

THE 20 MEALS PLAN

JULY 2017

Table of Contents

Recipes

1. Stuffed Double Cheeseburgers
2. Korean Beef Lettuce Wraps
3. Grilled Pomegranate Chicken
4. Sloppy Shredded Beef Sandwiches
5. Balsamic & Brown Sugar Pulled Pork
6. Shrimp Mango Curry
7. Slow Cooker Chicken Tacos with Mango Pico de Gallo
8. Buffalo Wing Grill Packs
9. Grilled Sweet Chili Salmon & Veggies {Foil Packs}
10. Grilled Tomato-Basil Tilapia {Foil Packs}

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. Stuffed Double Cheeseburgers

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 20 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) ground beef
- 1 - Tbsp steak seasoning
- 2 - Tbsp Worcestershire sauce
- 8 - slices cheese
- 4 - hamburger buns
- Garnish: - lettuce, tomato, onion**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)
- 4 - pieces plastic wrap

Cooking Directions for Single Meal

1. In a large bowl, combine the ground beef, steak seasoning, and Worcestershire sauce. Divide the ground beef mixture into 8 small balls. Form each ball into wide, flat patties.
2. Place a slice of cheese in the middle of 2 patties and seal and pinch the edges to keep the cheese inside the burger.
3. Grill burgers until cooked through, about 15 to 20 minutes. Place another piece of cheese on top of grilled burger.
4. Prepare fruit and sandwich fixins.
5. Serve Double Stuffed Cheeseburgers with fruit and sandwich fixins.

Assembly Prep Directions for 2 Meals

In a large bowl, combine 3 lbs. ground beef, 2 Tbsp steak seasoning, and 4 Tbsp Worcestershire sauce. Divide the ground beef mixture into 16 small balls. Form each ball into wide, flat patties.

Place a slice of cheese in the middle of 2 patties and seal and pinch the edges to keep the cheese inside the burger.

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

- 4 prepared stuffed double burgers into each bag
- 2 small pieces of foil in between the patties to keep burgers from sticking together
- Note: remaining cheese slices will be added after burgers are grilled.

Remove as much as air as possible and seal.

Freeze & Thaw Instructions: *Thaw burgers completely in the fridge overnight before grilling as directed.*

Dairy-Free Modifications: *Omit cheese for dairy-free burgers.*

Gluten-Free Modifications: *Serve burgers in lettuce wrap for gluten-free meal.*

2. Korean Beef Lettuce Wraps

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 - cup(s) beef stock
- 1/4 - cup(s) soy sauce
- 3 - Tbsp sesame oil
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - tsp ground ginger
- - Salt and pepper
- 1 - tsp cornstarch**
- 8 - large lettuce leaves**
- Garnish: - sliced green onions**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef pieces and drain. Return to skillet.
2. In a small bowl, whisk together the beef stock, soy sauce, sesame oil, minced onion, garlic powder, ground ginger and salt and pepper. Pour over the browned ground beef, reduce heat to medium low and saute for 5 to 7 minutes, allowing flavors to mingle.
3. Swirl the cornstarch with a tablespoon or two of water and stir it into the sauce. Let it simmer for 2 to 3 minutes to thicken the sauce. Spoon into lettuce leaves.
4. Prepare the fruit and green onion garnish.
5. Serve Korean Beef Lettuce Wraps with green onion garnish and fruit.

Assembly Prep Directions for 2 Meals

Brown and drain 2 lbs. ground beef

In a small bowl, whisk together 1 cup beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.

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

- Half of the ground beef, browned and cooled
- Half of the prepared 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 skillet and cooking the beef and sauce together. Stir in cornstarch as directed to thicken the sauce.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free soy sauce.*

3. Grilled Pomegranate 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 - boneless chicken breasts
- 1/2 - cup(s) pomegranate juice
- 2 - Tbsp honey
- 1 - Tbsp balsamic vinegar
- 1 - tsp garlic powder
- 1 - tsp ground ginger
- 1/4 - tsp ground cumin
- - Salt and pepper
- Side: - garlic bread**
- Side: - salad**
- - 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 pomegranate juice, honey, balsamic vinegar, garlic powder, ground ginger, and cumin. Whisk 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 for at least 2 hours, or 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 Pomegranate Chicken over salad with side of garlic bread.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 1 cup pomegranate juice, 4 Tbsp honey, 2 Tbsp balsamic vinegar, 2 tsp garlic powder, 2 tsp ground ginger and 1/2 tsp cumin.

