

# GLUTEN FREE MEAL PLAN

SEPTEMBER 2017

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# 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 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. Chili con Carne

*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.

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### Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - small yellow onion(s)
- 2 - tsp minced garlic
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - 15 oz. can(s) kidney beans
- 1 - cup(s) beef broth
- 1 - Tbsp chili powder
- 1 - tsp paprika
- 1 - tsp cayenne pepper
- - Salt and pepper
- Garnish: - shredded cheddar cheese\*\*
- Side: - salad\*\*
- Side: - cornbread\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open the crushed tomatoes. Open, drain and rinse the cans of kidney beans.
2. Chop the small yellow onion.
3. In a large saucepan, brown the ground beef with the chopped onion and minced garlic. Drain, if necessary. Return to saucepan and add the crushed tomatoes, kidney beans, broth, chili powder, paprika, cayenne pepper and salt and pepper to taste. Bring to bubbling, then reduce heat and simmer for 15 minutes. Garnish with shredded cheddar cheese.
4. Prepare the salad.
5. Cook the cornbread, as directed.
6. Serve Chili con Carne with cornbread and salad.

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### Assembly Prep Directions for 2 Meals

Chop 2 small yellow onions.

Brown 2 lbs. ground beef with the chopped onions and 4 tsp minced garlic.

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

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

- Half of the browned ground beef mixture
- 1 - 28 oz. can crushed tomatoes
- 1 - 15 oz. can kidney beans
- 1 cup beef broth
- 1 Tbsp chili powder
- 1 tsp paprika
- 1 tsp cayenne pepper
- 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 for 15 minutes.*

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

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

## 4. Beefy Tot-chos

*Yield: 4 servings*

*Active Time: 15 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.

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### Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - 4 oz. can(s) green chiles
- 30 - oz. frozen tater tots
- 1 - cup(s) shredded mild cheddar cheese
- 1 - cup(s) shredded Pepperjack cheese
- - Salt and pepper
- Garnish: - sour cream\*\*
- Garnish: - salsa\*\*
- Side: - fruit\*\*
- 1 - 9x13 disposable foil tray(s)

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### Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the can of diced green chilies.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, chili powder, ground cumin and green chilies. Drain and return to saucepan.
4. Add the frozen tater tots to the base of a 9x13-inch baking dish, then spread the cooked beef combo over the top. Top with the shredded cheddar cheese and shredded Pepperjack cheese. Cover with foil and bake in the preheated oven for 25 to 30 minutes. Then uncover and bake another 10 minutes, or until cheese has melted. Garnish with sour cream and salsa.
5. Prepare the fruit.
6. Serve Beefy Tot-chos with fruit.

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### Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies.

Open 2 cans of diced green chilies.

To each disposable tray, add the following ingredients:

- 1 bag of frozen tater tots
- Half of the cooked ground beef over the tots in each tray
- 1 cup shredded cheddar cheese
- 1 cup shredded Pepperjack cheese
- Salt and pepper

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 oven and baking covered with foil, then uncovered, as directed.*

**Dairy-Free Modifications:** *Omit the cheese topping for a dairy-free meal.*

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

## 5. German Pork Chops with Sauerkraut

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 40 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.

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### Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 12 - oz. jar sauerkraut
- 2 - small apple(s)
- 2 - tsp minced garlic
- 1 - tsp onion powder
- Side: - dinner rolls\*\*
- Side: - veggies\*\*
- 1 - 9x13 disposable foil tray(s)

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### Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. Peel and thinly slice the apples.
3. Place the pork chops into the baking dish and season with salt and pepper.
4. In a mixing bowl, toss together the sauerkraut, apple slices, minced garlic and onion powder. Pour over the pork chops in the baking dish.
5. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
6. Prepare veggies.
7. Warm the dinner rolls.
8. Serve German Pork Chops with Sauerkraut and a side of dinner rolls and veggies.

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### Assembly Prep Directions for 2 Meals

Peel and slice 4 apples.

In a mixing bowl, toss together 2 jars sauerkraut, all of the apple slices, 4 tsp minced garlic and 2 tsp onion powder.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the sauerkraut mixture

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 shallow dish of warm 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.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free sides, like mashed potatoes or baked potatoes.*

# 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. Chili con Carne

- 2 - lb(s) ground beef
- 2 - small yellow onion(s)
- 4 - tsp minced garlic
- 2x1 - 28 oz. can(s) crushed tomatoes
- 2 - 15 oz. can(s) kidney beans
- 2 - cup(s) beef broth
- 2 - Tbsp chili powder
- 2 - tsp paprika
- 2 - tsp cayenne pepper
- Salt and pepper
- shredded cheddar cheese
- salad
- cornbread
- 2 - gallon-size freezer baggie(s)

## 5. German Pork Chops with Sauerkraut

- 8 - boneless pork chops
- Salt and pepper
- 24 - oz. jar sauerkraut
- 4 - small apple(s)
- 4 - tsp minced garlic
- 2 - tsp onion powder
- dinner rolls
- veggies

