

# TRADITIONAL MEAL PLAN

**AUGUST 2017**

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# 1. 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](http://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.

## 2. 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.*

## 3. 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.

## 4. 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.

## 5. 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.

# Complete Shopping List by Recipe

## 1. 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)

## 3. 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)

## 5. 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

## 2. 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)

## 4. 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)

- ☐ - ketchup and mustard
- ☐ - chips
- ☐ - fruit
- ☐ 2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- ☐ 8 small boneless chicken breasts
- ☐ 4 large boneless chicken breasts
- ☐ 4 lb(s) peeled deveined shrimp
- ☐ 4 lb(s) ground beef
- ☐ 16 hot dogs

## Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 1 cup(s) chicken stock
- ☐ 2xSide: box(es) egg noodles
- ☐ 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) teriyaki sauce
- ☐ 2 tsp Worcestershire sauce
- ☐ 3 cup(s) BBQ sauce
- ☐ 4 Tbsp mayonnaise
- ☐ **Garnish:** ketchup and mustard

## Dairy/Frozen

- ☐ 16 oz. cream cheese
- ☐ **Garnish:** sour cream and guacamole
- ☐ 8 slices cheddar cheese
- ☐ **Side:** 1 cup(s) shredded cheese

## Produce

- ☐ **Side:** salad
- ☐ 4 green bell pepper(s)
- ☐ 2 red onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 5 small white onion(s)
- ☐ 4 lime(s)
- ☐ **Side:** fruit

## Starchy Sides

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

## Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp ground cumin
- ☐ 4 tsp garlic powder
- ☐ 2 tsp salt
- ☐ 2 Tbsp minced onion
- ☐ 2 Tbsp chili powder

## Supplies

- ☐ **Side:** 6 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 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)

## 3. 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)

## 5. 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)

## 2. 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)

## 4. 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)

# 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 small boneless chicken breasts
- ☐ 4 large boneless chicken breasts
- ☐ 4 lb(s) peeled deveined shrimp
- ☐ 4 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 1 cup(s) chicken stock
- ☐ 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 packet(s) ranch dressing mix
- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp ground cumin
- ☐ 4 tsp garlic powder
- ☐ 2 tsp salt
- ☐ 2 Tbsp minced onion
- ☐ 2 Tbsp chili powder

## Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 4x 9x13 disposable foil tray(s)

## 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

- ☐ 2 cup(s) teriyaki sauce
- ☐ 2 tsp Worcestershire sauce
- ☐ 2 cup(s) BBQ sauce

## Dairy/Frozen

- ☐ 2x cup(s) shredded cheese

## 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 4 chicken breasts into 1-inch pieces.
- ☐ Grate 1 white onion.
- ☐ 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 2 cans of crushed tomatoes.
- ☐ Open and drain 2 cans of pineapple chunks.
- ☐ 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 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.

### 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.

### 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.