

# ALL CHICKEN MEAL PLAN

**SEPTEMBER 2017**

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# 1. Slow Cooker Garlic Parmesan 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.

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## Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 2 - lb(s) baby potatoes
- 3 - Tbsp melted butter
- 4 - tsp minced garlic
- 1 - tsp dried thyme
- - Salt and pepper
- Garnish: - shredded Parmesan cheese\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Melt the butter and stir in the minced garlic and thyme.
2. Place the chicken breasts and baby potatoes (do not cut) in the base of the slow cooker and pour the melted butter sauce over the top. Season with salt and pepper.
3. Set on low and cook for 8 hours.
4. Prepare veggies.
5. Serve Slow Cooker Garlic Parmesan Chicken with shredded Parmesan cheese garnish and side of veggies.

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## Assembly Prep Directions for 2 Meals

Melt 6 Tbsp butter and then stir in 8 tsp minced garlic and 2 tsp dried thyme.

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

- 4 boneless chicken breasts
- 1 - 2 lb. bag baby potatoes
- Half of the melted butter 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 slow cooker and cooking on low for 8 hours.

**Dairy-Free Modifications:** Recipe is dairy-free when made with dairy-free margarine and you skip the Parmesan garnish.

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

## 2. Slow Cooker Pepperoni Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 6 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.

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### Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 1/2 - cup(s) pizza sauce
- 20 - pepperonis
- 1 - cup(s) shredded mozzarella cheese
- - Salt and pepper
- Garnish: - grated Parmesan cheese\*\*
- Side: - pasta\*\*
- Side: - veggies\*\*
- 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 pizza sauce directly over the chicken. Add the pepperonis around and on top of the chicken.
2. Set on low and cook for 6 hours. With 30 minutes remaining in the cooking cycle, add the shredded mozzarella cheese right onto each piece of chicken and let finish cooking. Use a slotted spoon to remove the chicken and drain the juices from the slow cooker. Garnish with grated Parmesan cheese.
3. Cook the pasta as directed.
4. Prepare veggies.
5. Serve Slow Cooker Pepperoni Chicken over pasta rice with veggies.

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### Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1 1/2 cups pizza sauce
- 20 pepperonis

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.

**Special Notes:** Garnish with your favorite pizza toppings like sliced black olives, chopped bell peppers or sliced mushrooms.

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

**Gluten-Free Modifications:** Recipe is gluten-free if served with gluten-free pasta.

# 3. Mango & Red Bell Pepper Chicken {Foil Packs}

*Yield: 4 servings*

*Active Time: 10 minutes\* . Cook Time: 15 to 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

- 4 - small boneless chicken breasts
- - Salt and pepper
- 8 - Tbsp lime juice
- 8 - tsp olive oil
- 2 - tsp ground ginger
- 2 - mango(s)
- 2 - red bell pepper(s)
- - 20 oz. can(s) mandarin oranges
- - Salt and pepper
- Side: - dinner rolls\*\*
- - Foil
- 1 - gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. Preheat grill.
2. Place each chicken breast on a piece of foil, large enough to wrap around the chicken. Season each with salt and pepper.
3. In a small mixing bowl, whisk together the lime juice, olive oil and ground ginger. Evenly divide and pour over each chicken piece.
4. Seed and dice the mango. Seed and dice the bell pepper.
5. Open and drain the mandarin oranges.
6. Evenly divide the mango chunks, bell pepper chunks and mandarin oranges to each foil pack. Wrap tightly and seal.
7. Grill around 400 F for 15 to 20 minutes, or until chicken is cooked through. Cooking time may vary, depending on thickness of the chicken and heat of the grill. Be careful when opening, as hot steam will escape the foil pack.
8. Cook the dinner rolls, as directed.
9. Serve Mango & Red Bell Pepper Chicken {Foil Packs} with dinner rolls.

## Assembly Prep Directions for 2 Meals

Seed and dice 4 mangoes. Seed and dice 4 red bell peppers.

In a small mixing bowl, whisk together 16 Tbsp lime juice 16 Tbsp olive oil and 4 tsp ground ginger.

Set up 8 large pieces of foil.

Open and drain 2 cans of mandarin oranges.

