

THE 20 MEALS PLAN

JUNE 2017

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1. Grilled Honey Mustard Salmon

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 12 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 - salmon fillet
- - Salt and pepper
- 2 - Tbsp honey
- 2 - Tbsp Dijon mustard
- 1 - Tbsp apple cider vinegar
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the honey, Dijon mustard and apple cider vinegar.
2. Place salmon fillets into a baking dish and season with salt and pepper. Pour the honey mustard marinade over the salmon. Let marinate for at least 30 minutes in the fridge.*
3. Preheat the grill.
4. Grill skin side down for 8 to 12 minutes, over direct heat, or until cooked through and flaky. Cooking time may vary depending on thickness of the fillets.
5. Prepare salad.
6. Warm the dinner rolls.
7. Serve Grilled Honey Mustard Salmon with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 4 Tbsp honey, 4 Tbsp Dijon mustard, and 2 Tbsp apple cider vinegar.

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

- 4 salmon fillets
- Salt and pepper
- Half of the honey mustard sauce

Remove as much as air as possible and seal.

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 grill and grilling as directed.*

Special Notes: *Alternative Cooking Method: Bake at 350 F for 12 to 15 minutes, or until salmon is cooked through.*

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. Grilled Taco Burgers

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

- 1 - lb(s) ground beef
- 1/2 - small white onion(s)
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 8 - hamburger buns**
- 1 - cup(s) salsa**
- Garnish: - avocado slices**
- Side: - fruit**
- Side: - chips**
- 1 - Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and grate 1/2 small white onion.
2. Mix ground beef, grated onion, and taco seasoning mix together. Make 4 burger patties and season both sides with salt and pepper.
3. Grill burgers to desired temperature. Set patties onto buns and top with salsa and sliced avocado.
4. Serve Grilled Taco Burgers with fruit and chips.

Assembly Prep Directions for 2 Meals

Peel and grate 1/2 small white onion.

Mix 1 lb. ground beef, grated onion, and 1 packet taco seasoning mix together. Form 4 burger patties.

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

- Half of the burger patties
- Small piece of foil between patties to prevent sticking

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 completely in the fridge before grilling the burgers.*

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 buns or in lettuce wrap.*

3. Garlic Chicken Kebabs

Yield: 4 servings

Active Time: 20 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

- 3 - Tbsp olive oil
- 3 - Tbsp lemon juice
- 3 - Tbsp minced garlic
- 2 - tsp oregano
- - Salt and pepper
- 2 - boneless chicken breasts
- 1 - small red onion(s)
- 1 - red bell pepper(s)
- 1 - small zucchini
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cut the chicken into 1-inch or bite size pieces.
2. In a large bowl, add the olive oil, lemon juice, minced garlic, oregano and salt and pepper. Mix in the chicken and *let marinate for at least 30 minutes in the fridge, tossing every 10 minutes.
3. Cut up the veggies into chunks and set them out to string the skewers.
4. Once the chicken has marinated, thread the chicken pieces, red onion pieces, bell pepper pieces, and zucchini pieces onto skewers.
5. Grill for 10-15 minutes, rotating 2 or 3 times, until chicken is cooked through and veggies have softened. Grilling time may vary depending on heat on the grill and size of the chicken pieces.
6. Prepare side salad.
7. Serve Garlic Chicken Kebabs with side salad.

Assembly Prep Directions for 2 Meals

Cut 4 boneless, skinless chicken breasts into bite size pieces.

Cut 2 red onions into 1-inch pieces. Cut 2 red bell peppers into 1-inch pieces. Slice 2 zucchini into 1/2-inch medallions.

Whisk 6 Tbsp olive oil, 6 Tbsp lemon juice, 6 Tbsp minced garlic, 4 tsp oregano and salt and pepper. Mix in the chicken pieces from 4 chicken breasts and let marinate in the fridge for 30 minutes.

Assemble kebabs with marinated chicken, peppers, red onion, and zucchini. Brush marinade over tops of kebabs.

To each disposable foil tray, add the following ingredients:

- Prepared kebabs
- Brush marinade over tops and into tray

Cover tightly with foil or lid, add label to tray and freeze.

