

ALL PORK MEAL PLAN

AUGUST 2017

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1. Grilled BBQ 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
- 3/4 - cup(s) BBQ sauce
- Side: - dinner rolls**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Season both sides of the pork chops with salt and pepper. Add half of the BBQ sauce to shallow dish and spread onto dish and place pork chops onto the BBQ sauce. Add remaining BBQ sauce on top of pork chops. *Place in fridge and let sit for at least 30 minutes.
2. Preheat the grill.
3. Grill over direct heat for 5-6 minutes per side, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Warm the dinner rolls.
5. Prepare veggies.
6. Serve Grilled BBQ Pork Chops with dinner rolls and veggies.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- Salt and pepper
- 3/4 cup BBQ sauce

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

Freeze & Thaw Instructions: *Put freezer bag 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 shallow dish of warm water for about 20 minutes, before transferring to the grill and 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. Skillet Hawaiian 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
- 1/2 - cup(s) soy sauce
- 1 x - 8 oz can(s) tomato sauce
- 1 - 20 oz. can crushed pineapple
- 1/2 - cup(s) brown sugar
- 2 - tsp minced garlic
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the crushed pineapple.
2. In a small mixing bowl, whisk together the soy sauce, crushed pineapple, tomato sauce, brown sugar and minced garlic.
3. In a large skillet, season the pork chops with salt and pepper and brown on both sides.
4. Once the pork chops are browned, pour the pineapple sauce over the top and let simmer over medium low heat for 10 minutes.
5. Warm dinner rolls.
6. Prepare salad.
7. Serve Skillet 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 crushed pineapple.

In a small mixing bowl, whisk together 1 cup soy sauce, 2 cans of crushed pineapple, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic.

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

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 skillet and cooking as directed. Because the sauce and meat are frozen together, you will cook the pork chops with the pineapple sauce at the same time.*

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.*

3. Slow Cooker Salsa 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
- 8 - oz. red salsa
- - 4 oz. can(s) green chiles
- - Salt and pepper
- Garnish: - avocado slices**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops in the base of the slow cooker and pour the red salsa and green chilies around the pork chops. Season with salt and pepper.
2. Set on low and cook for 8 hours.
3. Cook the rice as directed.
4. Prepare salad and slice avocado garnish.
5. Serve Slow Cooker Salsa Pork Chops with avocado slices, over rice with veggies.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- 8 oz. red salsa
- 1 - 4 oz. can green chilies
- Salt and pepper

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.*

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. Grilled Southwest 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 - Tbsp canola oil
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - tsp crushed red pepper
- 1 - tsp garlic powder
- - Salt and pepper
- Side: - rice**
- 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 pork chops into a baking dish and spread the spice mix onto both sides of the pork chops. 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 chops. Let rest 5 minutes before serving and slicing.
5. Cook the rice, as directed.
6. Prepare salad.
7. Serve Grilled Southwest Pork Chops with rice 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 pork chops
- Salt and pepper
- Press the prepared rub onto each 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: *Alternative Cooking Method: Bake at 350 F for 25 to 30 minutes, or until pork chops are cooked through. Serve with caulirice 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.*

5. Slow Cooker Peach Orange Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 4 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
- 1/4 - cup(s) peach preserves
- 1/4 - cup(s) orange marmalade
- 2 - Tbsp Dijon mustard
- 1 - tsp soy sauce
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops into the base of the slow cooker with 1 cup of water in the base/insert. Season with salt and pepper.
2. In a small mixing bowl, combine the 1/2 cup peach preserves, 1/2 cup orange marmalade, 4 Tbsp Dijon mustard and 2 tsp soy sauce. Place directly on top of the pork chops. Set the slow cooker on low and cook for 4 hours.
3. Warm the dinner rolls.
4. Prepare the salad.
5. Serve Slow Cooker Peach Orange Pork Chops with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, combine the 1/2 cup peach preserves, 1/2 cup orange marmalade, 4 Tbsp Dijon mustard and 2 tsp soy sauce.