## 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. Beefy Tot-chos

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- 2 - 4 oz. can(s) green chiles
- 60 - oz. frozen tater tots
- 2 - cup(s) shredded mild cheddar cheese
- 2 - cup(s) shredded Pepperjack cheese
- Salt and pepper
- sour cream
- salsa
- fruit
- 2 - 9x13 disposable foil tray(s)

2 - 9x13 disposable foil tray(s)



# Complete Shopping List by Store Section/Category

## Meat

- 16 small boneless chicken breasts
- 4 lb(s) ground beef
- 8 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2x1 8 oz can(s) tomato sauce
- 2x1 8 oz can(s) sliced olives
- Side:** rice
- 2x1 28 oz. can(s) crushed tomatoes
- 2 15 oz. can(s) kidney beans
- 2 cup(s) beef broth
- Side:** cornbread
- 2 4 oz. can(s) green chiles
- Garnish:** salsa

## Sauces/Condiments

- 3 cup(s) pizza sauce
- 24 oz. jar sauerkraut

## Dairy/Frozen

- Garnish:** feta cheese crumbles
- 2 cup(s) shredded mozzarella cheese
- Garnish:** grated Parmesan cheese
- Garnish:** shredded cheddar cheese
- 60 oz. frozen tater tots
- 2 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded Pepperjack cheese

## Produce

- Side:** salad
- Side:** veggies
- 2 small yellow onion(s)
- Side:** fruit
- 4 small apple(s)

## Starchy Sides

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

## Spices

- Salt and pepper
- 10 tsp minced garlic
- 2 tsp dried oregano
- 4 tsp onion powder
- 40 pepperonis
- 4 Tbsp chili powder
- 2 tsp paprika
- 2 tsp cayenne pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground cumin

## Supplies

- Foil
- Side:** 6 gallon-size freezer baggie(s)
- Side:** 4 9x13 disposable foil tray(s)

**Garnish:** sour cream

# 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)

## 3. Chili con Carne

- 2 lb(s) ground beef
- 2 small yellow onion(s)
- 4 tsp minced garlic
- 2x1 28 oz. can(s) crushed tomatoes
- 2 15 oz. can(s) kidney beans
- 2 cup(s) beef broth
- 2 Tbsp chili powder
- 2 tsp paprika
- 2 tsp cayenne pepper
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. German Pork Chops with Sauerkraut

- 8 boneless pork chops
- Salt and pepper
- 24 oz. jar sauerkraut
- 4 small apple(s)
- 4 tsp minced garlic
- 2 tsp onion powder
- 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
- 2 gallon-size freezer baggie(s)

## 4. Beefy Tot-chos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 4 oz. can(s) green chiles
- 60 oz. frozen tater tots
- 2 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded Pepperjack cheese
- Salt and pepper
- 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

- 16 small boneless chicken breasts
- 4 lb(s) ground beef
- 8 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2x1 8 oz can(s) tomato sauce
- 2x1 8 oz can(s) sliced olives
- 2x1 28 oz. can(s) crushed tomatoes
- 2 15 oz. can(s) kidney beans
- 2 cup(s) beef broth
- 2 4 oz. can(s) green chiles

## Spices

- Salt and pepper
- 10 tsp minced garlic
- 2 tsp dried oregano
- 4 tsp onion powder
- 40 pepperonis
- 4 Tbsp chili powder
- 2 tsp paprika
- 2 tsp cayenne pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground cumin

## Supplies

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

## Produce

- 2 small yellow onion(s)
- 4 small apple(s)

## Sauces/Condiments

- 3 cup(s) pizza sauce
- 24 oz. jar sauerkraut

## Dairy/Frozen

- 2 cup(s) shredded mozzarella cheese
- 60 oz. frozen tater tots
- 2 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded Pepperjack 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, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies.
- Brown 2 lbs. ground beef with the chopped onions and 4 tsp minced garlic.
- Chop 2 small yellow onions.
- In a mixing bowl, toss together 2 jars sauerkraut, all of the apple slices, 4 tsp minced garlic and 2 tsp onion powder.
- 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.
- Open 2 cans of crushed tomatoes. Open, drain and rinse 2 cans of kidney beans.
- Open 2 cans of diced green chilies.
- Open 2 cans of tomato sauce. Open and drain 2 cans of black olives
- Peel and slice 4 apples.
- 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.

### Chili con Carne

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

- Half of the browned ground beef mixture
- 1 - 28 oz. can crushed tomatoes
- 1 - 15 oz. can kidney beans
- 1 cup beef broth
- 1 Tbsp chili powder
- 1 tsp paprika
- 1 tsp cayenne pepper
- Salt and pepper

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

### German Pork Chops with Sauerkraut

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the sauerkraut mixture

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.

### Beefy Tot-chos

To each disposable tray, add the following ingredients:

- 1 bag of frozen tater tots
- Half of the cooked ground beef over the tots in each tray
- 1 cup shredded cheddar cheese
- 1 cup shredded Pepperjack cheese
- Salt and pepper

Cover with foil or lid, add label and freeze.