

# ALL CHICKEN MEAL PLAN

JULY 2017

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# 1. 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.

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## 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)

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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 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.

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## 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.

## 2. 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.

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### 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)

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### 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.

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### 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.*

## 3. Slow Cooker Santa Fe Chicken

*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 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) corn
- 1 - cup(s) red salsa
- 1 - tsp garlic powder
- 1 - tsp ground cumin
- - Salt and pepper
- 4 - oz. cream cheese\*\*
- 8 - flour tortillas\*\*
- Garnish: - cilantro\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open, drain and rinse the black beans.
2. Open and drain the corn.
3. Place the chicken breasts in the base of the slow cooker and pour the black beans, corn, salsa, garlic powder and ground cumin over the top.
4. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, shred the chicken with forks and stir the cream cheese into the sauce. Cook for 30 more minutes to allow sauce to thicken. Stir again before serving. Season with salt and pepper to taste.
5. Prepare veggies.
6. Serve Slow Cooker Santa Fe Chicken in tortillas with cilantro garnish and side of veggies.

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### Assembly Prep Directions for 2 Meals

Open and drain 2 cans of corn.

Open, drain and rinse 2 cans of black beans.

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

- 4 boneless chicken breasts
- Half of the black beans
- Half of the corn
- 1 cup red salsa
- 1 tsp garlic powder
- 1 tsp ground cumin
- Do NOT add the cream cheese before freezing.

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

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Stir in the cream cheese and shred the chicken with 30 minutes left in the cooking cycle.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served without the cream cheese.*

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

# 4. Slow Cooker Chicken & Black Bean Taco Salad

*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 - 15 oz. can(s) black beans
- 1 - cup(s) red salsa
- 1 - packet(s) taco seasoning
- 1 - Salt and pepper
- Garnish: - guacamole\*\*
- Side: - shredded lettuce\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Open, drain and rinse the black beans.
2. Place the chicken breasts in the base of the slow cooker and pour the black beans, salsa, and taco seasoning over the top.
3. Set on low and cook for 8 hours. Once finished cooking, shred the chicken into the sauce. Season with salt and pepper to taste.
4. Prepare the salad with lettuce, shredded chicken and black beans and guacamole topping.
5. Prepare veggies.
6. Serve Slow Cooker Chicken & Black Bean Taco Salad with guacamole and veggies.

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## Assembly Prep Directions for 2 Meals

Open, drain and rinse 2 cans of black beans.

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

- 4 small boneless chicken breasts
- 1 - 15 oz. can black beans
- 1 cup red salsa
- 1 packet taco 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 slow cooker and cooking on low for 8 hours.*

**Special Notes:** *Use homemade taco seasoning - recipe on [5DollarDinners.com](http://5DollarDinners.com).*

**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. Grilled Chicken with Mango BBQ Sauce

*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.

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## Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 2 - cup(s) Pomegranate Vinaigrette
- 2 - cup(s) BBQ sauce\*\*
- 1 - small red onion(s)\*\*
- 1 - large ripe mango(s)\*\*
- Side: - garlic bread\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Place the chicken into baking dish or plastic baggie and pour the pomegranate vinaigrette dressing over the top. \*Cover with plastic wrap or seal, and marinate in the fridge overnight.
2. 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.
3. Finely chop the red onion and dice the mango.
4. While the chicken is grilling, add the BBQ sauce, chopped red onion and diced mango to small saucepan and simmer for 10 to 20 minutes. Pour over the grilled chicken.
5. Prepare the salad.
6. Prepare the garlic bread. (It's delicious when grilled.)
7. Serve Grilled Chicken with Mango BBQ sauce with garlic bread and veggies.

