

ALL PORK MEAL PLAN

JULY 2017

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1. Slow Cooker Hawaiian Pork Chops

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

- 4 - boneless pork chops
- - Salt and pepper
- 1/2 - cup(s) soy sauce
- 8 - oz. can(s) tomato sauce
- 20 - oz. can(s) pineapple slices
- 1/2 - cup(s) brown sugar
- 2 - tsp minced garlic
- 1 - Tbsp cornstarch**
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. To the slow cooker, add the pork chops and sprinkle with salt and pepper.
2. In a small mixing bowl, whisk together the soy sauce, tomato sauce, brown sugar and minced garlic with ¼ cup of pineapple juice from the can. Pour over the pork chops in the slow cooker. Place the pineapple slices around and on top of the pork chops. Discard the remaining pineapple juice.
3. Set slow cooker on low and cook for 8 hours. With 30 minutes left in the cooking cycle, whisk in the cornstarch to thicken the sauce.
4. TIP: In a small bowl, whisk together the 1 Tbsp cornstarch with 1 Tbsp of warm water then pour into the sauce. This will prevent the cornstarch from clumping in the sauce.
5. Prepare salad. Warm dinner rolls.
6. Serve Slow Cooker Hawaiian Pork Chops with rolls and salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of tomato sauce.

Open and drain juice from 2 cans of pineapple slices. Reserve 1/2 cup pineapple juice.

In a small mixing bowl, whisk together 1 cup soy sauce, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic with 1/2 cup of pineapple juice from the can. Do not whisk in cornstarch now.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce into each bag
- Half of the canned pineapple slices

Remove as much as air as possible and seal.

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

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

Gluten-Free Modifications: Recipe is gluten-free when prepared with gluten-free soy sauce and served with gluten-free sides.

2. 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.*

3. Slow Cooker Jerk Pulled Pork Sliders

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) lime juice
- 3 - Tbsp Jerk seasoning
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1 - tsp ground cumin
- 1 - tsp brown sugar
- 1 - 8 oz. can sliced pineapple
- 12 - slider buns
- Garnish: - sliced green onions**
- Side: - fruit**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the lime juice on and around the pork. Season with the Jerk seasoning, garlic powder, onion powder, ground cumin and brown sugar. Place the pineapple slices over the top.
2. 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 adding the pork to the sliders.
3. Assemble sliders by adding the shredded pork and sliced green onion garnish.
4. Prepare fruit.
5. Serve Slow Cooker Jerk Pulled Pork Sliders with fruit and chips.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of sliced pineapple.

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup lime juice
- 3 Tbsp Jerk seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- 1 tsp brown sugar
- 1 - 8 oz. can sliced pineapple

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. Assemble sliders as directed.*

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 lettuce cups.*

4. Ultimate Grilled Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 minutes*

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 1/3 - cup(s) canola oil
- 1/3 - cup(s) soy sauce
- 1 - Tbsp honey
- 1 - tsp minced garlic
- 1 - tsp minced onion
- Side: - dinner rolls**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the canola oil, soy sauce, honey, minced garlic and minced onion.
2. Place pork chops into a baking dish and season with salt and pepper. Pour the marinade over the pork chops. Let marinate for at least 30 minutes in the fridge.*
3. Preheat the grill.
4. Place on the grill and brush with the marinade. Discard remaining marinade. Grill for 5 to 6 minutes per side, over direct heat, or until cooked to 145 F. Cooking time may vary depending on thickness of the chops. Let rest 5 minutes before serving and slicing.
5. Prepare the veggies and dinner rolls.
6. Serve Ultimate Grilled Pork Chops with dinner rolls and veggies.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 2/3 cup canola oil, 2/3 cup soy sauce, 2 Tbsp honey, 2 tsp minced garlic and 2 tsp minced onion.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared marinade

Remove as much as air as possible and seal.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to grill and grilling as directed.*

Special Notes: *Alternative Cooking Method: Bake at 350 F for 25 to 30 minutes, or until pork chops are cooked through.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free soy sauce.*

5. Spice-Rubbed Grilled Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 minutes*

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1 - tsp ground cumin
- 1 - tsp chili powder
- 1 - tsp paprika
- 1 - tsp brown sugar
- 1/2 - tsp salt
- 1/2 - tsp pepper
- 1 - cup(s) BBQ sauce**
- Side: - garlic bread**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, toss together the garlic powder, onion powder, ground cumin, chili powder, paprika, brown sugar, salt and pepper.
2. Place pork chops into a baking dish and press the spice rub into both sides of the pork chops.
3. Preheat the grill.
4. Grill for 5 to 6 minutes per side, over direct heat, or until cooked to 145 F. Cooking time may vary depending on thickness of the chops. Let rest 5 minutes before serving and slicing.
5. Prepare salad.
6. Prepare the garlic bread. (It's great cooked on the grill.)
7. Serve Spice-Rubbed Grilled Pork Chops with BBQ sauce, garlic bread and salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, toss together 2 tsp garlic powder, 2 tsp onion powder, 2 tsp ground 2 tsp cumin, 2 tsp chili powder, 2 tsp paprika, 2 tsp brown sugar, 1 tsp salt and 1 tsp pepper.

