

ALL GROUND BEEF MEAL PLAN

JULY 2017

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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
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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. Italian Stuffed Zucchini Boats

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

- 4 - large zucchini
- 1 - lb(s) ground beef
- 1 - red bell pepper(s)
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 2 - cup(s) marinara sauce
- - Salt and pepper
- 1 - cup(s) Parmesan cheese
- Garnish: - fresh basil**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boiling, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.
3. Seed and chop the red bell pepper.
4. In a large skillet, brown the ground beef with the chopped red bell pepper, minced onion and garlic powder. Once browned, drain and then stir in the marinara sauce. Let simmer for a few minutes.
5. Spoon the beef sauce into the zucchinis and top with Parmesan cheese. Bake in the preheated oven for 15 to 20 minutes.
6. Prepare the salad.
7. Serve Italian Stuffed Zucchini Boats with basil garnish and side salad.

Assembly Prep Directions for 2 Meals

Seed and chop 2 red bell peppers.

Brown 2 lbs. ground beef with the chopped red bell peppers, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and then stir in 4 cups marinara sauce.

Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boil, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.

To each disposable tray, add the following ingredients:

- Boiled and dried zucchini
- Half of the beef-marinara sauce, divided evenly into each of the zucchini
- 1 cup Parmesan cheese, sprinkled on top

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: Put tray 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 shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.

Special Notes: Omit the cheese for Paleo meal.

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

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

4. Garlic & Onion Burgers

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 - small white onion(s)
- 1 - tsp minced garlic
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 4 - hamburger buns**
- Side: - chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the grill.
2. Grate the onion.
3. Combine the ground beef, grated onion, minced garlic, garlic powder and onion powder in a medium mixing bowl. Form into 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 done.
5. Prepare the fruit.
6. Serve Garlic & Onion Burgers with chips and fruit.

Assembly Prep Directions for 2 Meals

Grate 1 white onion.

Combine 2 lbs. ground beef, the grated onion with 2 tsp minced garlic, 2 tsp garlic powder, 2 tsp onion powder in a medium mixing bowl. Form into 8 patties.

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

- 4 burger patties
- Foil or parchment paper between the patties.

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: Recipe is dairy-free when served with dairy-free sides.

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

5. Grilled Meatballs {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) ground beef
- 1 - cup(s) breadcrumbs
- 1 - egg(s)
- 1 - tsp Italian seasoning
- 2 - cup(s) chunky spaghetti sauce
- Side: - pasta**
- Side: - salad**
- - Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the grill.
2. In a mixing bowl, combine the ground beef, breadcrumbs, egg and Italian seasoning and form into 3/4 inch-diameter meatballs.
3. Set out a large piece of foil (about 15" long) and spread a thin layer of spaghetti sauce in the center in an oval shape. Place the meatballs onto the sauce and wrap the foil up to hold the meatballs. Pour the remaining sauce onto each meatball and then seal the foil pack. If needed, use another piece of foil and pinch the edges to make the pack. (If freezing, place on cookie sheet in the freezer until frozen and then place the pack into plastic baggie.
4. Grill the meatballs in the pack for 25 to 30 minutes, or until meatballs are cooked through. Cooking time may vary, depending on thickness of the meatballs and heat of the grill.
5. Cook the pasta, as directed.
6. Prepare salad.
7. Serve Grilled Meatballs {Foil Packs} over pasta with salad.

Assembly Prep Directions for 2 Meals

In a mixing bowl, combine 2 lbs. ground beef, 2 cups breadcrumbs, 2 eggs and 2 tsp Italian seasoning and form into 3/4 inch-diameter meatballs.

Set out 2 large pieces of foil.

To each piece of foil, add the following ingredients:

- Thin layer of spaghetti sauce
- Half of the prepared meatballs
- Remaining spaghetti sauce onto each meatball

Wrap foil tightly around the meatballs and sauce. Place on baking sheet to freeze, then transfer the pack 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 gluten-free breadcrumbs and gluten-free side dishes.*

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. Italian Stuffed Zucchini Boats

- ☐ 8 - large zucchini
- ☐ 2 - lb(s) ground beef
- ☐ 2 - red bell pepper(s)
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 4 - cup(s) marinara sauce
- ☐ - Salt and pepper
- ☐ 1 - cup(s) Parmesan cheese
- ☐ - fresh basil
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

5. Grilled Meatballs {Foil Packs}

- ☐ 2 - lb(s) ground beef
- ☐ 2 - cup(s) breadcrumbs
- ☐ 2 - egg(s)
- ☐ 2 - tsp Italian seasoning
- ☐ 4 - cup(s) chunky spaghetti sauce
- ☐ - pasta
- ☐ - salad
- ☐ - Foil
- ☐ 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. Garlic & Onion Burgers

