

TRADITIONAL MEAL PLAN

MAY 2017

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1. Chunky Marinara Ravioli Bake

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

- 20 - oz. fresh or frozen ravioli
- 26 - oz. jar chunky marinara sauce
- - Salt and pepper
- 1/2 - cup(s) Parmesan cheese
- 1 1/2 - cup(s) shredded mozzarella cheese
- Garnish: - fresh basil**
- Side: - veggies**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly spray a 9x13-inch baking dish.
2. Place the ravioli into the base of the baking dish and pour 1 cup of hot water over the top. Then pour the chunky marinara sauce over the top and then sprinkle with salt and pepper.
3. Sprinkle the grated Parmesan cheese on top and then the shredded mozzarella cheese over the top.
4. Bake in the preheated oven for 25 minutes, or until ravioli in the middle is softened and the cheese on top is golden brown.
5. Chop the basil for the garnish.
6. Prepare the veggies and salad.
7. Serve Ravioli Bake with fresh basil garnish, veggies and salad.

Assembly Prep Directions for 2 Meals

To each 9x13-inch disposable tray, layer the following ingredients:

- 20 oz. package fresh or frozen ravioli
- 26 oz. jar chunky marinara sauce
- Salt and pepper
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- Do NOT add hot water to the freezer tray.

Cover with foil or lid, add label to top 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 bowl of water for about 20 minutes, before adding the HOT water to the tray and baking as directed.*

Dairy-Free Modifications: *Unfortunately, there isn't a great dairy-free option for this meal.*

Gluten-Free Modifications: *Unfortunately, there isn't a great gluten-free option for this meal.*

2. 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.*

3. 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.

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)

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.

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.*

4. Zucchini Meatballs

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

- 1 1/2 - lb(s) ground beef
- 1 - small zucchini
- 1 - egg(s)
- 1/2 - cup(s) breadcrumbs
- 1 - tsp minced garlic
- 1 - tsp Italian seasoning
- - Salt and pepper
- 1 - 26 oz. jar(s) spaghetti sauce
- Side: - pasta**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 375 F.
2. Shred or grate the zucchini with a cheese grater.
3. In a large mixing bowl, combine the ground beef, shredded zucchini, egg, breadcrumbs, minced garlic, Italian seasoning with a pinch of salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into a baking dish. Pour the spaghetti sauce over the top. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Zucchini Meatballs over pasta with salad.

Assembly Prep Directions for 2 Meals

Shred 2 zucchini with cheese grater.

In a large mixing bowl, combine 2 lbs. ground beef, shredded zucchini, 2 eggs, 1 cup breadcrumbs, 2 tsp minced garlic, 2 tsp Italian seasoning with salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.

To each disposable tray, add the following ingredients:

- Half of the premade zucchini meatballs
- 1 - 26 oz. jar spaghetti sauce over the meatballs

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 tray/pan 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 made with gluten-free breadcrumbs and gluten-free pasta.*

5. 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.*

Complete Shopping List by Recipe

1. Chunky Marinara Ravioli Bake

- 40 - oz. fresh or frozen ravioli
- 2x26 - oz. jar chunky marinara sauce
- Salt and pepper
- 1/2 - cup(s) Parmesan cheese
- 3 - cup(s) shredded mozzarella cheese
- fresh basil
- veggies
- salad
- 2 - 9x13 disposable foil tray(s)

3. 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)

5. 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)

2. 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)

4. Zucchini Meatballs

- 3 - lb(s) ground beef
- 2 - small zucchini
- 2 - egg(s)
- 1 - cup(s) breadcrumbs
- 2 - tsp minced garlic
- 2 - tsp Italian seasoning
- Salt and pepper
- 2x1 - 26 oz. jar(s) spaghetti sauce
- pasta
- salad
- 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken
- 3 lb(s) ground beef
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x26 oz. jar chunky marinara sauce
- 2x1 12 oz. box(es) spaghetti pasta
- 2x2 10 oz can(s) cream of mushroom
- 1 cup(s) breadcrumbs

Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 2 Tbsp olive oil
- 1 cup(s) white cooking wine
- 2x1 26 oz. jar(s) spaghetti sauce
- 4 cup(s) BBQ sauce
- 2 tsp vinegar

Dairy/Frozen

- 40 oz. fresh or frozen ravioli
- Side:** 1 cup(s) Parmesan cheese
- 7 cup(s) shredded mozzarella cheese
- Garnish:** crumbled blue cheese
- 2 cup(s) sour cream
- Side:** Parmesan cheese
- 2 egg(s)

Produce

- Side:** fresh basil
- Side:** veggies
- Side:** salad
- Garnish:** chopped celery
- Side:** fruit
- 2x1 8 oz. box(es) sliced mushrooms
- 2 small zucchini

Starchy Sides

- Side:** pasta
- 8 hamburger buns
- Side:** chips

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 2 tsp minced garlic
- 2 tsp Italian seasoning
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 bag(s) Coleslaw mix

Supplies

- Side:** 6 9x13 disposable foil tray(s)
- 2 bag(s) tortilla chips
- Side:** 4 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. Chunky Marinara Ravioli Bake

- 40 oz. fresh or frozen ravioli
- 2x26 oz. jar chunky marinara sauce
- Salt and pepper
- 3 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(s)

3. 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)

5. 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)

2. 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)

4. Zucchini Meatballs

- 3 lb(s) ground beef
- 2 small zucchini
- 2 egg(s)
- 1 cup(s) breadcrumbs
- 2 tsp minced garlic
- 2 tsp Italian seasoning
- Salt and pepper
- 2x1 26 oz. jar(s) spaghetti sauce
- 2 9x13 disposable foil tray(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
- 6 cup(s) shredded rotisserie chicken
- 3 lb(s) ground beef
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x26 oz. jar chunky marinara sauce
- 2x1 12 oz. box(es) spaghetti pasta
- 2x2 10 oz can(s) cream of mushroom
- 1 cup(s) breadcrumbs

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 2 tsp minced garlic
- 2 tsp Italian seasoning
- 2 tsp garlic powder
- 2 tsp onion powder

Supplies

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

Produce

- 2x1 8 oz. box(es) sliced mushrooms
- salad
- 2 small zucchini

Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 2 Tbsp olive oil
- 1 cup(s) white cooking wine
- 2x1 26 oz. jar(s) spaghetti sauce
- 4 cup(s) BBQ sauce
- 2 tsp vinegar

Dairy/Frozen

- 40 oz. fresh or frozen ravioli
- 1x cup(s) Parmesan cheese
- 3 cup(s) shredded mozzarella cheese
- 2 cup(s) sour cream
- 2 egg(s)

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

- Cook the 2 boxes of spaghetti as directed, drain and add to large mixing bowl.
- In a large mixing bowl, combine 2 lbs. ground beef, shredded zucchini, 2 eggs, 1 cup breadcrumbs, 2 tsp minced garlic, 2 tsp Italian seasoning with salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.
- 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.
- Shred 2 zucchini with cheese grater.

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.

Chunky Marinara Ravioli Bake

To each 9x13-inch disposable tray, layer the following ingredients:

- 20 oz. package fresh or frozen ravioli
- 26 oz. jar chunky marinara sauce
- Salt and pepper
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- Do NOT add hot water to the freezer tray.

Cover with foil or lid, add label to top 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.

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.

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.

Zucchini Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade zucchini meatballs
- 1 - 26 oz. jar spaghetti sauce over the meatballs

Cover with foil or lid, add label and freeze.