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

- 4 boneless pork chops
- Half of the rub, pressed into both sides of the pork chops

Remove as much as air as possible and seal.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to grill and grilling as directed.*

Special Notes: *Omit the brown sugar for Paleo meal and serve with Paleo side dish.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free side dish like rice or cauli-rice.*

Complete Shopping List by Recipe

1. Slow Cooker Hawaiian Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1 - cup(s) soy sauce
- 2x8 - oz. can(s) tomato sauce
- 2x20 - oz. can(s) pineapple slices
- 1 - cup(s) brown sugar
- 4 - tsp minced garlic
- 2 - Tbsp cornstarch
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Jerk Pulled Pork Sliders

- 4 - lb(s) pork roast
- Salt and pepper
- 1/2 - cup(s) lime juice
- 6 - Tbsp Jerk seasoning
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 2 - tsp ground cumin
- 2 - tsp brown sugar
- 2 - 8 oz. can sliced pineapple
- 24 - slider buns
- sliced green onions
- fruit
- chips
- 2 - gallon-size freezer baggie(s)

5. Spice-Rubbed Grilled Pork Chops

- 8 - boneless pork chops
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 2 - tsp ground cumin
- 2 - tsp chili powder
- 2 - tsp paprika
- 2 - tsp brown sugar
- 1 - tsp salt
- 1 - tsp pepper

2. 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)

4. Ultimate Grilled Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2/3 - cup(s) canola oil
- 2/3 - cup(s) soy sauce
- 2 - Tbsp honey
- 2 - tsp minced garlic
- 2 - tsp minced onion
- dinner rolls
- veggies
- 2 - gallon-size freezer baggie(s)

- 2 - cup(s) BBQ sauce
- garlic bread
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 24 boneless pork chops
- 8 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) tomato sauce
- 2x20 oz. can(s) pineapple slices
- 2 8 oz. can sliced pineapple

Sauces/Condiments

- 3 cup(s) soy sauce
- 1 cup(s) balsamic vinegar
- 2 cup(s) canola oil
- 2 Tbsp honey
- 2 cup(s) BBQ sauce

Supplies

- Side:** 10 gallon-size freezer baggie(s)

Produce

- Side:** salad
- Side:** fruit
- 1 cup(s) lime juice
- Garnish:** sliced green onions
- Side:** veggies

Starchy Sides

- Side:** dinner rolls
- Side:** potato chips
- 24 slider buns
- Side:** chips
- Side:** garlic bread

Spices

- Salt and pepper
- 2 cup(s) brown sugar
- 6 tsp minced garlic
- 2 Tbsp cornstarch
- 4 Tbsp minced onion
- 6 tsp garlic powder
- 6 Tbsp Jerk seasoning
- 4 tsp onion powder
- 4 tsp ground cumin
- 4 tsp brown sugar
- 2 tsp minced onion
- 2 tsp chili powder
- 2 tsp paprika
- 1 tsp salt
- 1 tsp pepper

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. Slow Cooker Hawaiian Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup(s) soy sauce
- 2x8 oz. can(s) tomato sauce
- 2x20 oz. can(s) pineapple slices
- 1 cup(s) brown sugar
- 4 tsp minced garlic
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Jerk Pulled Pork Sliders

- 4 lb(s) pork roast
- Salt and pepper
- 1/2 cup(s) lime juice
- 6 Tbsp Jerk seasoning
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp ground cumin
- 2 tsp brown sugar
- 2 8 oz. can sliced pineapple
- 24 slider buns
- 2 gallon-size freezer baggie(s)

5. Spice-Rubbed Grilled Pork Chops

- 8 boneless pork chops
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp ground cumin
- 2 tsp chili powder
- 2 tsp paprika
- 2 tsp brown sugar
- 1 tsp salt
- 1 tsp pepper
- 2 gallon-size freezer baggie(s)

2. 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)

4. Ultimate Grilled Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2/3 cup(s) canola oil
- 2/3 cup(s) soy sauce
- 2 Tbsp honey
- 2 tsp minced garlic
- 2 tsp minced onion
- 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

- 24 boneless pork chops
- 8 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x8 oz. can(s) tomato sauce
- 2x20 oz. can(s) pineapple slices
- 2 8 oz. can sliced pineapple

Sauces/Condiments

- 3 cup(s) soy sauce
- 1 cup(s) balsamic vinegar
- 2 cup(s) canola oil
- 2 Tbsp honey

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 1 cup(s) lime juice

Starchy Sides

- 24 slider buns

Spices

- Salt and pepper
- 2 cup(s) brown sugar
- 6 tsp minced garlic
- 4 Tbsp minced onion
- 6 tsp garlic powder
- 6 Tbsp Jerk seasoning
- 4 tsp onion powder
- 4 tsp ground cumin
- 4 tsp brown sugar
- 2 tsp minced onion
- 2 tsp chili powder
- 2 tsp paprika
- 1 tsp salt
- 1 tsp pepper

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 small mixing bowl, toss together 2 tsp garlic powder, 2 tsp onion powder, 2 tsp ground 2 tsp cumin, 2 tsp chili powder, 2 tsp paprika, 2 tsp brown sugar, 1 tsp salt and 1 tsp pepper.
- In a small mixing bowl, whisk together 1 cup soy sauce, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic with 1/2 cup of pineapple juice from the can. Do not whisk in cornstarch now.
- In a small mixing bowl, whisk together 2/3 cup canola oil, 2/3 cup soy sauce, 2 Tbsp honey, 2 tsp minced garlic and 2 tsp minced onion.
- Open 2 cans of tomato sauce.
- Open and drain 2 cans of sliced pineapple.
- Open and drain juice from 2 cans of pineapple slices. Reserve 1/2 cup pineapple juice.

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.

Slow Cooker Hawaiian Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce into each bag
- Half of the canned pineapple slices

Remove as much as air as possible and seal.

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.

Slow Cooker Jerk Pulled Pork Sliders

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup lime juice
- 3 Tbsp Jerk seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- 1 tsp brown sugar
- 1 - 8 oz. can sliced pineapple

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

Ultimate Grilled Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared marinade

Remove as much as air as possible and seal.

Spice-Rubbed Grilled Pork Chops

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

- 4 boneless pork chops
- Half of the rub, pressed into both sides of the pork chops

Remove as much as air as possible and seal.