To each piece of foil, add the following ingredients:

- 1 chicken breast
- Salt and pepper dusting
- Evenly divided portion of lime marinade
- Evenly divided portion of diced mango
- Evenly divided portion of diced red bell peppers
- Evenly divided portion of mandarin oranges

Wrap foil tightly around the chicken and veggies. Place all foil packs into gallon-size plastic freezer baggie. 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 completely in the fridge before grilling as directed.*

**Special Notes:** *Serve with salad for complete Paleo/Whole30 and allergen-free meal.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when you served with another gluten-free side.*

## 4. Chicken with Sherry-Soy Sauce

*Yield: 4 servings*

*Active Time: 10 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

- 4 - small boneless chicken breasts
- - Salt and pepper
- 1 - Tbsp olive oil
- 1/3 - cup(s) sherry cooking wine
- 3 - Tbsp soy sauce
- 2 - Tbsp red wine vinegar
- 1 - tsp sesame oil
- 1 - Tbsp white sugar
- Side: - salad\*\*
- Side: - rice noodles\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. In a large skillet, add the olive oil and saute the chicken pieces for 2 to 3 minutes.
2. In a small mixing bowl, whisk together the sherry cooking wine, soy sauce, red wine vinegar, sesame oil and sugar. Pour over the chicken and reduce heat to low. Simmer for 7 to 9 minutes, turning the chicken a few times until it is cooked through and sauce reduces down.
3. Cook the rice noodles, as directed.
4. Prepare the salad.
5. Serve Chicken with Sherry-Soy Sauce with rice noodles and side salad.

### Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 2/3 cup sherry cooking wine, 6 Tbsp soy sauce, 4 Tbsp red wine vinegar, 2 tsp sesame oil and 2 Tbsp sugar.

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

- 4 boneless chicken breasts
- Half of the sherry-soy 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. Transfer all of the content from the freezer bag to large skillet or saucepan, start to cook over medium low heat. Turn chicken often and simmer for 7 to 9 minutes, or until chicken is cooked through.

**Dairy-Free Modifications:** This meal is dairy-free when served with dairy-free sides.

**Gluten-Free Modifications:** Use a gluten-free soy sauce for a gluten-free meal.

## 5. Poppyseed Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 45 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 4 - boneless chicken breasts
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) sour cream
- 2 - cup(s) shredded cheddar cheese
- 2 - cup(s) crushed Ritz crackers
- 1 - tsp poppyseed
- 4 - Tbsp melted butter
- Side: - rice\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

### Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Place the chicken breasts into baking dish. Season with salt and pepper.
2. In a small mixing bowl, combine the cream of mushroom soup (undiluted) and the sour cream. Pour over top of the chicken and then top with the shredded cheese.
3. In a small mixing bowl, toss together the crushed crackers, poppyseed and butter. Place on top of the shredded cheese.
4. Bake in the preheated oven for 40 to 45 minutes, or until chicken is cooked through. Cooking time may vary depending on thickness of the chicken.
5. Cook the rice, as directed.
6. Prepare the salad.
7. Serve Poppyseed Chicken with rice and salad.

### Assembly Prep Directions for 2 Meals

Open 2 cans of cream of mushroom soup. Do not dilute with milk.

Melt 8 Tbsp butter.

In a small mixing bowl, combine the 2 cans of cream of mushroom soup with 2 cups of sour cream.

In a small mixing bowl, toss together 4 cups of crushed crackers, 2 tsp poppyseed and 8 Tbsp melted butter.

To each disposable tray, add the following ingredients in this order:

- 4 boneless chicken breasts
- Half of the cream of mushroom soup combo
- 2 cups shredded cheddar cheese
- Half of the crushed crackers combo

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 oven and baking as directed.*

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

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

# Complete Shopping List by Recipe

## 1. Slow Cooker Garlic Parmesan Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 4 - lb(s) baby potatoes
- ☐ 6 - Tbsp melted butter
- ☐ 8 - tsp minced garlic
- ☐ 2 - tsp dried thyme
- ☐ - Salt and pepper
- ☐ - shredded Parmesan cheese
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

