

# TRADITIONAL MEAL PLAN

JUNE 2017

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# 1. 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.

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## 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)

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## 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.

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## 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.

## 2. 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.

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### 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)

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### 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.

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### 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.*

## 3. 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.

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### 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)

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### 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.

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### 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.

## 4. 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.

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### 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)

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### 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.

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### 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.

## 5. BBQ Bacon Burgers

*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.

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### Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1/2 - cup(s) bacon crumbles
- 1/2 - small white onion(s)
- 1 - tsp minced garlic
- 1 - tsp salt
- 8 - Tbsp BBQ sauce\*\*
- 4 - hamburger buns\*\*
- 4 - slices cheddar cheese\*\*
- Side: - chips\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Preheat the grill.
2. Grate the onion with a cheese grater.
3. Combine the ground beef, bacon crumbles, grated onion (with juices), minced garlic and salt in a medium mixing bowl. Form into 4 patties.
4. Place the patties on the grill tray or veggie basket. See note about ways to keep patties together when grilling. Grill for 5 to 6 minutes per side, or until internal temperature should reach 165 F. If you need to cook the patties a little longer then you can move them to a cool part of the grill until they're cooked to your liking.
5. Once cooked, top with sliced cheddar cheese and BBQ sauce.
6. Serve BBQ Bacon Burgers with fruit and chips.

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### Assembly Prep Directions for 2 Meals

Combine 2 lbs. ground beef, 1 cup bacon crumbles, the grated onion (with juices), 2 tsp minced garlic, and 2 tsp salt in a medium mixing bowl. Form into 8 patties.

Grate 1 small white onion with cheese grater.

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

- 4 burger patties
- Foil between patties, if needed

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.*

**Special Notes:** *If you don't have a tray for your grill, put the patties in the freezer for 30 minutes to help them firm up and hold together better when grilling. Or you could grill them from partially frozen. Alternative cooking method: wrap the patties tightly in foil and place them in a 350 F oven for about 5 – 10 minutes until the desired temperature is reached.*

**Dairy-Free Modifications:** *Omit the cheese slices for dairy-free meal.*

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

# Complete Shopping List by Recipe

## 1. 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)

## 3. 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)

## 5. BBQ Bacon Burgers

- 2 - lb(s) ground beef
- 1 - cup(s) bacon crumbles
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 2 - tsp salt
- 16 - Tbsp BBQ sauce
- 8 - hamburger buns
- 8 - slices cheddar cheese
- chips
- fruit
- 2 - gallon-size freezer baggie(s)

## 2. 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)

## 4. 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

- 16 small boneless chicken breasts
- 4 lb(s) peeled deveined shrimp
- 2 lb(s) salmon fillet
- 2 lb(s) ground beef
- 1 cup(s) bacon crumbles

## Pantry Staples - Canned, Boxed

- 2x1 8 oz. can(s) crushed pineapple
- Side:** rice

## Sauces/Condiments

- 1 cup(s) olive oil
- 1 cup(s) red wine vinegar
- 2 cup(s) buffalo wing sauce
- 4 Tbsp olive oil
- 2 cup(s) teriyaki sauce
- 16 Tbsp BBQ sauce

## Dairy/Frozen

- 4 oz. crumbled blue cheese
- 8 slices cheddar cheese

## Produce

- Side:** 4 Tbsp fresh basil
- 8 Tbsp fresh parsley
- Side:** salad
- 2 cup(s) shredded lettuce
- 2 cup(s) chopped celery
- Side:** fruit
- 4 Tbsp lemon juice
- Garnish:** lemon wedges
- Side:** veggies
- Garnish:** sliced green onions
- 1 small white onion(s)

## Starchy Sides

- Side:** garlic bread
- Side:** French loaf bread
- 8 hamburger buns
- Side:** chips

## Spices

- 6 Tbsp minced garlic
- 4 tsp salt
- 4 packet(s) ranch dressing mix
- 2 Tbsp brown sugar
- 2 Tbsp Old Bay seasoning
- Salt and pepper
- 4 tsp minced garlic
- 2 tsp sesame seeds

## Supplies

- Side:** 10 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. 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)

## 3. 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)

## 5. BBQ Bacon Burgers

- 2 lb(s) ground beef
- 1 cup(s) bacon crumbles
- 1 small white onion(s)
- 2 tsp minced garlic
- 2 tsp salt
- 2 gallon-size freezer baggie(s)

## 2. 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)

## 4. 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

- 16 small boneless chicken breasts
- 4 lb(s) peeled deveined shrimp
- 2 lb(s) salmon fillet
- 2 lb(s) ground beef
- 1 cup(s) bacon crumbles

## Pantry Staples - Canned, Boxed

- 2x1 8 oz. can(s) crushed pineapple

## Spices

- 6 Tbsp minced garlic
- 4 tsp salt
- 2 packet(s) ranch dressing mix
- 2 Tbsp brown sugar
- 2 Tbsp Old Bay seasoning
- Salt and pepper
- 4 tsp minced garlic
- 2 tsp sesame seeds

## Produce

- 8x Tbsp fresh basil
- 8 Tbsp fresh parsley
- 4 Tbsp lemon juice
- 1 small white onion(s)

## Sauces/Condiments

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

## Supplies

- 10x 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

- Combine 2 lbs. ground beef, 1 cup bacon crumbles, the grated onion (with juices), 2 tsp minced garlic, and 2 tsp salt in a medium mixing bowl. Form into 8 patties.
- Cut 2 lbs. of salmon fillet into 8 pieces.
- Grate 1 small white onion with cheese grater.
- 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 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.

*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 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.

### 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.

### BBQ Bacon Burgers

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

- 4 burger patties
- Foil between patties, if needed

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.

### 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.