

ALL CHICKEN MEAL PLAN

AUGUST 2017

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1. Slow Cooker Raspberry Chipotle 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.*

Ingredients for Single Meal

- 2 - large boneless chicken breasts
- To taste - Salt and pepper
- 2 - cup(s) raspberry chipotle sauce
- Side: - fruit**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and pour the raspberry chipotle sauce over the top. Season with salt and pepper.
2. Set on low and cook for 8 hours.
3. Prepare fruit and salad.
4. Serve Slow Cooker Raspberry Chipotle Chicken with fruit and salad.

Assembly Prep Directions for 2 Meals

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

- 2 large boneless, skinless chicken breasts
- Salt and pepper
- 2 cups raspberry chipotle sauce

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 slow cooking 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.*

2. Slow Cooker Cream Cheese 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.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- - Salt and pepper
- 1 - 10 oz can(s) cream of mushroom
- 1/2 - cup(s) chicken stock
- 1 - packet(s) ranch dressing mix
- 1 - tsp minced garlic
- 8 - oz. cream cheese**
- 1 x Side: - box(es) egg noodles**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken into the slow cooker insert. Season with salt and pepper.
2. In a small mixing bowl, whisk together the cream of mushroom soup, chicken stock, Ranch dressing mix and minced garlic. Pour over the chicken. Do NOT add the cream cheese at the start of slow cooking.
3. Set the slow cooker on low and cook for 8 hours. With 30 minutes left in the cooking cycle, stir in the cream cheese. Stir it well, then close the lid and let the slow cooking cycle finish.
4. Cook the egg noodles, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Cream Cheese Chicken over noodles with side salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together the 2 cans of cream of mushroom soup, 1 cup chicken stock, 2 packets Ranch dressing mix and 2 tsp minced garlic.

Open 2 cans of cream of mushroom soup.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the prepared sauce
- Do NOT add the cream cheese to freezer bag

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. With 30 minutes left in cooking cycle, shred the chicken and stir in the cream cheese as directed.*

Special Notes: *You can find a homemade cream of mushroom soup recipe on 5DollarDinners.com.*

Dairy-Free Modifications: *Unfortunately there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free cream of mushroom soup (Pacific Foods brand) and serve over rice or GF pasta.*

3. Teriyaki Chicken Kebabs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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 - large boneless chicken breasts
- 1 - cup(s) teriyaki sauce
- 1 - 20 oz. can(s) pineapple chunks
- 1 - green bell pepper(s)
- 1 - red onion(s)
- 1 - cup(s) teriyaki sauce**
- Side: - garlic bread**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into 1-inch pieces.
2. Seed and dice the green bell pepper. Cut the red onion into chunks.
3. Open and drain the can of pineapple chunks.
4. Using metal or bamboo skewers, string the chicken pieces with the bell pepper, red onion and pineapple chunks. Place into the tray and brush with the teriyaki sauce.
5. Heat the grill and add the chicken kebabs over the direct heat. Let cook for 4 to 5 minutes per side, rotating every couple of minutes. Once cooked, brush with the remaining teriyaki sauce.
6. Prepare the salad.
7. Prepare the garlic bread. (It's delicious when grilled.)
8. Serve Teriyaki Chicken Kebabs with salad and garlic bread.

Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into 1-inch pieces.

Seed and dice 2 green bell peppers. Cut 2 red onions into chunks.

Skewer the kebabs with the chicken, bell peppers, red onions and pineapple chunks.

Open and drain 2 cans of pineapple chunks.

To each disposable tray, add the following ingredients:

- Half of the chicken kebabs
- 1 cup teriyaki sauce, brushed onto the kebabs

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.*

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 rice, and use gluten-free teriyaki sauce.*

4. Slow Cooker White Wine Artichoke 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.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - cup(s) white cooking wine
- 1 - cup(s) chicken stock
- 1 - 15 oz. can(s) artichoke hearts
- 2 - Tbsp butter
- 1 - Tbsp lemon juice
- - Salt and pepper
- 1 - Tbsp cornstarch**
- Side: - pasta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of artichokes.
2. Place the chicken breasts in the base of the slow cooker and pour the white wine, chicken stock, artichoke hearts, butter, and lemon juice around the chicken. Season with salt and pepper.
3. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, whisk in the cornstarch and let finish cooking. The sauce will thicken.
4. Cook the pasta as directed.
5. Prepare salad.
6. Serve Slow Cooker White Wine Artichoke Chicken with over pasta with salad.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of artichoke hearts.

