

SLOW COOKER MEAL PLAN

AUGUST 2017

Table of Contents

Recipes

1. Slow Cooker Raspberry Chipotle Chicken
2. Slow Cooker Salsa Pork Chops
3. Slow Cooker Cream Cheese Chicken
4. Slow Cooker Greek Chicken
5. Slow Cooker White Wine Artichoke Chicken

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

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)
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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 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.*

3. 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.

4. Slow Cooker Greek 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) green olives
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 1 - tsp minced garlic
- 1 - tsp dried oregano
- 1/2 - tsp pepper
- Garnish: - feta cheese crumbles**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the green olives.
2. In a small bowl, whisk together the chopped olives, olive oil, lemon juice, minced garlic, dried oregano and pepper.
3. Place the chicken breasts in the base of the slow cooker and pour the olive sauce over the top.
4. Set on low and cook for 8 hours.
5. Cook the rice as directed.
6. Prepare salad.
7. Serve Slow Cooker Greek Chicken with crumbed feta cheese garnish, over rice with salad.

Assembly Prep Directions for 2 Meals

Chop 2 cups of green olives.

In a small bowl, whisk together the chopped olives, 4 Tbsp olive oil, 4 Tbsp lemon juice, 2 tsp minced garlic, 2 tsp dried oregano, and 1 tsp pepper.

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

- 4 boneless chicken breasts
- Half of the olive sauce into each bag

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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 omit the feta cheese garnish.

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

5. 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.

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. 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)

5. 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)

2. 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)

4. Slow Cooker Greek Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2x1 - cup(s) green olives
- ☐ 4 - Tbsp olive oil
- ☐ 4 - Tbsp lemon juice
- ☐ 2 - tsp minced garlic
- ☐ 2 - tsp dried oregano
- ☐ 1 - tsp pepper
- ☐ - feta cheese crumbles
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless pork chops
- ☐ 24 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 16 oz. red salsa
- ☐ 4 oz. can(s) green chiles
- ☐ **Side:** rice
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 3 cup(s) chicken stock
- ☐ 2xSide: box(es) egg noodles
- ☐ 2x1 15 oz. can(s) artichoke hearts

Sauces/Condiments

- ☐ 4 cup(s) raspberry chipotle sauce
- ☐ 4 Tbsp olive oil
- ☐ 2 cup(s) white cooking wine

Dairy/Frozen

- ☐ 16 oz. cream cheese
- ☐ **Garnish:** feta cheese crumbles
- ☐ 4 Tbsp butter

Produce

- ☐ **Side:** fruit
- ☐ **Side:** salad
- ☐ **Garnish:** avocado slices
- ☐ 2x1 cup(s) green olives
- ☐ 6 Tbsp lemon juice

Starchy Sides

- ☐ **Side:** pasta

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 1 tsp pepper
- ☐ 2 Tbsp cornstarch

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. 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. 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)

5. 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)

2. 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. Slow Cooker Greek Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2x1 cup(s) green olives
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 1 tsp 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

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless pork chops
- ☐ 24 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 16 oz. red salsa
- ☐ 4 oz. can(s) green chiles
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 3 cup(s) chicken stock
- ☐ 2x1 15 oz. can(s) artichoke hearts

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 1 tsp pepper

Supplies

- ☐ 10x gallon-size freezer baggie(s)

Produce

- ☐ 2x1 cup(s) green olives
- ☐ 6 Tbsp lemon juice

Sauces/Condiments

- ☐ 4 cup(s) raspberry chipotle sauce
- ☐ 4 Tbsp olive oil
- ☐ 2 cup(s) white cooking wine

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

- ☐ Chop 2 cups of green olives.
- ☐ In a small bowl, whisk together the chopped olives, 4 Tbsp olive oil, 4 Tbsp lemon juice, 2 tsp minced garlic, 2 tsp dried oregano, and 1 tsp 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.

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.

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 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 Greek Chicken

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

- 4 boneless chicken breasts
- Half of the olive sauce into each bag

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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.