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 quinoa or rice.

4. Sloppy Shredded Beef Sandwiches

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) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) sloppy joe sauce
- 8 - hamburger buns**
- Side: - salad**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion(s) into half moons.
2. Open and drain the diced tomatoes. Open the sloppy joe sauce.
3. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle the sliced onions over the top, then pour the diced tomatoes and sloppy joe sauce over the top.
4. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce. Assemble sandwiches with hamburger buns and meat sauce.
5. Prepare salad and fruit.
6. Serve Sloppy Shredded Beef Sandwiches with salad and fruit.

Assembly Prep Directions for 2 Meals

Slice 2 white onions into half moons.

Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe 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.*

Special Notes: *Search on 5DollarDinners.com for homemade sloppy joe sauce recipe.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served on gluten-free bread.*

5. Balsamic & Brown Sugar Pulled Pork

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

- 2 - lb(s) pork roast
- - Salt and pepper
- 1/4 - cup(s) brown sugar
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/4 - cup(s) balsamic vinegar
- Side: - fruit**
- Side: - potato chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small bowl, whisk together the brown sugar, minced onion, garlic powder and balsamic vinegar.
2. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the sauce on and around the pork.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the sauce. Strain before serving.
4. Prepare fruit.
5. Serve Balsamic & Brown Sugar Pulled Pork with chips and fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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: *Substitute balsamic glaze for the balsamic vinegar for a thicker sauce.*

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.*

6. Shrimp Mango Curry

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 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
- 1 - Tbsp olive oil
- 4 - green onion(s)
- 1 - tsp minced garlic
- 1 - 15 oz. can light coconut milk
- 2 - Tbsp curry powder
- 1 - tsp ground ginger
- 1 - mango(s)
- - Salt and pepper
- Garnish: - chopped cilantro**
- Side: - rice**
- - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice, as directed.
2. Slice the green onions. Dice the mango.
3. In a large Dutch oven, heat the olive oil and saute the green onions and garlic for 30 seconds to 1 minute. Stir in the coconut milk, curry powder and ginger and bring to bubbling.
4. Add the shrimp and diced mango into the sauce. Let cook for 3 to 5 minutes, or until shrimp have turned pink (if they were raw). Reduce heat to low and cook for 10 minutes, allowing flavors to mingle. (If you don't plan to serve it right away, remove it from the heat and reheat, so the mangoes don't overcook.)
5. Serve Shrimp Mango Curry with cilantro garnish, over rice.

Assembly Prep Directions for 2 Meals

Slice the green onions. Dice 2 mangoes.

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

- 2 lbs. peeled deveined shrimp
- Half of the sliced green onions
- 1 tsp minced garlic
- 1 - 15 oz. can light coconut milk
- 2 Tbsp curry powder
- 1 tsp ground ginger
- Half of the diced mango

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 heating the olive oil to a Dutch oven and adding the shrimp, mango and curry sauce to the Dutch oven or saucepan. Bring to bubbling and then simmer for 10 minutes.*

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

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

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

7. Slow Cooker Chicken Tacos with Mango Pico de Gallo

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 - small boneless chicken breasts
- 1 - cup(s) red salsa
- 1 - tsp vinegar
- - Salt and pepper
- 8 - flour tortillas**
- 1 - large ripe mango(s)
- Garnish: - pico de gallo
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken into the slow cooker insert. Season with salt and pepper and pour the salsa and vinegar over the top.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken into the sauce, then strain and spoon into tortillas.
3. Dice the mango and toss with the pico de gallo.
4. Prepare veggies.
5. Serve Slow Cooker Chicken Tacos with Mango Pico de Gallo and veggies.

Assembly Prep Directions for 2 Meals

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

- 2 small boneless chicken breasts
- 1 cup red salsa
- 1 tsp vinegar
- 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 slow cooker and cooking on low for 8 hours. Shred the chicken into the sauce, then strain and spoon into the tortillas.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free corn tortillas, or serve over rice.*

8. Buffalo Wing Grill Packs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 to 20 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 - lb(s) chicken wings
- - Salt and pepper
- 2 - cup(s) buffalo wing sauce
- 1 - packet(s) ranch dressing mix
- Garnish: - crumbled blue cheese**
- Side: - garlic bread**
- Side: - salad**
- - Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat grill.
2. In a mixing bowl, whisk the buffalo wing sauce and Ranch dressing mix.
3. Place 6 chicken wings on a piece of foil large enough to wrap around the chicken. Evenly divide the buffalo wing sauce mixture and pour over the chicken wings. Wrap the foil around the chicken wings, tightly.
4. Grill around 400 F for 15 to 20 minutes, or until chicken is cooked through. Cooking time may vary, depending on thickness of the chicken wings and heat of the grill. Open carefully and top with crumbled blue cheese.
5. Cook the garlic bread.
6. Prepare the salad.
7. Serve Buffalo Wing Grill Packs with garlic bread and salad.

