

CLEAN EATS MEAL 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 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.*

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. 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. Vegetable Chili

Yield: 4 servings

Active Time: 15 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 - 15 oz. can(s) black beans
- 1 - 15 oz. cans red kidney beans
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - green bell pepper(s)
- 1 - small zucchini
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 2 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - tsp dried oregano
- 2 - cup(s) vegetable stock
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the cans of black and red kidney beans.
2. Open and drain the can of crushed tomatoes.
3. Seed and chop the green bell pepper. Slice the zucchini. Chop the onion.
4. In a large saucepan or Dutch oven, saute the green bell peppers and onions for 2 to 3 minutes. Stir in the crushed tomatoes, black beans, red kidney beans, sliced zucchini, minced garlic, chili powder, ground cumin, dried oregano and vegetable stock. Bring to bubbling and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Warm the dinner rolls.
6. Serve Vegetable Chili with shredded cheese garnish and dinner rolls.

Assembly Prep Directions for 2 Meals

Seed and chop 2 green bell peppers.

Slice 2 zucchini.

Chop 2 onions.

Open, drain and rinse the 2 cans of black beans, and red kidney beans.

Open and drain 2 cans of crushed tomatoes.

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

- Half of the chopped bell peppers
- Half of the chopped onions
- Half of the sliced zucchini
- Half of the black beans
- Half of the red kidney beans
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 cups vegetable stock
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the cheese garnish.*

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

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. 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. Vegetable Chili

- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. cans red kidney beans
- 2x1 - 15 oz. can(s) crushed tomatoes
- 2 - green bell pepper(s)
- 2 - small zucchini
- 2 - small white onion(s)
- 4 - tsp minced garlic
- 4 - Tbsp chili powder
- 2 - tsp ground cumin
- 2 - tsp dried oregano
- 4 - cup(s) vegetable stock
- Salt and pepper

2. 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)

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)

- shredded cheddar cheese
- dinner rolls
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 salmon fillet
- 3 lb(s) skirt steak
- 8 boneless pork chops
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- Side:** rice
- 1 cup(s) chicken stock
- 1 cup(s) water
- 2 15 oz. can(s) black beans
- 2 15 oz. cans red kidney beans
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) vegetable stock

Sauces/Condiments

- 4 Tbsp honey
- 4 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar
- 6 Tbsp canola oil
- 6 Tbsp red wine vinegar
- 2 tsp honey
- 1 cup(s) white cooking wine

Dairy/Frozen

- Garnish:** shredded cheddar cheese

Produce

- Side:** salad
- Side:** veggies
- 4 lemon(s)
- 2 avocado(s)
- 4 Tbsp cilantro
- 2 green bell pepper(s)
- 2 small zucchini
- 2 small white onion(s)

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 6 Tbsp minced garlic
- 1 tsp salt
- 1 tsp pepper
- 8 garlic cloves
- 4 Tbsp minced onion
- 2 tsp dried thyme
- 4 Tbsp salt
- 8 tsp minced garlic
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano

Supplies

- Side:** 8 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. 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)

2. 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
- 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)

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)

5. Vegetable Chili

- 2 15 oz. can(s) black beans
- 2 15 oz. cans red kidney beans
- 2x1 15 oz. can(s) crushed tomatoes
- 2 green bell pepper(s)
- 2 small zucchini
- 2 small white onion(s)
- 4 tsp minced garlic
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 4 cup(s) vegetable stock
- Salt and pepper
- 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
- 3 lb(s) skirt steak
- 8 boneless pork chops
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 1 cup(s) chicken stock
- 1 cup(s) water
- 2 15 oz. can(s) black beans
- 2 15 oz. cans red kidney beans
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) vegetable stock

Spices

- Salt and pepper
- 6 Tbsp minced garlic
- 1 tsp salt
- 1 tsp pepper
- 8 garlic cloves
- 4 Tbsp minced onion
- 2 tsp dried thyme
- 4 Tbsp salt
- 8 tsp minced garlic
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano

Produce

- 2 lemon(s)
- 2 green bell pepper(s)
- 2 small zucchini
- 2 small white onion(s)

Sauces/Condiments

- 4 Tbsp honey
- 4 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar
- 6 Tbsp canola oil
- 6 Tbsp red wine vinegar
- 2 tsp honey
- 1 cup(s) white cooking wine

Supplies

- 8x 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

- Chop 2 onions.
- 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, whisk together 4 Tbsp honey, 4 Tbsp Dijon mustard, and 2 Tbsp apple cider vinegar.
- Open and drain 2 cans of crushed tomatoes.
- Open, drain and rinse the 2 cans of black beans, and red kidney beans.
- Peel and smash the garlic cloves.
- Seed and chop 2 green bell peppers.
- Slice 2 zucchini.
- Slice lemons.

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.

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 as air as possible and seal.

Vegetable Chili

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

- Half of the chopped bell peppers
- Half of the chopped onions
- Half of the sliced zucchini
- Half of the black beans
- Half of the red kidney beans
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 cups vegetable stock
- Salt and pepper

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.

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.

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