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

- 4 boneless pork chops
- Half of the prepared peach-orange sauce into each 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 4 hours.*

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 and served with gluten-free sides.*

Complete Shopping List by Recipe

1. Grilled BBQ Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1 1/2 - cup(s) BBQ sauce
- dinner rolls
- veggies
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Salsa Pork Chops

- 8 - boneless pork chops
- 16 - oz. red salsa
- 4 oz. can(s) green chiles
- Salt and pepper
- avocado slices
- rice
- salad
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Peach Orange Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1/2 - cup(s) peach preserves
- 1/2 - cup(s) orange marmalade
- 4 - Tbsp Dijon mustard
- 2 - tsp soy sauce
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)

2. Skillet Hawaiian Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1 - cup(s) soy sauce
- 2x - 8 oz can(s) tomato sauce
- 2x1 - 20 oz. can crushed pineapple
- 1 - cup(s) brown sugar
- 4 - tsp minced garlic
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)

4. Grilled Southwest Pork Chops

- 8 - boneless pork chops
- 2 - Tbsp canola oil
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- 2 - tsp crushed red pepper
- 2 - tsp garlic powder
- Salt and pepper
- rice
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 40 boneless pork chops

Pantry Staples - Canned, Boxed

- 2x 8 oz can(s) tomato sauce
- 2x1 20 oz. can crushed pineapple
- 16 oz. red salsa
- 4 oz. can(s) green chiles
- Side:** rice

Sauces/Condiments

- 1 1/2 cup(s) BBQ sauce
- 1 cup(s) soy sauce
- 2 Tbsp canola oil
- 1/2 cup(s) peach preserves
- 1/2 cup(s) orange marmalade
- 4 Tbsp Dijon mustard
- 2 tsp soy sauce

Supplies

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

Produce

- Side:** veggies
- Side:** salad
- Garnish:** avocado slices

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 1 cup(s) brown sugar
- 4 tsp minced garlic
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp crushed red pepper
- 2 tsp garlic powder

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 BBQ Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 1/2 cup(s) BBQ sauce
- 2 gallon-size freezer baggie(s)

2. Skillet Hawaiian Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup(s) soy sauce
- 2x 8 oz can(s) tomato sauce
- 2x1 20 oz. can crushed pineapple
- 1 cup(s) brown sugar
- 4 tsp minced garlic
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Salsa Pork Chops

- 8 boneless pork chops
- 16 oz. red salsa
- 4 oz. can(s) green chiles
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Grilled Southwest Pork Chops

- 8 boneless pork chops
- 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)

5. Slow Cooker Peach Orange Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1/2 cup(s) peach preserves
- 1/2 cup(s) orange marmalade
- 4 Tbsp Dijon mustard
- 2 tsp soy sauce
- 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

- 40 boneless pork chops

Sauces/Condiments

- 1 1/2 cup(s) BBQ sauce
- 1 cup(s) soy sauce
- 2 Tbsp canola oil
- 1/2 cup(s) peach preserves
- 1/2 cup(s) orange marmalade
- 4 Tbsp Dijon mustard
- 2 tsp soy sauce

Supplies

- 10x gallon-size freezer baggie(s)

Pantry Staples - Canned, Boxed

- 2x 8 oz can(s) tomato sauce
- 2x1 20 oz. can crushed pineapple
- 16 oz. red salsa
- 4 oz. can(s) green chiles

Spices

- Salt and pepper
- 1 cup(s) brown sugar
- 4 tsp minced garlic
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp crushed red pepper
- 2 tsp garlic powder

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, whisk together 1 cup soy sauce, 2 cans of crushed pineapple, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic.
- In a small mixing bowl, combine the 1/2 cup peach preserves, 1/2 cup orange marmalade, 4 Tbsp Dijon mustard and 2 tsp soy sauce.
- 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.
- Open 2 cans of tomato sauce.
- Open and drain juice from 2 cans of crushed pineapple.

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 BBQ Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 3/4 cup BBQ sauce

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

Slow Cooker Salsa Pork Chops

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

- 4 boneless pork chops
- 8 oz. red salsa
- 1 - 4 oz. can green chilies
- Salt and pepper

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

Slow Cooker Peach Orange Pork Chops

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

- 4 boneless pork chops
- Half of the prepared peach-orange sauce into each bag

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

Skillet 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

Remove as much as air as possible and seal.

Grilled Southwest Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Press the prepared rub onto each pork chops

Remove as much as air as possible and seal.