Assembly Prep Directions for 2 Meals

In a mixing bowl, whisk 4 cups buffalo wing sauce and 2 packets of Ranch dressing mix.

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- About 6 wings
- Buffalo-Ranch sauce, evenly divided among all packs

Wrap foil tightly around the chicken. Place foil packs into a gallon-size plastic freezer baggie. 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 as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the crumbled blue cheese and use homemade Ranch dressing mix.*

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

9. Grilled Sweet Chili Salmon & Veggies {Foil Packs}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 to 20 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
- 1/2 - tsp ground ginger
- - Salt and pepper
- 1 - cup(s) sweet Thai chili sauce
- 12 - oz. bag(s) frozen Asian veggies
- Side: - rice**
- Side: - frozen eggrolls**
- - Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat grill.
2. Cut the salmon fillet into 4 pieces.
3. Place each salmon fillet on a piece of foil large enough to wrap around the salmon. To each piece of salmon, sprinkle the ground ginger and salt and pepper. Evenly divide the sweet Thai chili sauce and pour over the salmon. Divide the frozen veggies evenly among the packs. Wrap the foil up into packs.
4. Grill around 400 F for 20 to 25 minutes, or until chicken is cooked through. Cooking time may vary, depending on thickness of the salmon and heat of the grill.
5. Cook the rice, as directed.
6. Cook the eggrolls, as directed.
7. Serve Grilled Sweet Chili Salmon & Veggies with rice and eggrolls.

Assembly Prep Directions for 2 Meals

Cut the salmon fillet into 4 pieces.

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- 1 salmon fillet portion
- Sprinkle of ground ginger
- Salt and pepper
- 1 cup sweet Thai chili sauce, evenly divided among the packs
- 1 - 12 oz. bag frozen Asian-mix veggies, evenly divided among the packs

Wrap foil tightly around the salmon and veggies. Place foil packs into a gallon-size plastic freezer baggie. 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 as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free when you use sides like rice and veggies.*

10. Grilled Tomato-Basil Tilapia {Foil Packs}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 to 20 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 - tilapia fillets
- 4 - tsp olive oil
- - Salt and pepper
- 8 - oz. cherry tomatoes
- 1 bunch - fresh basil
- Side: - dinner rolls**
- Side: - salad**
- - Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat grill.
2. Halve all the cherry tomatoes. Chiffonade the basil.
3. Place each tilapia fillet on a piece of foil large enough to wrap around the fillet. To each fillet, add 1 tsp olive oil, salt and pepper. Evenly divide the halved tomatoes and basil into each foil pack. Wrap the foil up into packs.
4. Grill around 400 F for 15 to 20 minutes, or until tilapia is cooked through. Cooking time may vary, depending on thickness of the tilapia and heat of the grill.
5. Warm the dinner rolls.
6. Prepare the salad.
7. Serve Grilled Tomato-Basil Tilapia with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

Halve all 16 oz. of cherry tomatoes. Chiffonade 2 bunches of basil.

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- 1 tilapia fillet
- 1 tsp olive oil
- Salt and pepper
- Halved cherry tomatoes, evenly divided among the packs
- Basil shreds, evenly divided among the packs

Wrap foil tightly around the tilapia and veggies. Place foil packs into a gallon-size plastic freezer baggie. 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 as directed.*

Special Notes: *Serve with cauli-rice for 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 like rice or cauli-rice.*

Complete Shopping List by Recipe

1. Stuffed Double Cheeseburgers

- 3 - lb(s) ground beef
- 2 - Tbsp steak seasoning
- 4 - Tbsp Worcestershire sauce
- 16 - slices cheese
- 8 - hamburger buns
- lettuce, tomato, onion
- fruit
- 2 - gallon-size freezer baggie(s)
- 8 - pieces plastic wrap

