

ALL PORK MEAL PLAN

JUNE 2017

Table of Contents

Recipes

1. Skillet Peach Salsa Pork Chops
2. Grilled Pineapple Pork Chops
3. Grilled Garlic-White Wine Pork Chops
4. Slow Cooker Marsala Pork Chops
5. Slow Cooker Bacon Wrapped Pork Tenderloin

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. Skillet Peach Salsa 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
- - Salt and pepper
- 1 - Tbsp canola oil
- 1 - cup(s) red salsa
- 1 - cup(s) peach preserves
- 1 - tsp minced garlic
- 1 - tsp ground cumin
- Side: - veggies**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice, as directed.
2. Heat the olive oil in skillet and brown both sides of the pork chops. Season with salt and pepper.
3. In a mixing bowl, combine the red salsa, peach preserves, minced garlic and ground cumin. Pour over the browned pork chops and let simmer over medium low heat for 8 to 10 minutes, or until pork chops are cooked through. Let rest for 5 minutes before serving.
4. Prepare the veggies.
5. Serve Skillet Peach Salsa Pork Chops with veggies and rice.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- Salt and pepper
- 1 cup red salsa
- 1 cup peach preserves
- 1 tsp minced garlic
- 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 the pork chops and sauce to skillet and cooking over medium high heat for 10 to 12 minutes, or until sauce is bubbling and pork chops are 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 Pineapple 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
- - Salt and pepper
- 1 - 8 oz. can(s) crushed pineapple
- 1/2 - cup(s) BBQ sauce
- Side: - grilled garlic bread**
- Side: - salad**
- - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the crushed pineapple.
2. In a small mixing bowl, whisk together the crushed pineapple and BBQ sauce.
3. Place pork chops into a baking dish and season with salt and pepper. Brush the pineapple BBQ sauce onto both sides of the pork chops.
4. Preheat the grill.
5. Grill for 5 to 6 minutes per side, over direct heat, or until cooked to 145 F. Brush any remaining pineapple-BBQ sauce onto the pork chops on the grill and cook through. Cooking time may vary depending on thickness of the chops. Let rest 5 minutes before serving and slicing.
6. Grill some garlic bread alongside the pork chops.
7. Prepare salad.
8. Serve Grilled Pineapple Pork Chops with salad and grilled garlic bread.

Assembly Prep Directions for 2 Meals

Open and drain 2 - 8 oz. cans of crushed pineapple.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the crushed pineapple
- 1/2 cup BBQ 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 25 to 30 minutes, or until pork chops are 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 like rice or potato chips.*

3. Grilled Garlic-White Wine 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
- - Salt and pepper
- 1/2 - cup(s) white cooking wine
- 1/2 - cup(s) chicken stock
- 4 - garlic cloves
- 2 - Tbsp minced onion
- 1 - tsp dried thyme
- Side: - veggies**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and smash the garlic cloves.
2. In a small mixing bowl, whisk together the white cooking wine, chicken stock, smashed garlic, minced onion and dried thyme.
3. Place pork chops into a baking dish and season with salt and pepper. Pour the marinade over the pork chops. Let marinate for at least 30 minutes in the fridge.*
4. Preheat the grill.
5. Pull the pork chops from the marinade and discard excess marinade. Grill for 5 to 6 minutes per side, over direct heat, or until cooked to 145 F. Cooking time may vary depending on thickness of the chops. Let rest 5 minutes before serving and slicing.
6. Prepare veggies and salad.
7. Serve Grilled Garlic-White Wine Pork Chops with veggies and salad.

Assembly Prep Directions for 2 Meals

Peel and smash the garlic cloves.