Freeze & Thaw Instructions: *Put trays in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge completely before grilling.*

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. Grilled Herbed Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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) olive oil
- 1/4 - cup(s) red wine vinegar
- 4 - Tbsp fresh basil
- 4 - Tbsp fresh parsley
- 2 - Tbsp minced garlic
- 1 - tsp salt
- Side: - garlic bread**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Finely chop the fresh basil and parsley.
2. In a large mixing bowl, whisk together the olive oil, red wine vinegar, fresh basil and parsley, minced garlic, and salt. Shake well to create a vinaigrette marinade.
3. Place the chicken into baking dish or plastic baggie and pour the marinade over the top. Cover with plastic wrap or seal, and marinate in the fridge overnight.
4. Heat the grill and add the chicken breasts over the direct heat. Brush with the marinade and discard remaining marinade. Let cook for 4 to 5 minutes per side, then move over indirect heat and grill until cooked through. Slice before serving.
5. Prepare the salad.
6. Prepare the garlic bread. (It's delicious when grilled.)
7. Serve Grilled Herbed Chicken with salad and garlic bread.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 1/2 cup olive oil, 1/2 cup red wine vinegar, 8 Tbsp fresh basil and 8 Tbsp fresh parsley, 4 Tbsp minced garlic, and 2 tsp salt. Shake well into vinaigrette marinade.

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

- 4 small chicken breasts
- 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 grill and grilling as directed and until cooked through.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides and dairy-free butter on garlic bread.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides like grilled garlic GF sandwich bread or mashed potatoes.

5. Slow Cooker Buffalo Chicken Wraps

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
- 4 - burrito size flour tortillas**
- 1 - cup(s) shredded lettuce**
- 1 - cup(s) chopped celery**
- 2 - oz. crumbled blue cheese**
- 1 - packet(s) ranch dressing mix**
- 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. Strain excess sauce before adding the chicken to the wraps.
3. Assemble the wraps. Set up the flour tortillas and add the shredded chicken and a little sauce plus the shredded lettuce, chopped celery, crumbled blue cheese and Ranch dressing. Wrap up and serve.
4. Prepare fruit.
5. Serve Buffalo Chicken Wraps with a 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 wraps as directed.*

Dairy-Free Modifications: *Omit the blue cheese and use homemade Ranch dressing and mix for dairy-free meal.*

Gluten-Free Modifications: *Omit the flour tortillas and serve in lettuce wraps.*

6. Chicken Parmesan Sandwiches

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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) all purpose flour
- 2 - egg(s)
- 1 - cup(s) Italian seasoned breadcrumbs
- 1/2 - cup(s) grated Parmesan cheese
- 1 - cup(s) jar(s) marinara sauce**
- 2 - Tbsp canola oil**
- 4 - hamburger buns**
- 4 - slices Provolone cheese**
- Side: - chips**
- Side: - fruit**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Lightly pound the chicken breasts.
2. In a small mixing bowl, toss the bread crumbs and grated Parmesan cheese. Place the flour in a shallow dish and whisk the eggs in another shallow dish. Dip each piece of chicken into the flour, then egg, then bread crumbs-Parmesan.
3. Heat the oil in a large skillet and cook the breaded chicken for 3 to 4 minutes per side, or until cooked through.
4. Assemble sandwiches with cooked chicken, marinara sauce and Provolone cheese.
5. Prepare the fruit.
6. Serve Chicken Parmesan Sandwiches with fruit and chips.

Assembly Prep Directions for 2 Meals

Lightly pound 8 chicken breasts.

In a small mixing bowl, toss 2 cups bread crumbs and 1 cup grated Parmesan cheese. Place 1/2 cup flour in a shallow dish and whisk 4 eggs in another shallow dish. Dip each piece of chicken into the flour, then egg, then bread crumbs-Parmesan.

