

ALL PORK MEAL PLAN

MAY 2017

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1. Slow Cooker Seasoned Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 4 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 - boneless pork chops
- 1 - tsp olive oil
- 1 - tsp garlic powder
- 1 - tsp pepper
- 1/2 - tsp salt
- Side: - mashed potatoes**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops into the base of the slow cooker and drizzle the olive oil on top. Sprinkle the garlic powder, pepper and salt on top.
2. Set the slow cooker on low and cook for 4 hours.
3. Prepare the mashed potatoes.
4. Prepare the salad.
5. Serve Slow Cooker Seasoned Pork Chops with mashed potatoes and salad.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- 1 tsp olive oil
- 1 tsp garlic powder
- 1 tsp pepper
- 1/2 tsp salt

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 4 hours.*

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. Teriyaki Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 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 - boneless pork chops
- 2 - Tbsp olive oil
- 1 - cup(s) teriyaki sauce
- 1 - Tbsp lime juice
- 1/2 - tsp pepper
- 1/2 - tsp salt
- Side: - veggies**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops in a shallow baking dish and pour the teriyaki sauce on top. Squeeze the lime juice over the top and sprinkle the salt and pepper onto the sauce/pork chops. *Cover with plastic wrap and let marinate in the refrigerator for at least 30 minutes, or overnight.
2. Heat the olive oil in skillet over medium high heat and saute the pork chops and marinade together for a few minutes on each side. Flip two or three times, or until pork chops are cooked through. Reduce heat to low if the sauce begins to caramelize or burn on the edges of the skillet. Let rest for 5 minutes before slicing and serving.
3. Prepare veggies.
4. Cook the rice, as directed.
5. Serve Teriyaki Pork Chops with rice and veggies.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- 1 cup teriyaki sauce
- 1 Tbsp lime juice
- 1/2 tsp pepper
- 1/2 tsp salt

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 adding olive oil to skillet and transferring the pork chops and marinade for sauteing.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free teriyaki sauce.*

3. Cranberry-BBQ Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 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 - boneless pork chops
- - Salt and pepper
- 1 - 15 oz. can(s) cranberries
- 1 - cup(s) BBQ sauce
- Side: - dinner rolls**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. Place coated pork chops into the prepared baking dish. Open the can of cranberries.
3. In a small bowl, combine the cranberries and BBQ sauce. Spoon onto the pork chops in the baking dish and spread until they pork chops are covered.
4. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
5. Prepare the salad
6. Warm the dinner rolls.
7. Serve Cranberry-BBQ Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Open 2 cans of whole cranberries.

In a small bowl, combine 2 cans of whole cranberries and 2 cups of BBQ sauce.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared cranberry-BBQ sauce

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 shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

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. Slow Cooker North Carolina Pulled Pork

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.

Ingredients for Single Meal

- 2 - lb(s) pork roast
- - Salt and pepper
- 2 - cup(s) BBQ sauce
- 1 - tsp vinegar
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1 - bag(s) Coleslaw mix**
- 4 - hamburger buns**
- Side: - fruit**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the BBQ sauce and vinegar on and around the pork and season with the garlic powder and onion powder.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the BBQ sauce. Strain before adding the pork to the sandwiches.
3. Prepare the Coleslaw mix as directed.
4. Assemble sandwiches by adding the shredded pork and Coleslaw to the hamburger buns.
5. Prepare fruit.
6. Serve Slow Cooker North Carolina Pulled Pork Sandwiches with fruit and chips.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 2 cups BBQ sauce
- 1 tsp vinegar
- 1 tsp garlic powder
- 1 tsp onion powder

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. Assemble North Carolina Pulled Pork Sandwiches as directed.*

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

Gluten-Free Modifications: *Use gluten-free buns or sandwich bread for gluten-free meal.*

5. Slow Cooker Garlic-Orange Pork Tenderloin

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.

Ingredients for Single Meal

- 2 - lb(s) pork tenderloin
- - Salt and pepper
- 1 - cup(s) orange juice
- 2 - tsp minced garlic
- 1 - tsp ground ginger
- 1 - tsp dried thyme
- Side: - mashed potatoes**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork tenderloin into the base of the slow cooker and season with salt and pepper. Pour the orange juice on and around the pork and then add the minced garlic, ground ginger and dried thyme over the top.
2. Set the slow cooker on low and cook for 8 hours. Remove from slow cooker and let rest for 5 to 10 minutes before slicing.
3. Prepare the mashed potatoes.
4. Prepare veggies.
5. Serve Slow Cooker Garlic-Orange Pork Tenderloin with mashed potatoes and veggies.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork tenderloin
- Salt and pepper
- 1 cup orange juice
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1 tsp dried thyme

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.*

Special Notes: *Serve with mashed sweet potatoes 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.*

Complete Shopping List by Recipe

1. Slow Cooker Seasoned Pork Chops

- 8 - boneless pork chops
- 2 - tsp olive oil
- 2 - tsp garlic powder
- 2 - tsp pepper
- 1 - tsp salt
- mashed potatoes
- salad
- 2 - gallon-size freezer baggie(s)

