

GLUTEN FREE MEAL PLAN

JULY 2017

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1. 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.*

2. 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.*

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. 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.*

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.*

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)

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.

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. 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)

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 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. 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)

4. 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

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

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can light coconut milk
- Side:** rice

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 2 Tbsp olive oil
- 4 cup(s) marinara sauce
- 8 tsp olive oil
- 4 cup(s) BBQ sauce

Dairy/Frozen

- Side:** 1 cup(s) Parmesan cheese

Produce

- Side:** fruit
- 8 green onion(s)
- 2 mango(s)
- Garnish:** chopped cilantro
- 8 large zucchini
- 2 red bell pepper(s)
- Side:** 1 fresh basil
- Side:** salad
- 2x8 oz. cherry tomatoes
- 2 small red onion(s)
- 2 large ripe mango(s)
- Side:** veggies

Starchy Sides

- Side:** potato chips
- Side:** dinner rolls
- Side:** garlic bread

Spices

- Salt and pepper
- 1 cup(s) brown sugar
- 6 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp minced garlic
- 4 Tbsp curry powder
- 2 tsp ground ginger
- 4 cup(s) Pomegranate Vinaigrette

Supplies

- Side:** 6 gallon-size freezer baggie(s)
- 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. 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)

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 Chicken with Mango BBQ Sauce

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

2. 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)

4. 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

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

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can light coconut milk

Spices

- Salt and pepper
- 1 cup(s) brown sugar
- 6 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp minced garlic
- 4 Tbsp curry powder
- 2 tsp ground ginger
- 4 cup(s) Pomegranate Vinaigrette

Supplies

- 6x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray(s)
- Foil

Produce

- 8 green onion(s)
- 2 mango(s)
- 8 large zucchini
- 2 red bell pepper(s)
- 2x8 oz. cherry tomatoes
- 2x fresh basil

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 2 Tbsp olive oil
- 4 cup(s) marinara sauce
- 8 tsp olive oil

Dairy/Frozen

- 2x cup(s) Parmesan cheese

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.
- Halve all 16 oz. of cherry tomatoes. Chiffonade 2 bunches of basil.
- Seed and chop 2 red bell peppers.
- Set up 8 large pieces of foil.
- 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.

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.

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 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.

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.

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.