To each disposable foil tray, add the following ingredients:

- 4 breaded chicken breasts

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 bowl of water for about 20 minutes, before heating the oil and sauting in skillet until cooked through.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free bun or in lettuce wrap.*

7. Beef Satay Stir-fry

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 minutes*

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

*** 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) beef for stirfry
- 4 - Tbsp soy sauce
- 3 - Tbsp peanut butter
- 1 - Tbsp sesame oil
- 1 - tsp minced garlic
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 - cup(s) bag(s) julienned carrot(s)
- 2 - Tbsp cornstarch**
- 2 - Tbsp water**
- Side: - rice**
- Side: - frozen egg rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. If needed, thinly slice the sirloin steak, slicing across the grain of the meat. Place into shallow dish for marinating.
2. In a small mixing bowl, whisk together the soy sauce, peanut butter, sesame oil, and minced garlic. Pour the marinade over the sliced beef and let marinate in the fridge for at least 30 minutes.*
3. Slice the red and green bell peppers into thin strips.
4. Cook rice or rice noodles and egg rolls, as directed.
5. To a large skillet or wok, add the beef slices and marinade and saute over high heat for 5 minutes. Add the bell pepper strips and julienned carrots and saute for a few more minutes. If needed, mix the cornstarch with equal amount of water and whisk into the sauce to thicken it. Reduce heat to low and simmer for 5 minutes, while sauce thickens.
6. Serve Beef Satay Stir-fry over rice or rice noodles with egg rolls.

Assembly Prep Directions for 2 Meals

Thinly slice the 2 sirloin steaks, slicing across the grain of the meat (if needed.)

Slice 2 red and 2 green bell peppers into thin strips.

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

- 1 1/2 lbs. beef for stir-fry
- 4 Tbsp soy sauce
- 3 Tbsp peanut butter
- 1 Tbsp sesame oil
- 1 tsp minced garlic
- Half of the sliced bell peppers
- 1 cup julienned carrots
- Do NOT add cornstarch to the baggie.

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 skillet or wok for cooking the beef, veggies and sauce. Stir in cornstarch and water, as directed in the recipe.*

Special Notes: *Look for the pre-cut strips of beef in your grocery store. If you don't find any, purchase a sirloin steak and slice it across the grain to create beef stir-fry strips.*

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

Gluten-Free Modifications: *Recipe is gluten-free when you use gluten-free soy sauce. If needed, use alternative side dish for the frozen egg rolls.*

8. Grilled Garlic Skirt Steak

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

- 1 1/2 - lb(s) skirt steak
- 3 - Tbsp canola oil
- 3 - Tbsp red wine vinegar
- 3 - Tbsp minced garlic
- 1 - tsp honey
- 1/2 - tsp salt
- 1/2 - tsp pepper
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the canola oil, red wine vinegar, minced garlic, honey, salt and pepper.
2. Place the flank steak in baking dish and pour the marinade over the top. Cover with plastic wrap and marinate in the fridge for at least 30 minutes* or overnight, ideally.
3. Grill the flank steak over direct heat, until cooked to your preference. Slice across the grain.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Grilled Garlic Skirt Steak with rice and veggies.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 6 Tbsp canola oil, 6 Tbsp red wine vinegar, 6 Tbsp minced garlic, 2 tsp honey, 1 tsp salt and 1 tsp pepper.

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

- 1 1/2 lb. skirt steak
- 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 grill and cooking to your preference.*

Special Notes: *You could use a flank steak in place of the skirt steak. Once grilled, slice across the grain of the meat.*

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.*

9. Shrimp on the Barbie

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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) peeled deveined shrimp
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 1 - Tbsp minced garlic
- 1 - Tbsp brown sugar
- 1 - Tbsp Old Bay seasoning
- - Salt and pepper
- Garnish: - lemon wedges**
- Side: - French loaf bread**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the grill.
2. Place the peeled and deveined shrimp into a large bowl.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, minced garlic, brown sugar and Old Bay seasoning (or other seasoning blend.) Add a few pinches of salt and pepper. Pour over the shrimp and toss together.
4. In a grill basket or wire veggie basket, grill the shrimp over direct heat. Shake and toss the grill basket to help the shrimp cook through faster. Grill until all shrimp are pink and cooked through.
5. Warm the loaf bread. (You could warm it on the grill!)
6. Prepare the veggies.
7. Serve Shrimp on the Barbie with lemon wedge garnish and side of bread and veggies.