3. Grilled Pomegranate Chicken

- 8 - boneless chicken breasts
- 1 - cup(s) pomegranate juice
- 4 - Tbsp honey
- 2 - Tbsp balsamic vinegar
- 2 - tsp garlic powder
- 2 - tsp ground ginger
- 1/2 - tsp ground cumin
- Salt and pepper
- garlic bread
- salad
- gallon-size freezer baggie(s)

5. Balsamic & Brown Sugar Pulled Pork

- 4 - lb(s) pork roast
- Salt and pepper
- 1/2 - cup(s) brown sugar
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 1/2 - cup(s) balsamic vinegar
- fruit
- potato chips
- 2 - gallon-size freezer baggie(s)

2. Korean Beef Lettuce Wraps

- 2 - lb(s) ground beef
- 1 - cup(s) beef stock
- 1/2 - cup(s) soy sauce
- 6 - Tbsp sesame oil
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - tsp ground ginger
- Salt and pepper
- 2 - tsp cornstarch
- 16 - large lettuce leaves
- sliced green onions
- fruit
- 2 - gallon-size freezer baggie(s)

4. Sloppy Shredded Beef Sandwiches

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 15 oz. can(s) sloppy joe sauce
- 16 - hamburger buns
- salad
- fruit
- 2 - gallon-size freezer baggie(s)

6. Shrimp Mango Curry

- 4 - lb(s) peeled deveined shrimp
- 2 - Tbsp olive oil
- 8 - green onion(s)
- 2 - tsp minced garlic
- 2x1 - 15 oz. can light coconut milk
- 4 - Tbsp curry powder
- 2 - tsp ground ginger
- 2 - mango(s)
- Salt and pepper
- chopped cilantro

- rice
- gallon-size freezer baggie(s)

7. Slow Cooker Chicken Tacos with Mango Pico de Gallo

- 4 - small boneless chicken breasts
- 2 - cup(s) red salsa
- 2 - tsp vinegar
- Salt and pepper
- 16 - flour tortillas
- 2 - large ripe mango(s)
- pico de gallo
- veggies
- 2 - gallon-size freezer baggie(s)

9. Grilled Sweet Chili Salmon & Veggies {Foil Packs}

- 2 - lb(s) salmon fillet
- 1 - tsp ground ginger
- Salt and pepper
- 2 - cup(s) sweet Thai chili sauce
- 2x12 - oz. bag(s) frozen Asian veggies
- rice
- frozen eggrolls
- Foil
- 2 - gallon-size freezer baggie(s)

8. Buffalo Wing Grill Packs

- 8 - lb(s) chicken wings
- Salt and pepper
- 4 - cup(s) buffalo wing sauce
- 2 - packet(s) ranch dressing mix
- crumbled blue cheese
- garlic bread
- salad
- Foil
- 2 - gallon-size freezer baggie(s)

10. Grilled Tomato-Basil Tilapia {Foil Packs}

- 8 - tilapia fillets
- 8 - tsp olive oil
- Salt and pepper
- 2x8 - oz. cherry tomatoes
- 1 bunch - fresh basil
- dinner rolls
- salad
- Foil
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 5 lb(s) ground beef
- 8 boneless chicken breasts
- 4 lb(s) beef chuck roast
- 4 lb(s) pork roast
- 4 lb(s) peeled deveined shrimp
- 4 small boneless chicken breasts
- 8 lb(s) chicken wings
- 2 lb(s) salmon fillet
- 8 tilapia fillets

Pantry Staples - Canned, Boxed

- 1 cup(s) beef stock
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2x1 15 oz. can light coconut milk
- Side:** rice
- 2 cup(s) red salsa

Sauces/Condiments

- 4 Tbsp Worcestershire sauce
- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 4 Tbsp honey
- 2 Tbsp balsamic vinegar
- 1 cup(s) balsamic vinegar
- 2 Tbsp olive oil
- 2 tsp vinegar
- 4 cup(s) buffalo wing sauce
- 2 cup(s) sweet Thai chili sauce
- 8 tsp olive oil

Dairy/Frozen

- 16 slices cheese

Produce

- Side:** lettuce, tomato, onion
- Side:** fruit
- 16 large lettuce leaves
- Garnish:** sliced green onions
- Side:** salad
- 2 small white onion(s)
- 8 green onion(s)
- 2 mango(s)
- Garnish:** chopped cilantro
- 2 large ripe mango(s)
- Garnish:** pico de gallo
- Side:** veggies
- 2x8 oz. cherry tomatoes
- Side:** 1 fresh basil