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

- 4 boneless chicken breasts
- 1 cup white cooking wine
- 1 cup chicken stock
- Half of the canned artichoke hearts
- 2 Tbsp butter
- 1 Tbsp lemon juice
- Salt and pepper
- Do NOT add cornstarch to the freezer bag.

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. Thicken with cornstarch at the end of the cooking cycle as directed.*

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 soy sauce.*

5. Grilled Southwest 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.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - Tbsp canola oil
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - tsp crushed red pepper
- 1 - tsp garlic powder
- - Salt and pepper
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, stir together the canola oil, chili powder, ground cumin, crushed red pepper and garlic powder. Add a pinch of salt and pepper.
2. Place chicken breasts into a baking dish and spread the spice mix onto both sides of the chicken breasts. Let marinate for at least 30 minutes in the fridge.*
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 chicken.
5. Warm the dinner rolls.
6. Prepare salad.
7. Serve Grilled Southwest Chicken with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, stir together the 1 tsp canola oil, 1 Tbsp chili powder, 1 tsp ground cumin, 1 tsp crushed red pepper and 1 tsp garlic powder. Add a pinch of salt and pepper.

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

- 4 boneless chicken breasts
- Salt and pepper
- Press the prepared rub onto each chicken breast

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 chicken is cooked through. Serve with cauliflower 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.*

Complete Shopping List by Recipe

1. Slow Cooker Raspberry Chipotle Chicken

- 4 - large boneless chicken breasts
- Salt and pepper
- 4 - cup(s) raspberry chipotle sauce
- fruit
- salad
- 2 - gallon-size freezer baggie(s)

3. Teriyaki Chicken Kebabs

- 4 - large boneless chicken breasts
- 2 - cup(s) teriyaki sauce
- 2x1 - 20 oz. can(s) pineapple chunks
- 2 - green bell pepper(s)
- 2 - red onion(s)
- 2 - cup(s) teriyaki sauce
- garlic bread
- salad
- 2 - 9x13 disposable foil tray(s)

5. Grilled Southwest Chicken

- 8 - small boneless chicken breasts
- 2 - Tbsp canola oil
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- 2 - tsp crushed red pepper
- 2 - tsp garlic powder
- Salt and pepper
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)

2. Slow Cooker Cream Cheese Chicken

- 8 - small boneless chicken breasts
- Salt and pepper
- 2x1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) chicken stock
- 2 - packet(s) ranch dressing mix
- 2 - tsp minced garlic
- 16 - oz. cream cheese
- 2xSide: - box(es) egg noodles
- salad
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker White Wine Artichoke Chicken

- 8 - small boneless chicken breasts
- 2 - cup(s) white cooking wine
- 2 - cup(s) chicken stock
- 2x1 - 15 oz. can(s) artichoke hearts
- 4 - Tbsp butter
- 2 - Tbsp lemon juice
- Salt and pepper
- 2 - Tbsp cornstarch
- pasta
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 large boneless chicken breasts
- 24 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x1 10 oz can(s) cream of mushroom
- 3 cup(s) chicken stock
- 2xSide: box(es) egg noodles
- 2x1 20 oz. can(s) pineapple chunks
- 2x1 15 oz. can(s) artichoke hearts

Sauces/Condiments

- 4 cup(s) raspberry chipotle sauce
- 4 cup(s) teriyaki sauce
- 2 cup(s) white cooking wine
- 2 Tbsp canola oil

Dairy/Frozen

- 16 oz. cream cheese
- 4 Tbsp butter

Produce

- Side:** fruit
- Side:** salad
- 2 green bell pepper(s)
- 2 red onion(s)
- 2 Tbsp lemon juice