Assembly Prep Directions for 2 Meals

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

- 2 lbs. peeled deveined shrimp
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp minced garlic
- 1 Tbsp brown sugar
- 1 Tbsp Old Bay seasoning
- 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 to the grill in a grill/wire basket. Grill until all shrimp are no longer pink.*

Special Notes: *If you don't have Old Bay seasoning, use another seafood or general seasoning blend.*

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

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

10. Grilled Teriyaki Salmon

Yield: 4 servings

Active Time: 5 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

- 1 - lb(s) salmon fillet
- - Salt and pepper
- 1 - cup(s) teriyaki sauce
- 1 - 8 oz. can(s) crushed pineapple
- 1 - tsp minced garlic
- 1 - tsp sesame seeds
- Garnish: - sliced green onions**
- Side: - salad**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook rice, as directed.
2. Open and drain the crushed pineapple.
3. In a small mixing bowl, combine the teriyaki sauce, crushed pineapple, minced garlic, and sesame seeds.
4. Cut salmon fillet into individual serving portions. Place in small baking dish and season with salt and pepper. Pour the teriyaki-pineapple sauce over the salmon. Let marinate for at least 30 minutes.
5. Preheat the grill. Place the salmon and sauce onto the grill and brush additional sauce over the top. Discard excess marinade/sauce. Grill salmon, skin side down over direct heat for 8 to 10 minutes, or until cooked through. Grilling time will vary depending on thickness of the salmon fillet.
6. Prepare the salad.
7. Serve Grilled Teriyaki Salmon with green onion garnish and side of rice and salad.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of salmon fillet into 8 pieces.

In a small mixing bowl, combine 2 cups teriyaki sauce, 2 cans of crushed pineapple, 2 tsp minced garlic, and 2 tsp sesame seeds.

Open and drain 2 cans of crushed pineapple.

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

- 4 salmon pieces
- Salt and pepper
- Half of the prepared teriyaki 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 the salmon and marinade to the grill. Grill over direct heat as directed.*

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

Gluten-Free Modifications: *Use a gluten-free teriyaki or soy sauce for gluten free meal.*

Complete Shopping List by Recipe

1. Grilled Honey Mustard Salmon

- 8 - salmon fillet
- Salt and pepper
- 4 - Tbsp honey
- 4 - Tbsp Dijon mustard
- 2 - Tbsp apple cider vinegar
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)

3. Garlic Chicken Kebabs

- 6 - Tbsp olive oil
- 6 - Tbsp lemon juice
- 6 - Tbsp minced garlic
- 4 - tsp oregano
- Salt and pepper
- 4 - boneless chicken breasts
- 2 - small red onion(s)
- 2 - red bell pepper(s)
- 2 - small zucchini
- salad
- 2 - 9x13 disposable foil tray(s)

5. Slow Cooker Buffalo Chicken Wraps

- 8 - small boneless chicken breasts
- 2 - packet(s) ranch dressing mix
- 2 - cup(s) buffalo wing sauce
- 8 - burrito size flour tortillas
- 2 - cup(s) shredded lettuce
- 2 - cup(s) chopped celery
- 4 - oz. crumbled blue cheese
- 2 - packet(s) ranch dressing mix
- fruit
- 2 - gallon-size freezer baggie(s)

2. Grilled Taco Burgers

- 2 - lb(s) ground beef
- 1 - small white onion(s)
- 2 - packet(s) taco seasoning
- Salt and pepper
- 16 - hamburger buns
- 2 - cup(s) salsa
- avocado slices
- fruit
- chips
- 2 - Foil
- 2 - gallon-size freezer baggie(s)

4. Grilled Herbed Chicken

- 8 - small boneless chicken breasts
- 1/2 - cup(s) olive oil
- 1/2 - cup(s) red wine vinegar
- 4 - Tbsp fresh basil
- 8 - Tbsp fresh parsley
- 4 - Tbsp minced garlic
- 2 - tsp salt
- garlic bread
- salad
- 2 - gallon-size freezer baggie(s)

6. Chicken Parmesan Sandwiches

- 8 - small boneless chicken breasts
- 1/2 - cup(s) all purpose flour
- 4 - egg(s)
- 2 - cup(s) Italian seasoned breadcrumbs
- 1 - cup(s) grated Parmesan cheese
- 2x1 - cup(s) jar(s) marinara sauce
- 4 - Tbsp canola oil
- 8 - hamburger buns
- 8 - slices Provolone cheese
- chips
- fruit
- 2 - 9x13 disposable foil tray(s)

