

# THE 20 MEALS PLAN

SEPTEMBER 2017

## Table of Contents

### *Recipes*

1. Slow Cooker Garlic Parmesan Chicken
2. Baked Mediterranean Chicken {Foil Packs}
  3. Roasted Red Pepper Chicken
  4. Slow Cooker Chicken Tagine
  5. Beef Taquitos
  6. Cheeseburger Meatloaf
7. Slow Cooker Chimichurri Beef Roast
  8. Chili con Carne
9. White Beans with Spinach and Tomatoes
10. 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. 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.

---

## 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)

---

## 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.

---

## 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. 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.*

## 3. Roasted Red Pepper Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 25 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
- 2 - Tbsp olive oil
- 1 x - 12 oz jar(s) roasted peppers
- 1 - 8 oz can(s) tomato sauce
- 1 - Tbsp Italian seasoning
- 1 - cup(s) heavy cream
- - Salt and pepper
- Garnish: - feta cheese crumbles\*\*
- Garnish: - chopped basil\*\*
- Side: - pasta\*\*
- 1 - gallon-size freezer baggie(s)

---

### Cooking Directions for Single Meal

1. Lightly pound the chicken breasts to flatten them.
2. In a blender or food processor, blend the roasted bell peppers and the oil from the jar with the tomato sauce and Italian seasoning.
3. In a large skillet, heat the olive oil and saute both sides of the chicken for 2 minutes, then pour the roasted red pepper sauce over the top. Let simmer for 8 to 10 minutes, or until chicken has cooked through. Swirl in the heavy cream and bring to bubbling. Garnish with Feta crumbles and fresh chopped basil.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Roasted Red Pepper Chicken over pasta.

---

### Assembly Prep Directions for 2 Meals

Lightly pound the chicken breasts to flatten them.

Open 2 cans of tomato sauce.

In a blender or food processor, blend the roasted bell peppers with the oil from the jar with the tomato sauce, Italian seasoning.

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

- 4 boneless chicken breasts
- Half of the prepared roasted bell pepper 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 skillet and simmering until the chicken is cooked through.*

**Dairy-Free Modifications:** *Recipe is dairy-free when omit the Feta crumble topping.*

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

## 4. 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.*

## 5. Beef Taquitos

*Yield: 4 servings*

*Active Time: 15 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 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 x - 8 oz can(s) tomato sauce
- 1 - packet(s) taco seasoning
- 24 - corn tortillas
- 1 - cup(s) shredded Pepperjack cheese
- Garnish: - canola oil\*\*
- Side: - avocado slices\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

---

### Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the tomato sauce and taco seasoning. Stir in the shredded Pepperjack cheese
3. If needed, warm the corn tortillas so they will roll easily.
4. Spoon the meat sauce evenly into the corn tortillas and wrap tightly. Place into baking dish or baking sheet, brush with canola oil and then bake in the preheated oven for 10 to 15 minutes, or until tops begin to golden. If you wish to turn them once halfway through, you can.
5. Prepare the salad.
6. Serve Beef Taquitos with side salad and avocado.

---

### Assembly Prep Directions for 2 Meals

Open 2 cans of tomato sauce.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and stir in 2 cans of tomato sauce and 2 packets of taco seasoning. Mix in 2 cups of shredded Pepperjack cheese.

Warm the corn tortillas and roll the beef and cheese into the tortillas. Line them up into the tray.

To each disposable tray, add the following ingredients:

- Single or double layer of taquitos\*\*

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. \*\*Just before baking, brush with canola oil.*

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

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

## 6. Cheeseburger Meatloaf

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 30 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) lean ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) breadcrumbs
- 2 - egg(s)
- 2 - cup(s) shredded sharp cheddar cheese
- Garnish: - ketchup\*\*
- Side: - salad\*\*
- Side: - mashed potatoes\*\*
- 1 - 9x5 disposable foil loaf pans
- 1 - piece(s) of parchment paper

### Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. In a large mixing bowl, combine the ground beef, minced onion, garlic powder, bread crumbs, eggs and mix well.
3. Set out a large rectangle of parchment paper and press the meatloaf into a rectangle shape, with the short side the length of the loaf pan. It will be about 1/4-inch thick. Sprinkle the shredded cheese over the meatloaf and then carefully roll up the cheese into the meatloaf, like a jelly roll bread.
4. Remove the parchment paper and place the rolled meatloaf into the pan. (I turn the pan upside down over the meatloaf and then flip it rightside up.)
5. Bake in the preheated oven for 55 to 60 minutes, or until beef is cooked in the middle. Brush with ketchup or BBQ sauce on top, once it's baked.
6. Prepare the salad.
7. Prepare the mashed potatoes.
8. Serve Cheeseburger Meatloaf with salad and mashed potatoes.

### Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 4 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, 2 cups bread crumbs, 4 eggs and mix well into meat loaf. Divide meat into 2 parts to make 2 meatloaves.

Set out 2 large rectangles of parchment paper. Divide the meatloaf mixture in half and place onto both pieces of parchment paper. Press the meatloaf into a rectangle on each piece (about 1/4-inch thick), with the short side the length of the loaf pan. Sprinkle the shredded cheese over each meatloaf and then carefully roll up the cheese into the meatloaf, like a jelly roll bread.

