

CLEAN EATS MEAL PLAN

SEPTEMBER 2017

Table of Contents

Recipes

1. Baked Mediterranean Chicken {Foil Packs}
2. Slow Cooker Chicken Tagine
3. Mango & Red Bell Pepper Chicken {Foil Packs}
4. White Beans with Spinach and Tomatoes
5. Vegetarian Split Pea Soup

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. Baked Mediterranean Chicken {Foil Packs}

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 - small boneless chicken breasts
- - Salt and pepper
- 1 - 8 oz can(s) tomato sauce
- 1 - 8 oz can(s) sliced olives
- 1 - tsp minced garlic
- 1 - tsp dried oregano
- 1 - tsp onion powder
- Garnish: - feta cheese crumbles**
- Side: - rice**
- Side: - salad**
- - Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Open the tomato sauce. Open and drain the olives.
3. Place each chicken breast on a piece of foil, large enough to wrap around the chicken.
4. In a small mixing bowl, combine the tomato sauce, sliced black olives, minced garlic, dried oregano, and onion powder. Evenly divide and pour over the top of each chicken breast. Wrap the foil up into packs and seal well.
5. 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.
6. Cook the rice, as directed.
7. Prepare the salad.
8. Serve Baked Mediterranean Chicken {Foil Packs} with rice and salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of tomato sauce. Open and drain 2 cans of black olives

In a small mixing bowl, combine 2 cans of tomato sauce, 2 cans of sliced black olives, 2 tsp minced garlic, 2 tsp dried oregano, and 2 tsp onion powder.

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- 1 chicken breast
- Prepared tomato sauce, evenly divided among the foil packs

Wrap foil tightly around the chicken. Place all of the packs into a 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 baking as directed.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides and omit the Feta cheese garnish.

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

2. Slow Cooker Chicken Tagine

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

- 8 - bone-in chicken thighs
- - Salt and pepper
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 1 - tsp ground cumin
- 1 - tsp paprika
- 1 - tsp ground ginger
- 1 - cup(s) chicken stock
- 1 - Tbsp honey
- 1 - cup(s) dried apricots
- Side: - veggies**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Finely chop the onion. Chop the dried apricots.
2. In a small mixing bowl, mix together the chopped onion, minced garlic, ground cumin, paprika, ground ginger, chicken stock, honey and chopped apricots.
3. Place the chicken thighs into the base of the slow cooker and season with salt and pepper. Pour the apricot mixture over the chicken. Set on low and cook for 8 hours. Strain off excess liquid and serve chicken with sauce.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Slow Cooker Chicken Tagine with rice and veggies.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions. Crush 4 cloves of garlic.

Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable broth

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 the shredded Parmesan cheese garnish is omitted.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides like rice or quinoa.

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. White Beans with Spinach and Tomatoes

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

- 3 - 15 oz. can(s) white beans
- 1 - 15 oz. can(s) crushed tomatoes
- 10 - oz. box(es) frozen spinach
- 1 - cup(s) vegetable broth
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 1 - tsp dried rosemary
- - Salt and pepper
- Garnish: - shredded Parmesan cheese**
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of crushed tomatoes. Open, drain and rinse the cans of white beans.
2. Chop the small white onion.
3. In a large skillet, add all the ingredients and bring to simmering over medium heat. Let simmer for about 10 minutes, stirring often, to break up the frozen spinach and allow flavors to mingle. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve White Beans with Spinach and Tomatoes with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 6 cans of white beans. Open and drain 2 cans of crushed tomatoes.

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

- 3 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 1 cup vegetable broth
- Half of the chopped onion
- 2 tsp minced garlic
- 1 tsp dried rosemary
- 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 simmer over low heat for 10 minutes.

Dairy-Free Modifications: Recipe is dairy-free when the shredded Parmesan cheese garnish is omitted.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides like rice or quinoa.

5. Vegetarian Split Pea Soup

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 white potatoes
- 1 - small yellow onion(s)
- 2 - whole carrots
- 2 - tsp minced garlic
- 1 - tsp fresh parsley
- 1/2 - lb(s) green split peas
- 2 - cup(s) vegetable stock
- 2 - cup(s) water
- 1 - tsp lemon juice
- 1 - tsp dried thyme
- - Salt and pepper
- Side: - veggies**
- Side: - garlic toast**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and dice the white potatoes. Chop the yellow onion. Peel and chop the carrots.
2. In a large saucepan, add all the ingredients and bring to boiling over medium high heat. Let cook at rolling boil and then reduce heat and cover with lid. Simmer for about 50 minutes, stirring often, until the split peas are softened. You might need to add more water or vegetable stock if too much steam escapes. Season with salt and pepper to taste.
3. Prepare the veggies
4. Warm the garlic toast.
5. Serve Split Pea Soup with veggies and garlic toast.