7. Beef Satay Stir-fry

- 3 - lb(s) beef for stirfry
- 8 - Tbsp soy sauce
- 6 - Tbsp peanut butter
- 2 - Tbsp sesame oil
- 2 - tsp minced garlic
- 2 - red bell pepper(s)
- 2 - green bell pepper(s)
- 2x1 - cup(s) bag(s) julienned carrot(s)
- 4 - Tbsp cornstarch
- 4 - Tbsp water
- rice
- frozen egg rolls
- 2 - gallon-size freezer baggie(s)

9. Shrimp on the Barbie

- 4 - lb(s) peeled deveined shrimp
- 4 - Tbsp olive oil
- 4 - Tbsp lemon juice
- 2 - Tbsp minced garlic
- 2 - Tbsp brown sugar
- 2 - Tbsp Old Bay seasoning
- Salt and pepper
- lemon wedges
- French loaf bread
- veggies
- 2 - gallon-size freezer baggie(s)

8. Grilled Garlic Skirt Steak

- 3 - lb(s) skirt steak
- 6 - Tbsp canola oil
- 6 - Tbsp red wine vinegar
- 6 - Tbsp minced garlic
- 2 - tsp honey
- 1 - tsp salt
- 1 - tsp pepper
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

10. Grilled Teriyaki Salmon

- 2 - lb(s) salmon fillet
- Salt and pepper
- 2 - cup(s) teriyaki sauce
- 2x1 - 8 oz. can(s) crushed pineapple
- 2 - tsp minced garlic
- 2 - tsp sesame seeds
- sliced green onions
- salad
- rice
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 salmon fillet
- 2 lb(s) ground beef
- 4 boneless chicken breasts
- 24 small boneless chicken breasts
- 3 lb(s) beef for stirfry
- 3 lb(s) skirt steak
- 4 lb(s) peeled deveined shrimp
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 2 cup(s) salsa
- 2 cup(s) Italian seasoned breadcrumbs
- 6 Tbsp peanut butter
- 4 Tbsp water
- Side:** rice
- 2x1 8 oz. can(s) crushed pineapple

Sauces/Condiments

- 4 Tbsp honey
- 4 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar
- 10 Tbsp olive oil
- 1 cup(s) olive oil
- 1 cup(s) red wine vinegar
- 2 cup(s) buffalo wing sauce
- 2x1 cup(s) jar(s) marinara sauce
- 10 Tbsp canola oil
- 8 Tbsp soy sauce
- 2 Tbsp sesame oil

Produce

- Side:** salad
- 1 small white onion(s)
- Garnish:** avocado slices
- Side:** fruit
- 10 Tbsp lemon juice
- 2 small red onion(s)
- 4 red bell pepper(s)
- 2 small zucchini
- Side:** 4 Tbsp fresh basil
- 8 Tbsp fresh parsley
- 2 cup(s) shredded lettuce
- 2 cup(s) chopped celery
- 2 green bell pepper(s)
- 2x1 cup(s) bag(s) julienned carrot(s)
- Side:** veggies
- Garnish:** lemon wedges
- Garnish:** sliced green onions

Starchy Sides

- Side:** dinner rolls
- 24 hamburger buns
- Side:** chips
- Side:** garlic bread
- Side:** French loaf bread

Spices

- Salt and pepper
- 2 packet(s) taco seasoning
- 18 Tbsp minced garlic
- 4 tsp oregano
- 3 tsp salt
- 4 packet(s) ranch dressing mix
- 1 cup(s) all purpose flour
- 4 tsp minced garlic
- 4 Tbsp cornstarch
- 1 tsp pepper
- 2 Tbsp brown sugar

- 6 Tbsp red wine vinegar
- 2 tsp honey
- 2 cup(s) teriyaki sauce

Dairy/Frozen

- 4 oz. crumbled blue cheese
- 4 egg(s)
- 1 cup(s) grated Parmesan cheese
- 8 slices Provolone cheese
- Side:** frozen egg rolls

- 2 Tbsp Old Bay seasoning
- 2 tsp sesame seeds

Supplies

- Side:** 16 gallon-size freezer baggie(s)
- 2 Foil
- Side:** 4 9x13 disposable foil tray(s)
- 8 burrito size flour tortillas