## 3. Mango & Red Bell Pepper Chicken {Foil Packs}

- ☐ 8 - small boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 16 - Tbsp lime juice
- ☐ 16 - tsp olive oil
- ☐ 4 - tsp ground ginger
- ☐ 4 - mango(s)
- ☐ 4 - red bell pepper(s)
- ☐ - 20 oz. can(s) mandarin oranges
- ☐ - Salt and pepper
- ☐ - dinner rolls
- ☐ - Foil
- ☐ 2 - gallon-size freezer baggie(s)

## 5. Poppyseed Chicken

- ☐ 8 - boneless chicken breasts
- ☐ 2x1 - 10 oz can(s) cream of mushroom
- ☐ 2 - cup(s) sour cream
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ 4 - cup(s) crushed Ritz crackers
- ☐ 2 - tsp poppyseed
- ☐ 8 - Tbsp melted butter
- ☐ - rice
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

## 2. Slow Cooker Pepperoni Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 3 - cup(s) pizza sauce
- ☐ 40 - pepperonis
- ☐ 2 - cup(s) shredded mozzarella cheese
- ☐ - Salt and pepper
- ☐ - grated Parmesan cheese
- ☐ - pasta
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

## 4. Chicken with Sherry-Soy Sauce

- ☐ 8 - small boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 2 - Tbsp olive oil
- ☐ 2/3 - cup(s) sherry cooking wine
- ☐ 6 - Tbsp soy sauce
- ☐ 4 - Tbsp red wine vinegar
- ☐ 2 - tsp sesame oil
- ☐ 2 - Tbsp white sugar
- ☐ - salad
- ☐ - rice noodles
- ☐ 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- ☐ 32 small boneless chicken breasts
- ☐ 8 boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 20 oz. can(s) mandarin oranges
- ☐ **Side:** rice noodles
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ **Side:** rice

## Sauces/Condiments

- ☐ 3 cup(s) pizza sauce
- ☐ 16 tsp olive oil
- ☐ 2 Tbsp olive oil
- ☐ 6 Tbsp soy sauce
- ☐ 4 Tbsp red wine vinegar
- ☐ 2 tsp sesame oil

## Dairy/Frozen

- ☐ **Garnish:** shredded Parmesan cheese
- ☐ 2 cup(s) shredded mozzarella cheese
- ☐ **Garnish:** grated Parmesan cheese
- ☐ 2 cup(s) sour cream
- ☐ 4 cup(s) shredded cheddar cheese

## Produce

- ☐ 4 lb(s) baby potatoes
- ☐ **Side:** veggies
- ☐ 16 Tbsp lime juice
- ☐ 4 mango(s)
- ☐ 4 red bell pepper(s)
- ☐ **Side:** salad

## Starchy Sides

- ☐ **Side:** pasta
- ☐ **Side:** dinner rolls

## Spices

- ☐ 8 tsp minced garlic
- ☐ 2 tsp dried thyme
- ☐ Salt and pepper
- ☐ 40 pepperonis
- ☐ 4 tsp ground ginger
- ☐ 2 Tbsp white sugar

## Supplies

- ☐ 14 Tbsp melted butter
- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ Foil
- ☐ 2/3 cup(s) sherry cooking wine
- ☐ 4 cup(s) crushed Ritz crackers
- ☐ 2 tsp poppyseed
- ☐ **Side:** 2 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 Garlic Parmesan Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 4 lb(s) baby potatoes
- ☐ 6 Tbsp melted butter
- ☐ 8 tsp minced garlic
- ☐ 2 tsp dried thyme
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Pepperoni Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 3 cup(s) pizza sauce
- ☐ 40 pepperonis
- ☐ 2 cup(s) shredded mozzarella cheese
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 3. Mango & Red Bell Pepper Chicken {Foil Packs}

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 16 Tbsp lime juice
- ☐ 16 tsp olive oil
- ☐ 4 tsp ground ginger
- ☐ 4 mango(s)
- ☐ 4 red bell pepper(s)
- ☐ 20 oz. can(s) mandarin oranges
- ☐ Salt and pepper
- ☐ Foil
- ☐ 2 gallon-size freezer baggie(s)

## 4. Chicken with Sherry-Soy Sauce

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 Tbsp olive oil
- ☐ 2/3 cup(s) sherry cooking wine
- ☐ 6 Tbsp soy sauce
- ☐ 4 Tbsp red wine vinegar
- ☐ 2 tsp sesame oil
- ☐ 2 Tbsp white sugar
- ☐ 2 gallon-size freezer baggie(s)