3. Cranberry-BBQ Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2x1 - 15 oz. can(s) cranberries
- 2 - cup(s) BBQ sauce
- dinner rolls
- salad
- 2 - 9x13 disposable foil tray(s)

5. Slow Cooker Garlic-Orange Pork Tenderloin

- 4 - lb(s) pork tenderloin
- Salt and pepper
- 2 - cup(s) orange juice
- 4 - tsp minced garlic
- 2 - tsp ground ginger
- 2 - tsp dried thyme
- mashed potatoes
- veggies
- 2 - gallon-size freezer baggie(s)

2. Teriyaki Pork Chops

- 8 - boneless pork chops
- 4 - Tbsp olive oil
- 2 - cup(s) teriyaki sauce
- 2 - Tbsp lime juice
- 1 - tsp pepper
- 1 - tsp salt
- veggies
- rice
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker North Carolina Pulled Pork

- 4 - lb(s) pork roast
- Salt and pepper
- 4 - cup(s) BBQ sauce
- 2 - tsp vinegar
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 2 - bag(s) Coleslaw mix
- 8 - hamburger buns
- fruit
- chips
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 24 boneless pork chops
- 4 lb(s) pork roast
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- Side:** rice
- 2x1 15 oz. can(s) cranberries

Sauces/Condiments

- 2 tsp olive oil
- 4 Tbsp olive oil
- 2 cup(s) teriyaki sauce
- 6 cup(s) BBQ sauce
- 2 tsp vinegar

Dairy/Frozen

- 2 cup(s) orange juice

Produce

- Side:** mashed potatoes
- Side:** salad
- 2 Tbsp lime juice
- Side:** veggies
- Side:** fruit

Starchy Sides

- Side:** dinner rolls
- 8 hamburger buns
- Side:** chips

Spices

- 4 tsp garlic powder
- 3 tsp pepper
- 2 tsp salt
- Salt and pepper
- 2 tsp onion powder
- 2 bag(s) Coleslaw mix
- 4 tsp minced garlic
- 2 tsp ground ginger
- 2 tsp dried thyme

Supplies

- 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. Slow Cooker Seasoned Pork Chops

- 8 boneless pork chops
- 2 tsp olive oil
- 2 tsp garlic powder
- 2 tsp pepper
- 1 tsp salt
- 2 gallon-size freezer baggie(s)

3. Cranberry-BBQ Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x1 15 oz. can(s) cranberries
- 2 cup(s) BBQ sauce
- 2 9x13 disposable foil tray(s)

5. Slow Cooker Garlic-Orange Pork Tenderloin

- 4 lb(s) pork tenderloin
- Salt and pepper
- 2 cup(s) orange juice
- 4 tsp minced garlic
- 2 tsp ground ginger
- 2 tsp dried thyme
- 2 gallon-size freezer baggie(s)

2. Teriyaki Pork Chops

- 8 boneless pork chops
- 4 Tbsp olive oil
- 2 cup(s) teriyaki sauce
- 2 Tbsp lime juice
- 1 tsp pepper
- 1 tsp salt
- 2 gallon-size freezer baggie(s)

4. Slow Cooker North Carolina Pulled Pork

- 4 lb(s) pork roast
- Salt and pepper
- 4 cup(s) BBQ sauce
- 2 tsp vinegar
- 2 tsp garlic powder
- 2 tsp onion powder
- 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 boneless pork chops
- 4 lb(s) pork roast
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) cranberries

Spices

- 4 tsp garlic powder
- 3 tsp pepper
- 2 tsp salt
- Salt and pepper
- 2 tsp onion powder
- 4 tsp minced garlic
- 2 tsp ground ginger
- 2 tsp dried thyme

Supplies

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

Produce

- 2 Tbsp lime juice

Sauces/Condiments

- 2 tsp olive oil
- 4 Tbsp olive oil
- 2 cup(s) teriyaki sauce
- 6 cup(s) BBQ sauce
- 2 tsp vinegar

Dairy/Frozen

- 2 cup(s) orange juice

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

- In a small bowl, combine 2 cans of whole cranberries and 2 cups of BBQ sauce.
- Open 2 cans of whole cranberries.

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.

Slow Cooker Seasoned Pork Chops

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

- 4 boneless pork chops
- 1 tsp olive oil
- 1 tsp garlic powder
- 1 tsp pepper
- 1/2 tsp salt

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

Cranberry-BBQ Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared cranberry-BBQ sauce

Cover with foil or lid, add label and freeze.

Slow Cooker Garlic-Orange Pork

Tenderloin

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

- 2 lb. pork tenderloin
- Salt and pepper
- 1 cup orange juice
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1 tsp dried thyme

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

Teriyaki Pork Chops

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

- 4 boneless pork chops
- 1 cup teriyaki sauce
- 1 Tbsp lime juice
- 1/2 tsp pepper
- 1/2 tsp salt

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

Slow Cooker North Carolina Pulled Pork

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

- 2 lb. pork roast
- Salt and pepper
- 2 cups BBQ sauce
- 1 tsp vinegar
- 1 tsp garlic powder
- 1 tsp onion powder

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

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