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 Honey Mustard Salmon

- 8 salmon fillet
- Salt and pepper
- 4 Tbsp honey
- 4 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar
- 2 gallon-size freezer baggie(s)

3. Garlic Chicken Kebabs

- 6 Tbsp olive oil
- 6 Tbsp lemon juice
- 6 Tbsp minced garlic
- 4 tsp oregano
- Salt and pepper
- 4 boneless chicken breasts
- 2 small red onion(s)
- 2 red bell pepper(s)
- 2 small zucchini
- 2 9x13 disposable foil tray(s)

5. Slow Cooker Buffalo Chicken Wraps

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

7. Beef Satay Stir-fry

- 3 lb(s) beef for stirfry
- 8 Tbsp soy sauce
- 6 Tbsp peanut butter
- 2 Tbsp sesame oil
- 2 tsp minced garlic
- 2 red bell pepper(s)
- 2 green bell pepper(s)

2. Grilled Taco Burgers

- 2 lb(s) ground beef
- 1 small white onion(s)
- 2 packet(s) taco seasoning
- Salt and pepper
- 2 Foil
- 2 gallon-size freezer baggie(s)

4. Grilled Herbed Chicken

- 8 small boneless chicken breasts
- 1/2 cup(s) olive oil
- 1/2 cup(s) red wine vinegar
- 8 Tbsp fresh parsley
- 4 Tbsp minced garlic
- 2 tsp salt
- 2 gallon-size freezer baggie(s)

6. Chicken Parmesan Sandwiches

- 8 small boneless chicken breasts
- 1/2 cup(s) all purpose flour
- 4 egg(s)
- 2 cup(s) Italian seasoned breadcrumbs
- 1 cup(s) grated Parmesan cheese
- 2 9x13 disposable foil tray(s)

8. Grilled Garlic Skirt Steak

- 3 lb(s) skirt steak
- 6 Tbsp canola oil
- 6 Tbsp red wine vinegar
- 6 Tbsp minced garlic
- 2 tsp honey
- 1 tsp salt
- 1 tsp pepper

- 2x1 cup(s) bag(s) julienned carrot(s)
- 2 gallon-size freezer baggie(s)

9. Shrimp on the Barbie

- 4 lb(s) peeled deveined shrimp
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 2 Tbsp minced garlic
- 2 Tbsp brown sugar
- 2 Tbsp Old Bay seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

- 2 gallon-size freezer baggie(s)

10. Grilled Teriyaki Salmon

- 2 lb(s) salmon fillet
- Salt and pepper
- 2 cup(s) teriyaki sauce
- 2x1 8 oz. can(s) crushed pineapple
- 2 tsp minced garlic
- 2 tsp sesame seeds
- 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 salmon fillet
- 2 lb(s) ground beef
- 4 boneless chicken breasts
- 24 small boneless chicken breasts
- 3 lb(s) beef for stirfry
- 3 lb(s) skirt steak
- 4 lb(s) peeled deveined shrimp
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 2 cup(s) Italian seasoned breadcrumbs
- 6 Tbsp peanut butter
- 2x1 8 oz. can(s) crushed pineapple

Spices

- Salt and pepper
- 2 packet(s) taco seasoning
- 18 Tbsp minced garlic
- 4 tsp oregano
- 3 tsp salt
- 2 packet(s) ranch dressing mix
- 1 cup(s) all purpose flour
- 4 tsp minced garlic
- 1 tsp pepper

Produce

- 1 small white onion(s)
- 10 Tbsp lemon juice
- 2 small red onion(s)
- 4 red bell pepper(s)
- 2 small zucchini
- 8x Tbsp fresh basil
- 8 Tbsp fresh parsley
- 2 green bell pepper(s)
- 2x1 cup(s) bag(s) julienned carrot(s)

Sauces/Condiments

- 4 Tbsp honey
- 4 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar
- 10 Tbsp olive oil
- 1 cup(s) olive oil
- 1 cup(s) red wine vinegar
- 2 cup(s) buffalo wing sauce
- 8 Tbsp soy sauce
- 2 Tbsp sesame oil
- 6 Tbsp canola oil
- 6 Tbsp red wine vinegar
- 2 tsp honey
- 2 cup(s) teriyaki sauce

