

THE 20 MEALS PLAN

AUGUST 2017

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Assembly of Meals

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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)

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. 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. Shrimp Fajitas

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

- 2 - lb(s) peeled deveined shrimp
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 2 - small white onion(s)
- 2 - lime(s)
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- 8 - soft-taco flour tortillas
- Garnish: - sour cream and guacamole**
- Side: - flour tortillas**
- Side: - refried beans**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Seed and slice both bell peppers. Slice the onions. Halve the limes.
2. Heat a large skillet over medium high heat and saute the onions and bell peppers with the lime juice, ground cumin and garlic powder. Saute for 4 to 6 minutes, or until veggies begin to soften. Stir in the shrimp and saute until turned pink and cooked through. Toss often and remove from heat to prevent over-cooking.
3. Assemble the shrimp and veggies into tortillas and add garnishes.
4. Prepare the beans.
5. Serve Shrimp Fajitas with refried beans.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.

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

- 2 lb. peeled deveined shrimp
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

Cover with foil or lid, add label 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 sauteing as directed.*

Special Notes: *You can saute the shrimp and veggies together after it's all been frozen together. Just stir often and watch closely to make sure the shrimp don't over-cook.*

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

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

5. Campfire 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 beef
- 1/2 - small white onion(s)
- 1 - tsp minced garlic
- 1 - tsp Worcestershire sauce
- 1 - tsp salt
- 1/2 - cup(s) BBQ sauce**
- 2 - Tbsp mayonnaise**
- 4 - slices cheddar cheese**
- 4 - hamburger buns**
- Side: - chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the grill.
2. Grate the small onion.
3. Combine the ground beef, grated onion, minced garlic, Worcestershire sauce and salt. Form into 4 patties.
4. Place the patties on the grill tray or veggie basket. See note about ways to keep patties together when grilling. Grill for 5 to 6 minutes per side, or until internal temperature should reach 165 F. If you need to cook the patties a little longer then you can move them to a cool part of the grill until they're done.
5. Meanwhile, stir together the BBQ and mayonnaise.
6. Once burgers are cooked, assemble with cheddar cheese and BBQ-mayo sauce on buns.
7. Serve Campfire Burgers with fruit and/or chips.

Assembly Prep Directions for 2 Meals

Grate 1 white onion.

Combine 2 lbs. ground beef, grated chopped onion with 2 tsp minced garlic, 2 tsp Worcestershire sauce, and 2 tsp salt in a medium mixing bowl. Form into 8 patties.

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

- 4 burger patties
- Foil or parchment paper between patties

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.*

Special Notes: *If you don't have a tray for your grill, put the patties in the freezer for 30 minutes to help them firm up and hold together better when grilling. Or you could grill them from partially frozen. Alternative cooking method: wrap the patties tightly in foil and place them in a 350 F oven for about 5 – 10 minutes until the desired temperature is reached.*

Dairy-Free Modifications: *Recipe is dairy-free when you omit the cheese slices.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free bun or in lettuce wrap.*

6. Coney Island Hot Dogs

Yield: 4 servings

Active Time: 15 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.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 x - 15 oz. can(s) crushed tomatoes
- 1 - cup(s) BBQ sauce
- 1 - Tbsp chili powder
- 1 - cup(s) beef broth
- - Salt and pepper
- 8 - hot dogs**
- 8 - hot dog buns**
- 1 - cup(s) shredded cheese
- Garnish: - ketchup and mustard**
- Side: - chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of crushed tomatoes.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, BBQ sauce, chili powder and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
3. Warm the hot dogs and place hot dogs into buns and top with the chili. Garnish with shredded cheese, mustard and/or ketchup.
4. Serve Coney Island Hot Dogs with chips and fruit.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

Open 2 cans of crushed tomatoes.

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

- Half of the browned ground beef
- 1 - 15 oz. can crushed tomatoes
- 1 cup BBQ sauce
- 1 Tbsp chili powder
- 1 cup beef broth
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served without a bun.*

7. 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.*

8. 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.

9. 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.*

10. 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. 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. Campfire Burgers

- 2 - lb(s) ground beef
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 2 - tsp Worcestershire sauce
- 2 - tsp salt
- 1 - cup(s) BBQ sauce
- 4 - Tbsp mayonnaise
- 8 - slices cheddar cheese
- 8 - hamburger buns
- chips
- fruit
- 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. Shrimp Fajitas

- 4 - lb(s) peeled deveined shrimp
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 4 - small white onion(s)
- 4 - lime(s)
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- 16 - soft-taco flour tortillas
- sour cream and guacamole
- flour tortillas
- refried beans
- 2 - 9x13 disposable foil tray(s)

6. Coney Island Hot Dogs

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x - 15 oz. can(s) crushed tomatoes
- 2 - cup(s) BBQ sauce
- 2 - Tbsp chili powder
- 2 - cup(s) beef broth
- Salt and pepper
- 16 - hot dogs
- 16 - hot dog buns
- 1 - cup(s) shredded cheese
- ketchup and mustard
- chips