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

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup white cooking wine
- 1/2 cup chicken stock
- 4 garlic cloves
- 2 Tbsp minced onion
- 1 tsp dried thyme

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 pulling the pork chops from the marinade and grilling as directed.*

Special Notes: *Alternative Cooking Method - Bake pork chops and marinade at 350 F for 25 to 30 minutes, or until pork chops are 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.*

4. Slow Cooker Marsala Pork Chops

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

- 4 - boneless pork chops
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 8 - oz. sliced white mushrooms
- 1/2 - cup(s) marsala cooking wine
- 1 - 10 oz can(s) cream of mushroom
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion.
2. Place the pork chops into the base of the slow cooker and add the sliced onions, minced garlic and sliced mushrooms over the top. Pour the marsala wine around the edges of the slow cooker insert. Spoon and spread the cream of mushroom soup over the top.
3. Set the slow cooker on low and cook for 8 hours.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Slow Cooker Marsala Pork Chops with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 4 boneless pork chops
- Half of the sliced onions
- 2 tsp minced garlic
- 8 oz. sliced mushrooms
- 1/2 cup marsala cooking wine
- 1 - 10 oz. can cream of mushroom soup

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: *Search on 5DollarDinners.com for homemade cream of mushroom soup if you need to make it dairy-free or gluten-free.*

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. Pacific Foods makes a gluten-free cream of mushroom soup.*

5. Slow Cooker Bacon Wrapped Pork Tenderloin

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

- 2 - lb(s) pork tenderloin
- 2 - Tbsp brown sugar
- 2 - tsp minced garlic
- 1 - tsp salt
- 4 - slices bacon
- Side: - salad**
- Side: - mashed potatoes**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small bowl, mix the brown sugar, minced garlic and salt. Press this mixture onto the top of the pork tenderloin. Wrap the pork tenderloin in the bacon slices, either wrapped all the way around, or criss-crossed and laid on top of the pork tenderloin.
2. Carefully place into the slow cooker and set the slow cooker on low and cook for 4 hours. If cooking from partially frozen, cook for 8 hours on low.
3. If needed, turn on the broiler on high and place the pork tenderloin and bacon underneath for 1-2 minutes to 'crisp up' the bacon slices.
4. Prepare the mashed potatoes.
5. Prepare the salad.
6. Serve Slow Cooker Bacon Wrapped Pork Tenderloin with salad and mashed potatoes.

Assembly Prep Directions for 2 Meals

In a small bowl, mix 4 Tbsp brown sugar, 4 tsp minced garlic and 2 tsp salt.

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

- 2 lb. pork tenderloin
- Half of the prepared rub
- 4 slices bacon, wrapped around the tenderloin

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 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.*

Complete Shopping List by Recipe

1. Skillet Peach Salsa Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2 - Tbsp canola oil
- 2 - cup(s) red salsa
- 2 - cup(s) peach preserves
- 2 - tsp minced garlic
- 2 - tsp ground cumin
- veggies
- rice
- 2 - gallon-size freezer baggie(s)

3. Grilled Garlic-White Wine Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1 - cup(s) white cooking wine
- 1 - cup(s) chicken stock
- 8 - garlic cloves
- 4 - Tbsp minced onion
- 2 - tsp dried thyme
- veggies
- salad
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Bacon Wrapped Pork Tenderloin

- 4 - lb(s) pork tenderloin
- 4 - Tbsp brown sugar
- 4 - tsp minced garlic
- 2 - tsp salt
- 8 - slices bacon
- salad
- mashed potatoes
- 2 - gallon-size freezer baggie(s)

2. Grilled Pineapple Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2x1 - 8 oz. can(s) crushed pineapple
- 1 - cup(s) BBQ sauce
- grilled garlic bread
- salad
- gallon-size freezer baggie(s)

4. Slow Cooker Marsala Pork Chops

- 8 - boneless pork chops
- 2 - small white onion(s)
- 4 - tsp minced garlic
- 16 - oz. sliced white mushrooms
- 1 - cup(s) marsala cooking wine
- 2x1 - 10 oz can(s) cream of mushroom
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 32 boneless pork chops
- 4 lb(s) pork tenderloin
- 8 slices bacon

Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- Side:** rice
- 2x1 8 oz. can(s) crushed pineapple
- 1 cup(s) chicken stock
- 2x1 10 oz can(s) cream of mushroom