## 5. Poppyseed Chicken

- ☐ 8 boneless chicken breasts
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 2 cup(s) sour cream
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 4 cup(s) crushed Ritz crackers
- ☐ 2 tsp poppyseed
- ☐ 8 Tbsp melted butter
- ☐ 2 9x13 disposable foil tray(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

- ☐ 32 small boneless chicken breasts
- ☐ 8 boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ 20 oz. can(s) mandarin oranges
- ☐ 2x1 10 oz can(s) cream of mushroom

## Spices

- ☐ 8 tsp minced garlic
- ☐ 2 tsp dried thyme
- ☐ Salt and pepper
- ☐ 40 pepperonis
- ☐ 4 tsp ground ginger
- ☐ 2 Tbsp white sugar

## Supplies

- ☐ 14 Tbsp melted butter
- ☐ 8x gallon-size freezer baggie(s)
- ☐ Foil
- ☐ 2/3 cup(s) sherry cooking wine
- ☐ 4 cup(s) crushed Ritz crackers
- ☐ 2 tsp poppyseed
- ☐ 2x 9x13 disposable foil tray(s)

## Produce

- ☐ 4 lb(s) baby potatoes
- ☐ 16 Tbsp lime juice
- ☐ 4 mango(s)
- ☐ 4 red bell pepper(s)

## Sauces/Condiments

- ☐ 3 cup(s) pizza sauce
- ☐ 16 tsp olive oil
- ☐ 2 Tbsp olive oil
- ☐ 6 Tbsp soy sauce
- ☐ 4 Tbsp red wine vinegar
- ☐ 2 tsp sesame oil

## Dairy/Frozen

- ☐ 2 cup(s) shredded mozzarella cheese
- ☐ 2 cup(s) sour cream
- ☐ 4 cup(s) shredded cheddar 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

- ☐ In a small mixing bowl, combine the 2 cans of cream of mushroom soup with 2 cups of sour cream.
- ☐ In a small mixing bowl, toss together 4 cups of crushed crackers, 2 tsp poppyseed and 8 Tbsp melted butter.
- ☐ In a small mixing bowl, whisk together 16 Tbsp lime juice 16 Tbsp olive oil and 4 tsp ground ginger.
- ☐ In a small mixing bowl, whisk together 2/3 cup sherry cooking wine, 6 Tbsp soy sauce, 4 Tbsp red wine vinegar, 2 tsp sesame oil and 2 Tbsp sugar.
- ☐ Melt 6 Tbsp butter and then stir in 8 tsp minced garlic and 2 tsp dried thyme.
- ☐ Melt 8 Tbsp butter.
- ☐ Open 2 cans of cream of mushroom soup. Do not dilute with milk.
- ☐ Open and drain 2 cans of mandarin oranges.
- ☐ Seed and dice 4 mangoes. Seed and dice 4 red bell peppers.
- ☐ Set up 8 large pieces of foil.

*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 Garlic Parmesan Chicken

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

- 4 boneless chicken breasts
- 1 - 2 lb. bag baby potatoes
- Half of the melted butter sauce

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

### Mango & Red Bell Pepper Chicken {Foil Packs}

To each piece of foil, add the following ingredients:

- 1 chicken breast
- Salt and pepper dusting
- Evenly divided portion of lime marinade
- Evenly divided portion of diced mango
- Evenly divided portion of diced red bell peppers
- Evenly divided portion of mandarin oranges

Wrap foil tightly around the chicken and veggies. Place all foil packs into gallon-size plastic freezer baggie. Add label to baggie and freeze.

### Poppyseed Chicken

To each disposable tray, add the following ingredients in this order:

- 4 boneless chicken breasts
- Half of the cream of mushroom soup combo
- 2 cups shredded cheddar cheese
- Half of the crushed crackers combo

Cover with foil or lid, add label and freeze.

### Slow Cooker Pepperoni Chicken

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

- 4 boneless chicken breasts
- 1 1/2 cups pizza sauce
- 20 pepperonis

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

### Chicken with Sherry-Soy Sauce

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

- 4 boneless chicken breasts
- Half of the sherry-soy sauce

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