Starchy Sides

- Side:** garlic bread
- Side:** pasta
- Side:** dinner rolls

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 2 tsp minced garlic
- 2 Tbsp cornstarch
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp crushed red pepper
- 2 tsp garlic powder

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray(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. Slow Cooker Raspberry Chipotle Chicken

- 4 large boneless chicken breasts
- Salt and pepper
- 4 cup(s) raspberry chipotle sauce
- 2 gallon-size freezer baggie(s)

3. Teriyaki Chicken Kebabs

- 4 large boneless chicken breasts
- 2 cup(s) teriyaki sauce
- 2x1 20 oz. can(s) pineapple chunks
- 2 green bell pepper(s)
- 2 red onion(s)
- 2 9x13 disposable foil tray(s)

5. Grilled Southwest Chicken

- 8 small boneless chicken breasts
- 2 Tbsp canola oil
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp crushed red pepper
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Cream Cheese Chicken

- 8 small boneless chicken breasts
- Salt and pepper
- 2x1 10 oz can(s) cream of mushroom
- 1 cup(s) chicken stock
- 2 packet(s) ranch dressing mix
- 2 tsp minced garlic
- 2 gallon-size freezer baggie(s)

4. Slow Cooker White Wine Artichoke Chicken

- 8 small boneless chicken breasts
- 2 cup(s) white cooking wine
- 2 cup(s) chicken stock
- 2x1 15 oz. can(s) artichoke hearts
- 4 Tbsp butter
- 2 Tbsp lemon juice
- 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 large boneless chicken breasts
- 24 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x1 10 oz can(s) cream of mushroom
- 3 cup(s) chicken stock
- 2x1 20 oz. can(s) pineapple chunks
- 2x1 15 oz. can(s) artichoke hearts

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 2 tsp minced garlic
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp crushed red pepper
- 2 tsp garlic powder

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray(s)

Produce

- 2 green bell pepper(s)
- 2 red onion(s)
- 2 Tbsp lemon juice

Sauces/Condiments

- 4 cup(s) raspberry chipotle sauce
- 2 cup(s) teriyaki sauce
- 2 cup(s) white cooking wine
- 2 Tbsp canola oil

Dairy/Frozen

- 4 Tbsp butter

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

- Cut 4 chicken breasts into 1-inch pieces.
- In a small mixing bowl, stir together the 1 tsp canola oil, 1 Tbsp chili powder, 1 tsp ground cumin, 1 tsp crushed red pepper and 1 tsp garlic powder. Add a pinch of salt and pepper.
- In a small mixing bowl, whisk together the 2 cans of cream of mushroom soup, 1 cup chicken stock, 2 packets Ranch dressing mix and 2 tsp minced garlic.
- Open 2 cans of cream of mushroom soup.
- Open and drain 2 cans of artichoke hearts.
- Open and drain 2 cans of pineapple chunks.
- Seed and dice 2 green bell peppers. Cut 2 red onions into chunks.
- Skewer the kebabs with the chicken, bell peppers, red onions and pineapple chunks.

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 Raspberry Chipotle Chicken

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

- 2 large boneless, skinless chicken breasts
- Salt and pepper
- 2 cups raspberry chipotle sauce

Remove as much as air as possible and seal.

Teriyaki Chicken Kebabs

To each disposable tray, add the following ingredients:

- Half of the chicken kebabs
- 1 cup teriyaki sauce, brushed onto the kebabs

Cover with foil or lid, add label and freeze.

Grilled Southwest Chicken

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

- 4 boneless chicken breasts
- Salt and pepper
- Press the prepared rub onto each chicken breast

Remove as much as air as possible and seal.

Slow Cooker Cream Cheese Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the prepared sauce
- Do NOT add the cream cheese to freezer bag

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

Slow Cooker White Wine Artichoke Chicken

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

- 4 boneless chicken breasts
- 1 cup white cooking wine
- 1 cup chicken stock
- Half of the canned artichoke hearts
- 2 Tbsp butter
- 1 Tbsp lemon juice
- Salt and pepper
- Do NOT add cornstarch to the freezer bag.

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