Sauces/Condiments

- 2 Tbsp canola oil
- 2 cup(s) peach preserves
- 1 cup(s) BBQ sauce
- 1 cup(s) white cooking wine

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** grilled garlic bread
- 1 cup(s) marsala cooking wine

Produce

- Side:** veggies
- Side:** salad
- 2 small white onion(s)
- 16 oz. sliced white mushrooms
- Side:** mashed potatoes

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 10 tsp minced garlic
- 2 tsp ground cumin
- 8 garlic cloves
- 4 Tbsp minced onion
- 2 tsp dried thyme
- 4 Tbsp brown sugar
- 2 tsp salt

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. Skillet Peach Salsa Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 Tbsp canola oil
- 2 cup(s) red salsa
- 2 cup(s) peach preserves
- 2 tsp minced garlic
- 2 tsp ground cumin
- 2 gallon-size freezer baggie(s)

3. Grilled Garlic-White Wine Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup(s) white cooking wine
- 1 cup(s) chicken stock
- 8 garlic cloves
- 4 Tbsp minced onion
- 2 tsp dried thyme
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Bacon Wrapped Pork Tenderloin

- 4 lb(s) pork tenderloin
- 4 Tbsp brown sugar
- 4 tsp minced garlic
- 2 tsp salt
- 8 slices bacon
- 2 gallon-size freezer baggie(s)

2. Grilled Pineapple Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2x1 8 oz. can(s) crushed pineapple
- 1 cup(s) BBQ sauce
- gallon-size freezer baggie(s)

4. Slow Cooker Marsala Pork Chops

- 8 boneless pork chops
- 2 small white onion(s)
- 4 tsp minced garlic
- 16 oz. sliced white mushrooms
- 1 cup(s) marsala cooking wine
- 2x1 10 oz can(s) cream of mushroom
- 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

- 32 boneless pork chops
- 4 lb(s) pork tenderloin
- 8 slices bacon

Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- 2x1 8 oz. can(s) crushed pineapple
- 1 cup(s) chicken stock
- 2x1 10 oz can(s) cream of mushroom

Spices

- Salt and pepper
- 10 tsp minced garlic
- 2 tsp ground cumin
- 8 garlic cloves
- 4 Tbsp minced onion
- 2 tsp dried thyme
- 4 Tbsp brown sugar
- 2 tsp salt

Produce

- 2 small white onion(s)
- 16 oz. sliced white mushrooms

Sauces/Condiments

- 2 Tbsp canola oil
- 2 cup(s) peach preserves
- 1 cup(s) BBQ sauce
- 1 cup(s) white cooking wine

Supplies

- 8x gallon-size freezer baggie(s)
- 1 cup(s) marsala cooking wine

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, mix 4 Tbsp brown sugar, 4 tsp minced garlic and 2 tsp salt.
- Open and drain 2 - 8 oz. cans of crushed pineapple.
- Peel and smash the garlic cloves.
- Slice 2 small white onions.

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.

Skillet Peach Salsa Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1 cup red salsa
- 1 cup peach preserves
- 1 tsp minced garlic
- 1 tsp ground cumin

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

Grilled Garlic-White Wine Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup white cooking wine
- 1/2 cup chicken stock
- 4 garlic cloves
- 2 Tbsp minced onion
- 1 tsp dried thyme

Remove as much air as possible and seal.

Slow Cooker Bacon Wrapped Pork

Tenderloin

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

- 2 lb. pork tenderloin
- Half of the prepared rub
- 4 slices bacon, wrapped around the tenderloin

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

Grilled Pineapple Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the crushed pineapple
- 1/2 cup BBQ sauce

Remove as much air as possible and seal.

Slow Cooker Marsala Pork Chops

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

- 4 boneless pork chops
- Half of the sliced onions
- 2 tsp minced garlic
- 8 oz. sliced mushrooms
- 1/2 cup marsala cooking wine
- 1 - 10 oz. can cream of mushroom soup

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