- ☐ 2 - lb(s) ground beef
- ☐ 1 - small white onion(s)
- ☐ 2 - tsp minced garlic
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp onion powder
- ☐ 8 - hamburger buns
- ☐ - chips
- ☐ - fruit
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 11 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 1 cup(s) beef stock
- ☐ 2 cup(s) breadcrumbs

Sauces/Condiments

- ☐ 4 Tbsp Worcestershire sauce
- ☐ 1 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 4 cup(s) marinara sauce
- ☐ 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- ☐ 16 slices cheese
- ☐ **Side:** 1 cup(s) Parmesan cheese
- ☐ 2 egg(s)

Produce

- ☐ **Side:** lettuce, tomato, onion
- ☐ **Side:** fruit
- ☐ 16 large lettuce leaves
- ☐ **Garnish:** sliced green onions
- ☐ 8 large zucchini
- ☐ 2 red bell pepper(s)
- ☐ **Side:** fresh basil
- ☐ **Side:** salad
- ☐ 1 small white onion(s)

Starchy Sides

- ☐ 16 hamburger buns
- ☐ **Side:** chips
- ☐ **Side:** pasta

Spices

- ☐ 2 Tbsp steak seasoning
- ☐ 4 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 2 tsp cornstarch
- ☐ 2 tsp minced garlic
- ☐ 2 tsp onion powder
- ☐ 2 tsp Italian seasoning

Supplies

- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ **Side:** 8 pieces plastic wrap
- ☐ **Side:** 2 9x13 disposable foil tray(s)
- ☐ 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. Italian Stuffed Zucchini Boats

- ☐ 8 large zucchini
- ☐ 2 lb(s) ground beef
- ☐ 2 red bell pepper(s)
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 cup(s) marinara sauce
- ☐ Salt and pepper
- ☐ 2 9x13 disposable foil tray(s)

5. Grilled Meatballs {Foil Packs}

- ☐ 2 lb(s) ground beef
- ☐ 2 cup(s) breadcrumbs
- ☐ 2 egg(s)
- ☐ 2 tsp Italian seasoning
- ☐ 4 cup(s) chunky spaghetti sauce
- ☐ Foil
- ☐ 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 gallon-size freezer baggie(s)

4. Garlic & Onion Burgers

- ☐ 2 lb(s) ground beef
- ☐ 1 small white onion(s)
- ☐ 2 tsp minced garlic
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 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

- ☐ 11 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 1 cup(s) beef stock
- ☐ 2 cup(s) breadcrumbs

Sauces/Condiments

- ☐ 4 Tbsp Worcestershire sauce
- ☐ 1 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 4 cup(s) marinara sauce
- ☐ 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- ☐ 16 slices cheese
- ☐ 2x cup(s) Parmesan cheese
- ☐ 2 egg(s)

Produce

- ☐ 8 large zucchini
- ☐ 2 red bell pepper(s)
- ☐ 1 small white onion(s)

Starchy Sides

- ☐ 8 hamburger buns

Spices

- ☐ 2 Tbsp steak seasoning
- ☐ 4 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 2 tsp minced garlic
- ☐ 2 tsp onion powder
- ☐ 2 tsp Italian seasoning

Supplies

- ☐ 8x gallon-size freezer baggie(s)
- ☐ 8x pieces plastic wrap
- ☐ 2x 9x13 disposable foil tray(s)
- ☐ 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

- ☐ Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boil, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.
- ☐ Brown 2 lbs. ground beef with the chopped red bell peppers, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and then stir in 4 cups marinara sauce.
- ☐ Brown and drain 2 lbs. ground beef
- ☐ Combine 2 lbs. ground beef, the grated onion with 2 tsp minced garlic, 2 tsp garlic powder, 2 tsp onion powder in a medium mixing bowl. Form into 8 patties.
- ☐ Grate 1 white onion.
- ☐ 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 mixing bowl, combine 2 lbs. ground beef, 2 cups breadcrumbs, 2 eggs and 2 tsp Italian seasoning and form into 3/4 inch-diameter meatballs.
- ☐ 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.
- ☐ Place a slice of cheese in the middle of 2 patties and seal and pinch the edges to keep the cheese inside the burger.
- ☐ Seed and chop 2 red bell peppers.
- ☐ Set out 2 large pieces of foil.

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.

Italian Stuffed Zucchini Boats

To each disposable tray, add the following ingredients:

- Boiled and dried zucchini
- Half of the beef-marinara sauce, divided evenly into each of the zucchini
- 1 cup Parmesan cheese, sprinkled on top

Cover with foil or lid, add label and freeze.

Grilled Meatballs {Foil Packs}

To each piece of foil, add the following ingredients:

- Thin layer of spaghetti sauce
- Half of the prepared meatballs
- Remaining spaghetti sauce onto each meatball

Wrap foil tightly around the meatballs and sauce. Place on baking sheet to freeze, then transfer the pack into a gallon-size plastic freezer baggie. 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.

Garlic & Onion Burgers

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

- 4 burger patties
- Foil or parchment paper between the patties.

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