Starchy Sides

- 24 hamburger buns
- Side:** garlic bread
- Side:** potato chips
- 16 flour tortillas
- Side:** dinner rolls

Spices

- 2 Tbsp steak seasoning
- 6 Tbsp minced onion
- 6 tsp garlic powder
- 7 tsp ground ginger
- Salt and pepper
- 2 tsp cornstarch
- 1 tsp ground cumin
- 1 cup(s) brown sugar
- 2 tsp minced garlic
- 4 Tbsp curry powder
- 2 packet(s) ranch dressing mix

Supplies

- Side:** 16 gallon-size freezer baggie(s)

- Garnish:** crumbled blue cheese
- 2x12 oz. bag(s) frozen Asian veggies
- Side:** frozen eggrolls

- Side:** 8 pieces plastic wrap
- 1 cup(s) pomegranate juice
- Foil

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. Stuffed Double Cheeseburgers

- 3 lb(s) ground beef
- 2 Tbsp steak seasoning
- 4 Tbsp Worcestershire sauce
- 16 slices cheese
- 8 hamburger buns
- 2 gallon-size freezer baggie(s)
- 8 pieces plastic wrap

3. Grilled Pomegranate Chicken

- 8 boneless chicken breasts
- 1 cup(s) pomegranate juice
- 4 Tbsp honey
- 2 Tbsp balsamic vinegar
- 2 tsp garlic powder
- 2 tsp ground ginger
- 1/2 tsp ground cumin
- Salt and pepper
- gallon-size freezer baggie(s)

5. Balsamic & Brown Sugar Pulled Pork

- 4 lb(s) pork roast
- Salt and pepper
- 1/2 cup(s) brown sugar
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 cup(s) balsamic vinegar
- 2 gallon-size freezer baggie(s)

7. Slow Cooker Chicken Tacos with Mango Pico de Gallo

2. Korean Beef Lettuce Wraps

- 2 lb(s) ground beef
- 1 cup(s) beef stock
- 1/2 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Sloppy Shredded Beef Sandwiches

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 small white onion(s)
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 gallon-size freezer baggie(s)

6. Shrimp Mango Curry

- 4 lb(s) peeled deveined shrimp
- 2 Tbsp olive oil
- 8 green onion(s)
- 2 tsp minced garlic
- 2x1 15 oz. can light coconut milk
- 4 Tbsp curry powder
- 2 tsp ground ginger
- 2 mango(s)
- Salt and pepper
- gallon-size freezer baggie(s)

8. Buffalo Wing Grill Packs

- 8 lb(s) chicken wings

- 4 small boneless chicken breasts
- 2 cup(s) red salsa
- 2 tsp vinegar
- Salt and pepper
- 2 large ripe mango(s)
- pico de gallo
- 2 gallon-size freezer baggie(s)

9. Grilled Sweet Chili Salmon & Veggies {Foil Packs}

- 2 lb(s) salmon fillet
- 1 tsp ground ginger
- Salt and pepper
- 2 cup(s) sweet Thai chili sauce
- 2x12 oz. bag(s) frozen Asian veggies
- Foil
- 2 gallon-size freezer baggie(s)

- Salt and pepper
- 4 cup(s) buffalo wing sauce
- 2 packet(s) ranch dressing mix
- Foil
- 2 gallon-size freezer baggie(s)

10. Grilled Tomato-Basil Tilapia {Foil Packs}

- 8 tilapia fillets
- 8 tsp olive oil
- Salt and pepper
- 2x8 oz. cherry tomatoes
- Foil
- 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

- 5 lb(s) ground beef
- 8 boneless chicken breasts
- 4 lb(s) beef chuck roast
- 4 lb(s) pork roast
- 4 lb(s) peeled deveined shrimp
- 4 small boneless chicken breasts
- 8 lb(s) chicken wings
- 2 lb(s) salmon fillet
- 8 tilapia fillets

Pantry Staples - Canned, Boxed

- 1 cup(s) beef stock
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2x1 15 oz. can light coconut milk
- 2 cup(s) red salsa

Sauces/Condiments

- 4 Tbsp Worcestershire sauce
- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 4 Tbsp honey
- 2 Tbsp balsamic vinegar
- 1 cup(s) balsamic vinegar
- 2 Tbsp olive oil
- 2 tsp vinegar
- 4 cup(s) buffalo wing sauce
- 2 cup(s) sweet Thai chili sauce
- 8 tsp olive oil

