

CLEAN EATS MEAL PLAN

AUGUST 2017

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1. Buffalo Chicken Burgers

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

- 1 - lb(s) ground chicken
- 1/4 - cup(s) breadcrumbs
- 1/4 - cup(s) Frank's wings sauce
- 2 - Tbsp canola oil
- 4 - whole wheat hamburger buns
- Garnish: - crumbled blue cheese**
- Garnish: - blue cheese dressing**
- Side: - veggies**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Combine the ground chicken, bread crumbs and wings sauce in a medium mixing bowl. Form into 4 patties.
2. Heat the oil in a large skillet. Place the patties into the skillet and brown over medium high heat for 4 to 5 minutes per side, or until patties are cooked through. Serve on whole wheat buns with crumbled blue cheese and blue cheese dressing.
3. Prepare fruit and veggies.
4. Serve Buffalo Chicken Burgers with fruit and veggies.

Assembly Prep Directions for 2 Meals

Combine 2 lbs. ground chicken, 1/2 cup bread crumbs and 1/2 cup wings sauce in a medium mixing bowl. Form into 8 patties.

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

- 4 buffalo chicken patties
- Add piece of foil in between patties, if needed.

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 skillet and browning.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the blue cheese topping and dressing.*

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten free bread crumbs and served in lettuce wraps.*

2. Sloppy Lentil Joes

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 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

- 1/2 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1/2 - tsp garlic powder
- 1 - cup(s) dry green lentils
- 1 - 15 oz. can(s) sloppy joe sauce
- 4 - hamburger buns**
- 4 - slices cheddar cheese**
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the green lentils in water, as directed. Drain well.
2. Open and the can of sloppy joe sauce.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the cooked lentils and sloppy joe sauce. Bring to bubbling over medium low heat. Add beef mixture to hamburger buns and top with cheese slice, when ready to eat.
4. Serve Sloppy Lentil Joes with salad.

Assembly Prep Directions for 2 Meals

Brown 1 lbs. ground beef with 1 Tbsp minced onion and 1 tsp garlic powder. Drain and let cool.

Cook 2 cups of lentils, as directed. Drain well.

Open 2 cans of sloppy joes sauce.

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

- Half of the browned ground beef
- Half of the cooked and drained lentils
- Half of the sloppy joes sauce

Remove as much air as possible and seal. Add label to baggie 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 skillet and reheating.*

Dairy-Free Modifications: *Omit the cheese for dairy-free meal.*

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for this meal.*

3. 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.*

4. Flank Steak with Chimichurri

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

- 1 1/2 - lb(s) flank steak
- 2 - Tbsp canola oil
- 1 - tsp garlic powder
- 1 - tsp ground cumin
- 1 - tsp dried oregano
- - Salt and pepper
- 2 - Tbsp fresh parsley**
- 2 - Tbsp cilantro**
- 1 - tsp minced garlic**
- 1 - tsp minced onion**
- 2 - Tbsp olive oil**
- 2 - Tbsp vinegar**
- Garnish: - chimichurri sauce**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the canola oil, garlic powder, ground cumin and dried oregano and a few pinches of salt and pepper.
2. Place the flank steak in baking dish and score with knife in criss-cross pattern. Pour the oil-spice mixture over the top. *Cover with plastic wrap and marinate in the fridge for at least 2 hours or overnight, ideally.
3. Cook the rice, as directed.
4. Heat a large skillet or grill pan on the stovetop, then sear both sides of the flank steak for 30 seconds each side. Sear-saute for 1 to 2 more minutes per side, until cooked to your liking.
5. While the steak is cooking, make the chimichurri sauce. Add the following ingredients to small food processor and puree: parsley, fresh cilantro, minced garlic, minced onion, olive oil and vinegar.
6. Let rest for a few minutes, then slice against the grain

Assembly Prep Directions for 2 Meals

Score the flank steaks in criss-cross pattern with sharp knife.