Assembly Prep Directions for 2 Meals

Peel and dice 8 small white potatoes. Chop 2 yellow onions. Peel and chop 4 whole carrots.

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

- Half of the diced potatoes
- Half of the chopped white onion
- Half of the chopped carrots
- Half of the crushed garlic
- 2 tsp minced garlic
- 1 tsp parsley
- 2 cups vegetable stock
- 1 tsp lemon juice
- 1 tsp dried thyme
- Do NOT freeze the dried split peas. They are shelf stable and can be added at time of cooking.

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 add the split peas and water, then simmer with lid for 50 minutes, or until split peas are softened.

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 like rice or quinoa.

Complete Shopping List by Recipe

1. Baked Mediterranean Chicken {Foil Packs}

- ☐ 8 - small boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 2x1 - 8 oz can(s) tomato sauce
- ☐ 2x1 - 8 oz can(s) sliced olives
- ☐ 2 - tsp minced garlic
- ☐ 2 - tsp dried oregano
- ☐ 2 - tsp onion powder
- ☐ - feta cheese crumbles
- ☐ - rice
- ☐ - salad
- ☐ - Foil
- ☐ 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. Vegetarian Split Pea Soup

- ☐ 8 - small white potatoes
- ☐ 2 - small yellow onion(s)
- ☐ 4 - whole carrots
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp fresh parsley
- ☐ 1 - lb(s) green split peas
- ☐ 4 - cup(s) vegetable stock
- ☐ 4 - cup(s) water
- ☐ 2 - tsp lemon juice

2. Slow Cooker Chicken Tagine

- ☐ 16 - bone-in chicken thighs
- ☐ - Salt and pepper
- ☐ 2 - small white onion(s)
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp ground cumin
- ☐ 2 - tsp paprika
- ☐ 2 - tsp ground ginger
- ☐ 2 - cup(s) chicken stock
- ☐ 2 - Tbsp honey
- ☐ 2 - cup(s) dried apricots
- ☐ - veggies
- ☐ - rice
- ☐ 2 - gallon-size freezer baggie(s)

4. White Beans with Spinach and Tomatoes

- ☐ 6 - 15 oz. can(s) white beans
- ☐ 2x1 - 15 oz. can(s) crushed tomatoes
- ☐ 2x10 - oz. box(es) frozen spinach
- ☐ 2 - cup(s) vegetable broth
- ☐ 2 - small white onion(s)
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp dried rosemary
- ☐ - Salt and pepper
- ☐ - shredded Parmesan cheese
- ☐ - salad
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 2 - tsp dried thyme
- ☐ - Salt and pepper
- ☐ - veggies
- ☐ - garlic toast
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 16 small boneless chicken breasts
- ☐ 16 bone-in chicken thighs

Pantry Staples - Canned, Boxed

- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 2x1 8 oz can(s) sliced olives
- ☐ **Side:** rice
- ☐ 2 cup(s) chicken stock
- ☐ 20 oz. can(s) mandarin oranges
- ☐ 6 15 oz. can(s) white beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2 cup(s) vegetable broth
- ☐ 4 cup(s) vegetable stock
- ☐ 4 cup(s) water

Sauces/Condiments

- ☐ 2 Tbsp honey
- ☐ 16 tsp olive oil

Dairy/Frozen

Produce

- ☐ **Side:** salad
- ☐ 4 small white onion(s)
- ☐ **Side:** veggies
- ☐ 16 Tbsp lime juice
- ☐ 4 mango(s)
- ☐ 4 red bell pepper(s)
- ☐ 8 small white potatoes
- ☐ 2 small yellow onion(s)
- ☐ 4 whole carrots
- ☐ 2 tsp fresh parsley
- ☐ 1 lb(s) green split peas
- ☐ 2 tsp lemon juice

Starchy Sides

- ☐ **Side:** dinner rolls

Spices

- ☐ Salt and pepper
- ☐ 14 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp onion powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp paprika
- ☐ 6 tsp ground ginger
- ☐ 2 cup(s) dried apricots
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp dried thyme

Supplies

- ☐ **Garnish:** feta cheese crumbles
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ **Garnish:** shredded Parmesan cheese

- ☐ Foil
- ☐ **Side:** 10 gallon-size freezer baggie(s)
- ☐ **Side:** garlic toast

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. Baked Mediterranean Chicken {Foil Packs}