Dairy/Frozen

- 16 slices cheese
- 2x12 oz. bag(s) frozen Asian veggies

Produce

- 2 small white onion(s)
- 8 green onion(s)
- 2 mango(s)
- 2 large ripe mango(s)
- pico de gallo
- 2x8 oz. cherry tomatoes
- 2x fresh basil

Starchy Sides

- 8 hamburger buns

Spices

- 2 Tbsp steak seasoning
- 6 Tbsp minced onion
- 6 tsp garlic powder
- 7 tsp ground ginger
- Salt and pepper
- 1 tsp ground cumin
- 1 cup(s) brown sugar
- 2 tsp minced garlic
- 4 Tbsp curry powder
- 2 packet(s) ranch dressing mix

Supplies

- 16x gallon-size freezer baggie(s)
- 8x pieces plastic wrap
- 1 cup(s) pomegranate juice
- Foil

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

- Brown and drain 2 lbs. ground beef
- Cut the salmon fillet into 4 pieces.
- Halve all 16 oz. of cherry tomatoes. Chiffonade 2 bunches of basil.
- In a large bowl, combine 3 lbs. ground beef, 2 Tbsp steak seasoning, and 4 Tbsp Worcestershire sauce. Divide the ground beef mixture into 16 small balls. Form each ball into wide, flat patties.
- In a large mixing bowl, whisk together 1 cup pomegranate juice, 4 Tbsp honey, 2 Tbsp balsamic vinegar, 2 tsp garlic powder, 2 tsp ground ginger and 1/2 tsp cumin.
- In a mixing bowl, whisk 4 cups buffalo wing sauce and 2 packets of Ranch dressing mix.
- In a small bowl, whisk together 1 cup beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.
- Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.
- Place a slice of cheese in the middle of 2 patties and seal and pinch the edges to keep the cheese inside the burger.
- Set up 8 large pieces of foil.
- Set up 8 large pieces of foil.
- Set up 8 large pieces of foil.
- Slice 2 white onions into half moons.
- Slice the green onions. Dice 2 mangoes.

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.

Stuffed Double Cheeseburgers

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

- 4 prepared stuffed double burgers into each bag
- 2 small pieces of foil in between the patties to keep burgers from sticking together
- Note: remaining cheese slices will be added after burgers are grilled.

Remove as much as air as possible and seal.

Grilled Pomegranate 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.

Balsamic & Brown Sugar Pulled Pork

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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

Korean Beef Lettuce Wraps

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

- Half of the ground beef, browned and cooled
- Half of the prepared sauce

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

Sloppy Shredded Beef Sandwiches

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe sauce

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

Shrimp Mango Curry

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

- 2 lbs. peeled deveined shrimp
- Half of the sliced green onions
- 1 tsp minced garlic
- 1 - 15 oz. can light coconut milk
- 2 Tbsp curry powder
- 1 tsp ground ginger
- Half of the diced mango

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

Slow Cooker Chicken Tacos with Mango

Pico de Gallo

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

- 2 small boneless chicken breasts
- 1 cup red salsa
- 1 tsp vinegar
- Salt and pepper

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

Grilled Sweet Chili Salmon & Veggies {Foil Packs}

To each piece of foil, add the following ingredients:

- 1 salmon fillet portion
- Sprinkle of ground ginger
- Salt and pepper
- 1 cup sweet Thai chili sauce, evenly divided among the packs
- 1 - 12 oz. bag frozen Asian-mix veggies, evenly divided among the packs

Wrap foil tightly around the salmon and veggies. Place foil packs into a gallon-size plastic freezer baggie. Add label to baggie and freeze.

Buffalo Wing Grill Packs

To each piece of foil, add the following ingredients:

- About 6 wings
- Buffalo-Ranch sauce, evenly divided among all packs

Wrap foil tightly around the chicken. Place foil packs into a gallon-size plastic freezer baggie. Add label to baggie and freeze.

Grilled Tomato-Basil Tilapia {Foil Packs}

To each piece of foil, add the following ingredients:

- 1 tilapia fillet
- 1 tsp olive oil
- Salt and pepper
- Halved cherry tomatoes, evenly divided among the packs
- Basil shreds, evenly divided among the packs

Wrap foil tightly around the tilapia and veggies. Place foil packs into a gallon-size plastic freezer baggie. Add label to baggie and freeze.