7. 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)

9. 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)

- fruit
- 2 - gallon-size freezer baggie(s)

8. 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)

10. 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
- fruit
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 large boneless chicken breasts
- 16 boneless pork chops
- 4 lb(s) peeled deveined shrimp
- 4 lb(s) ground beef
- 16 hot dogs
- 8 small boneless chicken breasts
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 16 oz. red salsa
- 4 oz. can(s) green chiles
- Side:** rice
- 2x1 20 oz. can(s) pineapple chunks
- 16 soft-taco flour tortillas
- Side:** refried beans
- 2x 15 oz. can(s) crushed tomatoes
- 2 cup(s) beef broth

Sauces/Condiments

- 4 cup(s) raspberry chipotle sauce
- 4 cup(s) teriyaki sauce
- 2 tsp Worcestershire sauce
- 3 cup(s) BBQ sauce
- 4 Tbsp mayonnaise
- Garnish:** ketchup and mustard
- 6 Tbsp canola oil
- 4 Tbsp olive oil
- 4 Tbsp vinegar
- Garnish:** chimichurri sauce
- 1/2 cup(s) peach preserves
- 1/2 cup(s) orange marmalade
- 4 Tbsp Dijon mustard
- 2 tsp soy sauce

Produce

- Side:** fruit
- Side:** salad
- Garnish:** avocado slices
- 4 green bell pepper(s)
- 2 red onion(s)
- 2 red bell pepper(s)
- 5 small white onion(s)
- 4 lime(s)
- 4 Tbsp fresh parsley
- 4 Tbsp cilantro
- Side:** veggies

Starchy Sides

- Side:** garlic bread
- Side:** flour tortillas
- 8 hamburger buns
- Side:** chips
- 16 hot dog buns
- Side:** dinner rolls

Spices

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

Dairy/Frozen

- Garnish:** sour cream and guacamole
- 8 slices cheddar cheese
- Side:** 1 cup(s) shredded cheese
- 4 Tbsp butter

Supplies

- Side:** 16 gallon-size freezer baggie(s)
- Side:** 4 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. Campfire Burgers

- 2 lb(s) ground beef
- 1 small white onion(s)
- 2 tsp minced garlic
- 2 tsp Worcestershire sauce
- 2 tsp salt
- 2 gallon-size freezer baggie(s)

7. 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. 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. Shrimp Fajitas

- 4 lb(s) peeled deveined shrimp
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 small white onion(s)
- 4 lime(s)
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 16 soft-taco flour tortillas
- 2 9x13 disposable foil tray(s)

6. Coney Island Hot Dogs

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x 15 oz. can(s) crushed tomatoes
- 2 cup(s) BBQ sauce
- 2 Tbsp chili powder
- 2 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

8. 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

- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

9. 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)

- Salt and pepper
- 2 gallon-size freezer baggie(s)

10. 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)

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
- 16 boneless pork chops
- 4 lb(s) peeled deveined shrimp
- 4 lb(s) ground beef
- 8 small boneless chicken breasts
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 16 oz. red salsa
- 4 oz. can(s) green chiles
- 2x1 20 oz. can(s) pineapple chunks
- 16 soft-taco flour tortillas
- 2x 15 oz. can(s) crushed tomatoes
- 2 cup(s) beef broth

Spices

- Salt and pepper
- 2 Tbsp ground cumin
- 10 tsp garlic powder
- 2 tsp minced garlic
- 2 tsp salt
- 2 Tbsp minced onion
- 4 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

Produce

- 4 green bell pepper(s)
- 2 red onion(s)
- 2 red bell pepper(s)
- 5 small white onion(s)
- 4 lime(s)

Sauces/Condiments

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

Dairy/Frozen

- 2x cup(s) shredded cheese
- 4 Tbsp butter

- 16x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(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 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Combine 2 lbs. ground beef, grated chopped onion with 2 tsp minced garlic, 2 tsp Worcestershire sauce, and 2 tsp salt in a medium mixing bowl. Form into 8 patties.
- Cut 2 lbs. of salmon fillet into 8 pieces.
- Cut 4 chicken breasts into 1-inch pieces.
- Grate 1 white onion.
- 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, 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 crushed tomatoes.
- Open and drain 2 cans of pineapple chunks.
- Score the flank steaks in criss-cross pattern with sharp knife.
- Seed and dice 2 green bell peppers. Cut 2 red onions into chunks.
- Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.
- 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.

Campfire Burgers

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

- 4 burger patties
- Foil or parchment paper between patties

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

Grilled Southwest Chicken

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.

Shrimp Fajitas

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

- 2 lb. peeled deveined shrimp
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

Cover with foil or lid, add label and freeze.

Coney Island Hot Dogs

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

- Half of the browned ground beef
- 1 - 15 oz. can crushed tomatoes
- 1 cup BBQ sauce
- 1 Tbsp chili powder
- 1 cup beef broth
- Salt and pepper

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:

- 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 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.

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.

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.