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 2x1 8 oz can(s) sliced olives
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp onion powder
- ☐ Foil
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Chicken Tagine

- ☐ 16 bone-in chicken thighs
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 4 tsp minced garlic
- ☐ 2 tsp ground cumin
- ☐ 2 tsp paprika
- ☐ 2 tsp ground ginger
- ☐ 2 cup(s) chicken stock
- ☐ 2 Tbsp honey
- ☐ 2 cup(s) dried apricots
- ☐ 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. White Beans with Spinach and Tomatoes

- ☐ 6 15 oz. can(s) white beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 2 cup(s) vegetable broth
- ☐ 2 small white onion(s)
- ☐ 4 tsp minced garlic
- ☐ 2 tsp dried rosemary
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Vegetarian Split Pea Soup

- ☐ 8 small white potatoes
- ☐ 2 small yellow onion(s)
- ☐ 4 whole carrots
- ☐ 4 tsp minced garlic
- ☐ 2 tsp fresh parsley
- ☐ 1 lb(s) green split peas
- ☐ 4 cup(s) vegetable stock
- ☐ 4 cup(s) water
- ☐ 2 tsp lemon juice

- ☐ 2 tsp dried thyme
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- ☐ 16 small boneless chicken breasts
- ☐ 16 bone-in chicken thighs

Produce

- ☐ 4 small white onion(s)
- ☐ 16 Tbsp lime juice
- ☐ 4 mango(s)
- ☐ 4 red bell pepper(s)
- ☐ 8 small white potatoes
- ☐ 2 small yellow onion(s)
- ☐ 4 whole carrots
- ☐ 2 tsp fresh parsley
- ☐ 1 lb(s) green split peas
- ☐ 2 tsp lemon juice

Pantry Staples - Canned, Boxed

- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 2x1 8 oz can(s) sliced olives
- ☐ 2 cup(s) chicken stock
- ☐ 20 oz. can(s) mandarin oranges
- ☐ 6 15 oz. can(s) white beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2 cup(s) vegetable broth
- ☐ 4 cup(s) vegetable stock
- ☐ 4 cup(s) water

Sauces/Condiments

- ☐ 2 Tbsp honey
- ☐ 16 tsp olive oil

Spices

- ☐ Salt and pepper
- ☐ 14 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp onion powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp paprika
- ☐ 6 tsp ground ginger
- ☐ 2 cup(s) dried apricots
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp dried thyme

Dairy/Frozen

- ☐ 2x10 oz. box(es) frozen spinach

Supplies

- ☐ Foil
- ☐ 10x gallon-size freezer baggie(s)

Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- ☐ Chop 2 small white onions.
- ☐ Chop 2 small white onions. Crush 4 cloves of garlic.
- ☐ In a small mixing bowl, combine 2 cans of tomato sauce, 2 cans of sliced black olives, 2 tsp minced garlic, 2 tsp dried oregano, and 2 tsp onion powder.
- ☐ In a small mixing bowl, whisk together 16 Tbsp lime juice 16 Tbsp olive oil and 4 tsp ground ginger.
- ☐ Open 2 cans of tomato sauce. Open and drain 2 cans of black olives
- ☐ Open and drain 2 cans of mandarin oranges.
- ☐ Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.
- ☐ Open, drain and rinse 6 cans of white beans. Open and drain 2 cans of crushed tomatoes.
- ☐ Peel and dice 8 small white potatoes. Chop 2 yellow onions. Peel and chop 4 whole carrots.
- ☐ Seed and dice 4 mangoes. Seed and dice 4 red bell peppers.
- ☐ Set up 8 large pieces of foil.
- ☐ 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.

Baked Mediterranean Chicken {Foil Packs}

To each piece of foil, add the following ingredients:

- 1 chicken breast
- Prepared tomato sauce, evenly divided among the foil packs

Wrap foil tightly around the chicken. Place all of the packs into a gallon-size plastic freezer baggie. 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.

Vegetarian Split Pea Soup

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

- Half of the diced potatoes
- Half of the chopped white onion
- Half of the chopped carrots
- Half of the crushed garlic
- 2 tsp minced garlic
- 1 tsp parsley
- 2 cups vegetable stock

Slow Cooker Chicken Tagine

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable broth

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

White Beans with Spinach and Tomatoes

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

- 3 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 1 cup vegetable broth
- Half of the chopped onion
- 2 tsp minced garlic
- 1 tsp dried rosemary
- Salt and pepper

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

- 1 tsp lemon juice
- 1 tsp dried thyme
- Do NOT freeze the dried split peas. They are shelf stable and can be added at time of cooking.

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