

# TRADITIONAL 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. Sloppy Shredded Beef Sandwiches

*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 - lb(s) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) sloppy joe sauce
- 8 - hamburger buns\*\*
- Side: - salad\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion(s) into half moons.
2. Open and drain the diced tomatoes. Open the sloppy joe sauce.
3. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle the sliced onions over the top, then pour the diced tomatoes and sloppy joe sauce over the top.
4. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce. Assemble sandwiches with hamburger buns and meat sauce.
5. Prepare salad and fruit.
6. Serve Sloppy Shredded Beef Sandwiches with salad and fruit.

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### Assembly Prep Directions for 2 Meals

Slice 2 white onions into half moons.

Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe 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 the slow cooker and cooking on low for 8 hours.*

**Special Notes:** *Search on 5DollarDinners.com for homemade sloppy joe sauce recipe.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when served on gluten-free bread.*

## 3. 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.

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### 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)

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### 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.

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### 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.*

## 4. 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.

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### 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)

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### 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.

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### 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.*

## 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.*

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### 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)

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### 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.

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### 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. 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. 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)

## 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. Sloppy Shredded Beef Sandwiches

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 15 oz. can(s) sloppy joe sauce
- 16 - hamburger buns
- salad
- fruit
- 2 - gallon-size freezer baggie(s)

## 4. 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)

# Complete Shopping List by Store Section/Category

## Meat

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

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2x1 15 oz. can light coconut milk
- Side:** rice
- 2 cup(s) breadcrumbs

## Sauces/Condiments

- 4 Tbsp honey
- 2 Tbsp balsamic vinegar
- 1 cup(s) balsamic vinegar
- 2 Tbsp olive oil
- 4 cup(s) chunky spaghetti sauce

## Dairy/Frozen

- 2 egg(s)

## Produce

- Side:** salad
- 2 small white onion(s)
- Side:** fruit
- 8 green onion(s)
- 2 mango(s)
- Garnish:** chopped cilantro

## Starchy Sides

- Side:** garlic bread
- 16 hamburger buns
- Side:** potato chips
- Side:** pasta

## Spices

- 4 tsp garlic powder
- 4 tsp ground ginger
- 1 tsp ground cumin
- Salt and pepper
- 1 cup(s) brown sugar
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 4 Tbsp curry powder
- 2 tsp Italian seasoning

## Supplies

- 1 cup(s) pomegranate juice
- Side:** 6 gallon-size freezer baggie(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. 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. 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)

## 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. Sloppy Shredded Beef Sandwiches

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 small white onion(s)
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 gallon-size freezer baggie(s)

## 4. 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)

# 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
- 4 lb(s) beef chuck roast
- 4 lb(s) pork roast
- 4 lb(s) peeled deveined shrimp
- 2 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2x1 15 oz. can light coconut milk
- 2 cup(s) breadcrumbs

## Spices

- 4 tsp garlic powder
- 4 tsp ground ginger
- 1 tsp ground cumin
- Salt and pepper
- 1 cup(s) brown sugar
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 4 Tbsp curry powder
- 2 tsp Italian seasoning

## Supplies

- 1 cup(s) pomegranate juice
- 6x gallon-size freezer baggie(s)
- Foil

## Produce

- 2 small white onion(s)
- 8 green onion(s)
- 2 mango(s)

## Sauces/Condiments

- 4 Tbsp honey
- 2 Tbsp balsamic vinegar
- 1 cup(s) balsamic vinegar
- 2 Tbsp olive oil
- 4 cup(s) chunky spaghetti sauce

## Dairy/Frozen

- 2 egg(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.
- 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.
- Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.
- Set out 2 large pieces of foil.
- Slice 2 white onions into half moons.
- 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.

### 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.

### 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.

### 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.

### Sloppy Shredded Beef Sandwiches

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe sauce

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.