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## Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 2 cups Pomegranate Vinaigrette Dressing

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. Make the Mango-BBQ sauce, as directed, while the chicken is grilling.*

**Special Notes:** *If you can't find pomegranate vinaigrette dressing, look for another sweet or fruity vinaigrette like raspberry or strawberry.*

**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 grilled garlic GF sandwich bread or mashed potatoes.*

# Complete Shopping List by Recipe

## 1. 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)

## 3. Slow Cooker Santa Fe Chicken

- 8 - small boneless chicken breasts
- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. can(s) corn
- 2 - cup(s) red salsa
- 2 - tsp garlic powder
- 2 - tsp ground cumin
- Salt and pepper
- 8 - oz. cream cheese
- 16 - flour tortillas
- cilantro
- veggies
- 2 - gallon-size freezer baggie(s)

## 5. Grilled Chicken with Mango BBQ Sauce

- 8 - small boneless chicken breasts
- 4 - cup(s) Pomegranate Vinaigrette
- 4 - cup(s) BBQ sauce
- 2 - small red onion(s)
- 2 - large ripe mango(s)
- garlic bread
- veggies
- 2 - gallon-size freezer baggie(s)

## 2. 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)

## 4. Slow Cooker Chicken & Black Bean Taco Salad

- 8 - small boneless chicken breasts
- 2 - 15 oz. can(s) black beans
- 2 - cup(s) red salsa
- 2 - packet(s) taco seasoning
- 2 - Salt and pepper
- guacamole
- shredded lettuce
- veggies
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 8 boneless chicken breasts
- 28 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 6 cup(s) red salsa
- 4 15 oz. can(s) black beans
- 2 15 oz. can(s) corn

## Sauces/Condiments

- 4 Tbsp honey
- 2 Tbsp balsamic vinegar
- 2 tsp vinegar
- 4 cup(s) BBQ sauce

## Dairy/Frozen

- 8 oz. cream cheese

## Produce

- Side:** salad
- 4 large ripe mango(s)
- Garnish:** pico de gallo
- Side:** veggies
- Garnish:** cilantro
- Side:** guacamole
- Side:** shredded lettuce
- 2 small red onion(s)

## Starchy Sides

- Side:** garlic bread
- 32 flour tortillas

## Spices

- 4 tsp garlic powder
- 2 tsp ground ginger
- 3 tsp ground cumin
- 2 Salt and pepper
- Salt and pepper
- 2 packet(s) taco seasoning
- 4 cup(s) Pomegranate Vinaigrette

## Supplies

- 1 cup(s) pomegranate juice
- 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 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)

## 3. Slow Cooker Santa Fe Chicken

- 8 small boneless chicken breasts
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 2 tsp garlic powder
- 2 tsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Grilled Chicken with Mango BBQ Sauce

- 8 small boneless chicken breasts
- 4 cup(s) Pomegranate Vinaigrette
- 2 gallon-size freezer baggie(s)

## 2. 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
- 2 large ripe mango(s)
- pico de gallo
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Chicken & Black Bean Taco Salad

- 8 small boneless chicken breasts
- 2 15 oz. can(s) black beans
- 2 cup(s) red salsa
- 2 packet(s) taco seasoning
- 2 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 boneless chicken breasts
- 28 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 6 cup(s) red salsa
- 4 15 oz. can(s) black beans
- 2 15 oz. can(s) corn

## Spices

- 4 tsp garlic powder
- 2 tsp ground ginger
- 3 tsp ground cumin
- 2 Salt and pepper
- Salt and pepper
- 2 packet(s) taco seasoning
- 4 cup(s) Pomegranate Vinaigrette

## Produce

- 2 large ripe mango(s)
- pico de gallo

## Sauces/Condiments

- 4 Tbsp honey
- 2 Tbsp balsamic vinegar
- 2 tsp vinegar

## Supplies

- 1 cup(s) pomegranate juice
- 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

- 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.
- Open and drain 2 cans of corn.
- Open, drain and rinse 2 cans of black beans.
- Open, drain and rinse 2 cans of black beans.

*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 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.

### Slow Cooker Santa Fe Chicken

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

- 4 boneless chicken breasts
- Half of the black beans
- Half of the corn
- 1 cup red salsa
- 1 tsp garlic powder
- 1 tsp ground cumin
- Do NOT add the cream cheese before freezing.

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

### Grilled Chicken with Mango BBQ Sauce

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

- 4 small boneless chicken breasts
- 2 cups Pomegranate Vinaigrette Dressing

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.

### Slow Cooker Chicken & Black Bean Taco

#### Salad

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

- 4 small boneless chicken breasts
- 1 - 15 oz. can black beans
- 1 cup red salsa
- 1 packet taco seasoning
- Salt and pepper

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