In a small mixing bowl, whisk together 4 Tbsp canola oil, 2 tsp garlic powder, 2 tsp ground cumin, 2 tsp dried oregano and a few pinches of salt and pepper.

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

- 1 1/2 lb. flank steak
- Half of the prepared steak marinade into each bag
- Do NOT freeze the chimichurri 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 skillet or grill pan and searing as directed.

Special Notes: Serve with cauli-rice or other Paleo friendly carbs 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.

and garnish with chimichurri.

7. Prepare the veggies.
8. Serve Flank Steak with Chimichurri and rice and veggies.

5. Grilled Cajun Salmon

Yield: 4 servings

Active Time: 5 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

- 1 - lb(s) salmon fillet
- - Salt and pepper
- 2 - Tbsp butter
- 1 - Tbsp paprika
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1/2 - tsp cayenne pepper
- Side: - salad**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Melt the butter.
2. In a small mixing bowl, combine the melted butter with the paprika, garlic powder, onion powder and cayenne pepper.
3. Cut salmon fillet into individual serving portions. Place in small baking dish and season with salt and pepper. Pour the melted butter-spice mixture directly onto the salmon. *Let marinate for at least 30 minutes in the fridge.
4. Preheat the grill. Grill salmon, skin side down over direct heat for 8 to 10 minutes, or until cooked through. Grilling time will vary depending on thickness of the salmon fillet.
5. Prepare the salad and fruit.
6. Serve Grilled Cajun Salmon over salad with side of fruit.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of salmon fillet into 8 pieces.

In a small mixing bowl, combine the melted butter with 2 Tbsp paprika, 2 tsp garlic powder, 2 tsp onion powder and 1 tsp cayenne pepper.

Melt 4 Tbsp butter.

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

- 4 salmon pieces
- Salt and pepper
- Half of the butter-spice mixture

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 the salmon and marinade to the grill. Grill over direct heat as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when made with dairy-free margarine.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

Complete Shopping List by Recipe

1. Buffalo Chicken Burgers

- 2 - lb(s) ground chicken
- 1/2 - cup(s) breadcrumbs
- 1/2 - cup(s) Frank's wings sauce
- 4 - Tbsp canola oil
- 8 - whole wheat hamburger buns
- crumbled blue cheese
- blue cheese dressing
- veggies
- fruit
- 2 - gallon-size freezer baggie(s)

3. 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)

5. Grilled Cajun Salmon

- 2 - lb(s) salmon fillet
- Salt and pepper
- 4 - Tbsp butter
- 2 - Tbsp paprika
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 1 - tsp cayenne pepper
- salad

2. Sloppy Lentil Joes

- 1 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 2 - cup(s) dry green lentils
- 2x1 - 15 oz. can(s) sloppy joe sauce
- 8 - hamburger buns
- 8 - slices cheddar cheese
- Salt and pepper
- salad
- 2 - gallon-size freezer baggie(s)

4. Flank Steak with Chimichurri

- 3 - lb(s) flank steak
- 4 - Tbsp canola oil
- 2 - tsp garlic powder
- 2 - tsp ground cumin
- 2 - tsp dried oregano
- Salt and pepper
- 4 - Tbsp fresh parsley
- 4 - Tbsp cilantro
- 2 - tsp minced garlic
- 2 - tsp minced onion
- 4 - Tbsp olive oil
- 4 - Tbsp vinegar
- chimichurri sauce
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

- fruit

2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) ground chicken
- 1 lb(s) ground beef
- 8 small boneless chicken breasts
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 1/2 cup(s) breadcrumbs
- 2x1 15 oz. can(s) sloppy joe sauce
- Side:** rice

Sauces/Condiments

- 1/2 cup(s) Frank's wings sauce
- 10 Tbsp canola oil
- 4 Tbsp olive oil
- 4 Tbsp vinegar
- Garnish:** chimichurri sauce

Dairy/Frozen

- Garnish:** crumbled blue cheese
- Garnish:** blue cheese dressing
- 8 slices cheddar cheese
- 4 Tbsp butter