Dairy/Frozen

- 4 egg(s)
- 1 cup(s) grated Parmesan cheese

- 2 Tbsp brown sugar
- 2 Tbsp Old Bay seasoning
- 2 tsp sesame seeds

Supplies

- 16x gallon-size freezer baggie(s)
- 2 Foil
- 4x 9x13 disposable foil tray(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

- Assemble kebabs with marinated chicken, peppers, red onion, and zucchini. Brush marinade over tops of kebabs.
- Cut 2 lbs. of salmon fillet into 8 pieces.
- Cut 2 red onions into 1-inch pieces. Cut 2 red bell peppers into 1-inch pieces. Slice 2 zucchini into 1/2-inch medallions.
- Cut 4 boneless, skinless chicken breasts into bite size pieces.
- In a large mixing bowl, whisk together 1/2 cup olive oil, 1/2 cup red wine vinegar, 8 Tbsp fresh basil and 8 Tbsp fresh parsley, 4 Tbsp minced garlic, and 2 tsp salt. Shake well into vinaigrette marinade.
- In a large mixing bowl, whisk together 6 Tbsp canola oil, 6 Tbsp red wine vinegar, 6 Tbsp minced garlic, 2 tsp honey, 1 tsp salt and 1 tsp pepper.
- In a small mixing bowl, combine 2 cups teriyaki sauce, 2 cans of crushed pineapple, 2 tsp minced garlic, and 2 tsp sesame seeds.
- In a small mixing bowl, toss 2 cups bread crumbs and 1 cup grated Parmesan cheese. Place 1/2 cup flour in a shallow dish and whisk 4 eggs in another shallow dish. Dip each piece of chicken into the flour, then egg, then bread crumbs-Parmesan.
- In a small mixing bowl, whisk together 4 Tbsp honey, 4 Tbsp Dijon mustard, and 2 Tbsp apple cider vinegar.
- Lightly pound 8 chicken breasts.
- Mix 1 lb. ground beef, grated onion, and 1 packet taco seasoning mix together. Form 4 burger patties.
- Open and drain 2 cans of crushed pineapple.
- Peel and grate 1/2 small white onion.
- Slice 2 red and 2 green bell peppers into thin strips.
- Thinly slice the 2 sirloin steaks, slicing across the grain of the meat (if needed.)
- Whisk 6 Tbsp olive oil, 6 Tbsp lemon juice, 6 Tbsp minced garlic, 4 tsp oregano and salt and pepper. Mix in the chicken pieces from 4 chicken breasts and let marinate in the fridge for 30 minutes.

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 Honey Mustard Salmon

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

- 4 salmon fillets
- Salt and pepper
- Half of the honey mustard sauce

Remove as much as air as possible and seal.

Garlic Chicken Kebabs

To each disposable foil tray, add the following ingredients:

- Prepared kebabs
- Brush marinade over tops and into tray

Cover tightly with foil or lid, add label to tray and freeze.

Slow Cooker Buffalo Chicken Wraps

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.

Beef Satay Stir-fry

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

- 1 1/2 lbs. beef for stir-fry
- 4 Tbsp soy sauce
- 3 Tbsp peanut butter
- 1 Tbsp sesame oil
- 1 tsp minced garlic

Grilled Taco Burgers

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

- Half of the burger patties
- Small piece of foil between patties to prevent sticking

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

Grilled Herbed Chicken

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

- 4 small chicken breasts
- Half of the prepared marinade

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

Chicken Parmesan Sandwiches

To each disposable foil tray, add the following ingredients:

- 4 breaded chicken breasts

Cover with foil or lid, add label and freeze.

Grilled Garlic Skirt Steak

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

- 1 1/2 lb. skirt steak
- Half of the prepared marinade

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

- Half of the sliced bell peppers
- 1 cup julienned carrots
- Do NOT add cornstarch to the baggie.

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

Shrimp on the Barbie

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

- 2 lbs. peeled deveined shrimp
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp minced garlic
- 1 Tbsp brown sugar
- 1 Tbsp Old Bay seasoning
- Salt and pepper

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

Grilled Teriyaki Salmon

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

- 4 salmon pieces
- Salt and pepper
- Half of the prepared teriyaki sauce

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