boneless chicken thighs
- Half of the prepared marinade

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

### Chicken Tetrazzini

To each disposable tray, add the following ingredients:

- Half of the chicken and spaghetti mixture into each tray

Cover with foil or lid, add label and freeze.

### Grilled Jerk Chicken with Mango Sauce

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

- 4 small boneless chicken breasts
- 1 Tbsp olive oil
- Half of the Jerk seasoning mix

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