

ALL CHICKEN MEAL PLAN

JUNE 2017

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1. 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.

2. 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.

3. 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.

4. Lemon Avocado Chicken

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 - small boneless chicken breasts
- 1/2 - cup(s) water
- 2 - Tbsp salt
- 1 - lemon(s)
- 2 - tsp minced garlic
- 1 - avocado(s)**
- 1 - lemon(s)**
- 2 - Tbsp cilantro**
- - Salt and pepper
- Side: - salad**
- Side: - rice**
- - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the water, salt, juice from the lemon and the minced garlic. Slice the lemon and add to the brine. Place the chicken breasts into the brine and let soak for at least 30 minutes*, in the fridge.
2. Cook the rice, as directed.
3. Preheat the grill. Pull the chicken breasts out of the brine and pat dry. Discard brine.
4. Grill over direct heat for 4 to 6 minutes per side, until cooked through. Grilling time may vary depending on the thickness of the chicken.
5. While the chicken is grilling, add the avocado, juice from 1 lemon and chopped cilantro to small food processor and puree. Use avocado sauce as garnish or dip for the grilled chicken.
6. Prepare the salad.
7. Serve Lemon Avocado Chicken with rice and salad.

Assembly Prep Directions for 2 Meals

Slice lemons.

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

- 4 small boneless chicken breasts
- 1/2 cup water
- 2 Tbsp salt
- 1 lemon, sliced
- 2 tsp minced garlic

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. Prepare the avocado sauce while chicken is grilling.

Special Notes: Serve with cauliflower rice for complete Paleo 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.

5. Slow Cooker Chicken & Mushrooms

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
- 8 - oz. sliced white mushrooms
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 1 - cup(s) chicken stock
- - Salt and pepper
- 2 - Tbsp cornstarch**
- Garnish: - fresh parsley**
- Side: - dinner rolls**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the onion.
2. Place the chicken breasts in the base of the slow cooker and pour the sliced mushrooms and chopped onion around the chicken. Add the minced garlic, chicken stock and season with a little salt and pepper.
3. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, make a slurry with the cornstarch and equal amount of water, and then stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Warm the dinner rolls.
5. Prepare veggies.
6. Serve Slow Cooker Chicken & Mushrooms and parsley garnish with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

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

- 4 small boneless chicken breasts
- 8 oz. sliced mushrooms
- Half of the chopped onions
- 2 tsp minced garlic
- 1 cup chicken stock
- Salt and pepper
- Do NOT add the cornstarch before freezing.

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. Thicken with cornstarch at the end of the cooking cycle as directed.

Special Notes: Serve with cauliflower rice for complete Paleo meal.

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

Gluten-Free Modifications: Recipe is gluten-free when serve with gluten-free sides like rice or quinoa.

Complete Shopping List by Recipe

1. 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)

3. 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)

5. Slow Cooker Chicken & Mushrooms

- ☐ 8 - small boneless chicken breasts
- ☐ 16 - oz. sliced white mushrooms
- ☐ 2 - small white onion(s)
- ☐ 4 - tsp minced garlic
- ☐ 2 - cup(s) chicken stock
- ☐ - Salt and pepper
- ☐ 4 - Tbsp cornstarch
- ☐ - fresh parsley
- ☐ - dinner rolls
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

2. 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)

4. Lemon Avocado Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 1 - cup(s) water
- ☐ 4 - Tbsp salt
- ☐ 2 - lemon(s)
- ☐ 4 - tsp minced garlic
- ☐ 2 - avocado(s)
- ☐ 2 - lemon(s)
- ☐ 4 - Tbsp cilantro
- ☐ - Salt and pepper
- ☐ - salad
- ☐ - rice
- ☐ - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 4 boneless chicken breasts
- ☐ 32 small boneless chicken breasts

Produce

- ☐ 6 Tbsp lemon juice
- ☐ 2 small red onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 small zucchini
- ☐ **Side:** salad
- ☐ **Side:** 4 Tbsp fresh basil
- ☐ 8 Tbsp fresh parsley
- ☐ 2 cup(s) shredded lettuce
- ☐ 2 cup(s) chopped celery
- ☐ **Side:** fruit
- ☐ 4 lemon(s)
- ☐ 2 avocado(s)
- ☐ 4 Tbsp cilantro
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 small white onion(s)
- ☐ **Garnish:** fresh parsley
- ☐ **Side:** veggies

Pantry Staples - Canned, Boxed

- ☐ 1 cup(s) water
- ☐ **Side:** rice
- ☐ 2 cup(s) chicken stock

Starchy Sides

- ☐ **Side:** garlic bread
- ☐ **Side:** dinner rolls

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 1 cup(s) olive oil
- ☐ 1 cup(s) red wine vinegar
- ☐ 2 cup(s) buffalo wing sauce

Spices

- ☐ 10 Tbsp minced garlic
- ☐ 4 tsp oregano
- ☐ Salt and pepper
- ☐ 2 tsp salt
- ☐ 4 packet(s) ranch dressing mix
- ☐ 4 Tbsp salt
- ☐ 8 tsp minced garlic
- ☐ 4 Tbsp cornstarch

Dairy/Frozen

- ☐ 4 oz. crumbled blue cheese

Supplies

- ☐ **Side:** 2 9x13 disposable foil tray(s)
- ☐ **Side:** 6 gallon-size freezer baggie(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. 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)

3. 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)

5. Slow Cooker Chicken & Mushrooms

- ☐ 8 small boneless chicken breasts
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 small white onion(s)
- ☐ 4 tsp minced garlic
- ☐ 2 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

2. 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)

4. Lemon Avocado Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 1 cup(s) water
- ☐ 4 Tbsp salt
- ☐ 2 lemon(s)
- ☐ 4 tsp minced garlic
- ☐ Salt and pepper
- ☐ 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

- ☐ 4 boneless chicken breasts
- ☐ 32 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 1 cup(s) water
- ☐ 2 cup(s) chicken stock

Spices

- ☐ 10 Tbsp minced garlic
- ☐ 4 tsp oregano
- ☐ Salt and pepper
- ☐ 2 tsp salt
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 Tbsp salt
- ☐ 8 tsp minced garlic

Produce

- ☐ 6 Tbsp lemon juice
- ☐ 2 small red onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 small zucchini
- ☐ 8x Tbsp fresh basil
- ☐ 8 Tbsp fresh parsley
- ☐ 2 lemon(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 small white onion(s)

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 1 cup(s) olive oil
- ☐ 1 cup(s) red wine vinegar
- ☐ 2 cup(s) buffalo wing sauce

Supplies

- ☐ 2x 9x13 disposable foil tray(s)
- ☐ 6x gallon-size freezer baggie(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.
- ☐ Chop 2 small white onions.
- ☐ 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.
- ☐ Slice lemons.
- ☐ 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.

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.

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.

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.

Lemon Avocado Chicken

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

- 4 small boneless chicken breasts
- 1/2 cup water
- 2 Tbsp salt
- 1 lemon, sliced
- 2 tsp minced garlic

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

Slow Cooker Chicken & Mushrooms

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

- 4 small boneless chicken breasts
- 8 oz. sliced mushrooms
- Half of the chopped onions
- 2 tsp minced garlic
- 1 cup chicken stock
- Salt and pepper
- Do NOT add the cornstarch before freezing.

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