

GLUTEN FREE MEAL PLAN

MAY 2017

Table of Contents

Recipes

1. Grilled Garlic Lime Chicken
2. Hashbrown Beef Bake
3. Buffalo Chicken Nachos
4. Cowboy Chicken Chili
5. Grilled Jerk Chicken with Mango Sauce

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

1. Grilled Garlic Lime 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
- 1/4 - 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 the grill.
3. Grill chicken breasts for 6 to 8 minutes per side, or until cooked through. Cooking time may vary depending on the thickness of the chicken.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Grilled 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 to grill, and grill 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.*

2. Hashbrown Beef Bake

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
- 30 - oz. frozen shredded hash browns
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) milk
- 2 - cup(s) shredded cheddar cheese
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the can of cream of mushroom soup.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the shredded hash browns, cream of mushroom soup, milk plus half of the shredded cheese.
4. Pour into a baking dish and top with remaining shredded cheese. Bake in the preheated oven for 30 minutes, or until warmed through and cheese on top is melted.
5. Prepare the salad.
6. Serve Hashbrown Beef Bake with salad.

Assembly Prep Directions for 2 Meals

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

Open 2 cans of cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.

Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup.

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the shredded cheese on top

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: Recipe is gluten free when you use gluten-free cream of mushroom soup (Pacific Foods brand.)

3. 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.

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)

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.

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.*

4. 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.

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)

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.

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.

5. 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.

Complete Shopping List by Recipe

1. Grilled 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)

3. 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)

5. 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

2. Hashbrown Beef Bake

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 60 - oz. frozen shredded hash browns
- ☐ 2x1 - 10 oz can(s) cream of mushroom
- ☐ 2 - cup(s) milk
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

4. 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)

- ☐ - dinner rolls
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 24 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 4 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 2x1 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

Sauces/Condiments

- ☐ 1 cup(s) olive oil
- ☐ 2 cup(s) buffalo wing sauce
- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) spicy mango sauce

Dairy/Frozen

- ☐ 60 oz. frozen shredded hash browns
- ☐ 2 cup(s) milk
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 4 cup(s) shredded mozzarella cheese

Produce

- ☐ 1 cup(s) lime juice
- ☐ **Side:** salad
- ☐ **Garnish:** chopped celery
- ☐ **Side:** fruit
- ☐ 2 small white onion(s)
- ☐ **Side:** veggies

Starchy Sides

- ☐ **Side:** dinner rolls

Spices

- ☐ 2 Tbsp minced garlic
- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ 2 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
- ☐ 1 tsp salt

Supplies

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

- ☐ **Garnish:** crumbled blue cheese
- ☐ **Garnish:** shredded cheddar 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. Grilled 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)

3. 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)

5. 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)

2. Hashbrown Beef Bake

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 60 oz. frozen shredded hash browns
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 2 cup(s) milk
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 9x13 disposable foil tray(s)

4. 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)

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

- ☐ 24 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 4 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2x1 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 Tbsp minced garlic
- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ 2 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
- ☐ 1 tsp salt

Supplies

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

Produce

- ☐ 1 cup(s) lime juice
- ☐ 2 small white onion(s)

Sauces/Condiments

- ☐ 1 cup(s) olive oil
- ☐ 2 cup(s) buffalo wing sauce
- ☐ 2 Tbsp olive oil

Dairy/Frozen

- ☐ 60 oz. frozen shredded hash browns
- ☐ 2 cup(s) milk
- ☐ 4 cup(s) shredded cheddar 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

- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- ☐ Chop 2 small white onions.
- ☐ 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.
- ☐ Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup.
- ☐ Open 2 cans of cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.
- ☐ 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.

Grilled 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.

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.

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.

Hashbrown Beef Bake

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the shredded cheese on top

Cover with foil or lid, add label 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.