Balsamic & Brown Sugar Pulled Pork

Thaw and slow cook on low for 8 hours. Once cooked, shred the pork with 2 forks into the sauce. Serve with fruit and chips.	Thaw and slow cook on low for 8 hours. Once cooked, shred the pork with 2 forks into the sauce. Serve with fruit and chips.	
Date:	Date:	
FreezEasy Simple, Flay Freezer Cooling Meak Places	FreezEasy Simple, Fixty Preserr Cooking Prest Flavo	
Shrimp Mango Curry	Shrimp Mango Curry	
Thaw and bring to bubbling in Dutch oven or saucepan. Simmer for 10 minutes, or until shrimp are cooked. Serve with cilantro garnish, over rice.	Thaw and bring to bubbling in Dutch oven or saucepan. Simmer for 10 minutes, or until shrimp are cooked. Serve with cilantro garnish, over rice.	
Date:	Date:	
FreezEasy Simple, Pasy Presser Cooking Meak Places	FreezEasy Simple, Facy Proser Cooking Meet Flavo	
Italian Stuffed Zucchini Boats	Italian Stuffed Zucchini Boats	
Thaw completely and bake at 350 F for 20 minutes. Serve with side salad.	Thaw completely and bake at 350 F for 20 minutes. Serve with side salad.	



Date:

Date:

Balsamic & Brown Sugar Pulled Pork

Grilled Tomato-Basil Tilapia (Foil Packs)

Thaw tilapia and veggies completely before adding foil packs to the grill and grilling for 20 minutes, or until tilapia is cooked through. Serve with dinner rolls and salad.

Date:	

FreezEasy StopPle Floor Freezer Cooking Meal Place

Grilled Tomato-Basil Tilapia (Foil Packs)

Thaw tilapia and veggies completely before adding foil packs to the grill and grilling for 20 minutes, or until tilapia is cooked through. Serve with dinner rolls and salad.

Date:	



Grilled Chicken with Mango BBQ sauce

Thaw and cook on grill for 4 to 5 minutes per side, and then until cooked through. After adding to the grill, brush with marinade and then discard remaining marinade. Grill garlic bread, if desired. Make Mango-BBQ sauce while chicken is grilling. Serve with garlic bread and salad.

Date:	



Grilled Chicken with Mango BBQ sauce

Thaw and cook on grill for 4 to 5 minutes per side, and then until cooked through. After adding to the grill, brush with marinade and then discard remaining marinade. Grill garlic bread, if desired. Make Mango-BBQ sauce while chicken is grilling. Serve with garlic bread and salad.