Produce

- Side:** veggies
- Side:** fruit
- 2 cup(s) dry green lentils
- Side:** salad
- 4 Tbsp fresh parsley
- 4 Tbsp cilantro

Starchy Sides

- 8 whole wheat hamburger buns
- 8 hamburger buns
- Side:** dinner rolls

Spices

- 2 Tbsp minced onion
- 7 tsp garlic powder
- Salt and pepper
- 2 Tbsp chili powder
- 4 tsp ground cumin
- 2 tsp crushed red pepper
- 2 tsp dried oregano
- 2 tsp minced garlic
- 2 tsp minced onion
- 2 Tbsp paprika
- 2 tsp onion powder
- 1 tsp cayenne pepper

Supplies

- Side:** 10 gallon-size freezer baggie(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. Buffalo Chicken Burgers

- 2 lb(s) ground chicken
- 1/2 cup(s) breadcrumbs
- 1/2 cup(s) Frank's wings sauce
- 4 Tbsp canola oil
- 8 whole wheat hamburger buns
- 2 gallon-size freezer baggie(s)

3. 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)

5. Grilled Cajun Salmon

- 2 lb(s) salmon fillet
- Salt and pepper
- 4 Tbsp butter
- 2 Tbsp paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp cayenne pepper
- 2 gallon-size freezer baggie(s)

2. Sloppy Lentil Joes

- 1 lb(s) ground beef
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 2 cup(s) dry green lentils
- 2x1 15 oz. can(s) sloppy joe sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Flank Steak with Chimichurri

- 3 lb(s) flank steak
- 4 Tbsp canola oil
- 2 tsp garlic powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 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

- 2 lb(s) ground chicken
- 1 lb(s) ground beef
- 8 small boneless chicken breasts
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 1/2 cup(s) breadcrumbs
- 2x1 15 oz. can(s) sloppy joe sauce

Sauces/Condiments

- 1/2 cup(s) Frank's wings sauce
- 10 Tbsp canola oil

Dairy/Frozen

- 4 Tbsp butter

Produce

- 2 cup(s) dry green lentils

Starchy Sides

- 8 whole wheat hamburger buns

Spices

- 2 Tbsp minced onion
- 7 tsp garlic powder
- Salt and pepper
- 2 Tbsp chili powder
- 4 tsp ground cumin
- 2 tsp crushed red pepper
- 2 tsp dried oregano
- 2 Tbsp paprika
- 2 tsp onion powder
- 1 tsp cayenne pepper

Supplies

- 10x gallon-size freezer baggie(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

- Brown 1 lbs. ground beef with 1 Tbsp minced onion and 1 tsp garlic powder. Drain and let cool.
- Combine 2 lbs. ground chicken, 1/2 cup bread crumbs and 1/2 cup wings sauce in a medium mixing bowl. Form into 8 patties.
- Cook 2 cups of lentils, as directed. Drain well.
- Cut 2 lbs. of salmon fillet into 8 pieces.
- In a small mixing bowl, combine the melted butter with 2 Tbsp paprika, 2 tsp garlic powder, 2 tsp onion powder and 1 tsp cayenne pepper.
- 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 4 Tbsp canola oil, 2 tsp garlic powder, 2 tsp ground cumin, 2 tsp dried oregano and a few pinches of salt and pepper.
- Melt 4 Tbsp butter.
- Open 2 cans of sloppy joes sauce.
- Score the flank steaks in criss-cross pattern with sharp knife.

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.

Buffalo Chicken Burgers

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

- 4 buffalo chicken patties
- Add piece of foil in between patties, if needed.

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

Grilled Cajun Salmon

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

- 4 salmon pieces
- Salt and pepper
- Half of the butter-spice mixture

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

Sloppy Lentil Joes

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

- Half of the browned ground beef
- Half of the cooked and drained lentils
- Half of the sloppy joes sauce

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

Flank Steak with Chimichurri

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

- 1 1/2 lb. flank steak
- Half of the prepared steak marinade into each bag
- Do NOT freeze the chimichurri sauce

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