Remove the parchment paper and place the rolled meatloaf into the pan. (I turn the pan upside down over the meatloaf and then flip it rightside up.)

To each disposable loaf tray, add the following ingredients:

- 1 rolled meatloaf

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

**Gluten-Free Modifications:** *Use gluten-free breadcrumbs for a gluten-free meatloaf.*



## 7. Slow Cooker Chimichurri Beef Roast

*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 - lb(s) beef chuck roast
- 1 x - 7 oz jar(s) chimichurri sauce
- - Salt and pepper
- Side: - black beans\*\*
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

---

### Cooking Directions for Single Meal

1. Place the beef roast into the base of the slow cooker and season with salt and pepper. Spread the chimichurri sauce directly over the roast. Note: if your slow cooker "runs hot" and overcooks meat, you might want to add a cup of water or beef broth.
2. Set the slow cooker on low and cook for 8 hours.
3. Cook the rice as directed.
4. Prepare the veggies and black beans.
5. Serve Slow Cooker Chimichurri Beef Roast with rice and beans and side of veggies.

---

### Assembly Prep Directions for 2 Meals

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 jar of 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 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.*

## 8. 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.

---

### 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)

---

### 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.

---

### 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.*

## 9. 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.*

# 10. 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. 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. Roasted Red Pepper Chicken

- 8 - boneless chicken breasts
- 4 - Tbsp olive oil
- 2x - 12 oz jar(s) roasted peppers
- 2x1 - 8 oz can(s) tomato sauce
- 2 - Tbsp Italian seasoning
- 2 - cup(s) heavy cream
- Salt and pepper
- feta cheese crumbles
- chopped basil
- pasta
- 2 - gallon-size freezer baggie(s)

## 5. Beef Taquitos

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x - 8 oz can(s) tomato sauce
- 2 - packet(s) taco seasoning
- 48 - corn tortillas
- 2 - cup(s) shredded Pepperjack cheese
- canola oil
- avocado slices

## 2. 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)

## 4. 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)

## 6. Cheeseburger Meatloaf

- 4 - lb(s) lean ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) breadcrumbs
- 4 - egg(s)
- 4 - cup(s) shredded sharp cheddar cheese
- ketchup
- salad
- mashed potatoes

- salad
- 2 - 9x13 disposable foil tray(s)

### 7. Slow Cooker Chimichurri Beef Roast

- 4 - lb(s) beef chuck roast
- 2x - 7 oz jar(s) chimichurri sauce
- Salt and pepper
- black beans
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

### 9. 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 - 9x5 disposable foil loaf pans
- 2 - piece(s) of parchment paper

### 8. 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)

### 10. 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
- veggies
- garlic toast
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 16 small boneless chicken breasts
- 8 boneless chicken breasts
- 16 bone-in chicken thighs
- 4 lb(s) ground beef
- 4 lb(s) lean ground beef
- 4 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- 6x1 8 oz can(s) tomato sauce
- 2x1 8 oz can(s) sliced olives
- Side:** rice
- 2 cup(s) chicken stock
- 6x 8 oz can(s) tomato sauce
- 2 cup(s) breadcrumbs
- Side:** black beans
- 2x1 28 oz. can(s) crushed tomatoes
- 2 15 oz. can(s) kidney beans
- 2 cup(s) beef broth
- Side:** cornbread
- 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

- 4 Tbsp olive oil
- 2x 12 oz jar(s) roasted peppers
- 2 Tbsp honey
- Garnish:** canola oil
- Garnish:** ketchup
- 2x 7 oz jar(s) chimichurri sauce

## Produce

- 4 lb(s) baby potatoes
- Side:** veggies
- Side:** salad
- 4 small white onion(s)
- Side:** avocado slices
- Side:** mashed potatoes
- 4 small yellow onion(s)
- 8 small white potatoes
- 4 whole carrots
- 2 tsp fresh parsley
- 1 lb(s) green split peas
- 2 tsp lemon juice

## Starchy Sides

- Side:** pasta
- 48 corn tortillas
- Side:** dinner rolls

## Spices

- 26 tsp minced garlic
- 4 tsp dried thyme
- Salt and pepper
- 2 tsp dried oregano
- 2 tsp onion powder
- 2 Tbsp Italian seasoning

- Garnish:** chopped basil
- 2 tsp ground cumin
- 4 tsp paprika
- 2 tsp ground ginger
- 2 cup(s) dried apricots
- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 packet(s) taco seasoning
- 2 Tbsp chili powder
- 2 tsp cayenne pepper
- 2 tsp dried rosemary

### Dairy/Frozen

- Garnish:** shredded Parmesan cheese
- Garnish:** feta cheese crumbles
- 2 cup(s) heavy cream
- 2 cup(s) shredded Pepperjack cheese
- 4 egg(s)
- 4 cup(s) shredded sharp cheddar cheese
- Garnish:** shredded cheddar cheese
- 2x10 oz. box(es) frozen spinach

### Supplies

- 6 Tbsp melted butter
- Side:** 16 gallon-size freezer baggie(s)
- Foil
- Side:** 2 9x13 disposable foil tray(s)
- Side:** 2 9x5 disposable foil loaf pans
- 2 piece(s) of parchment paper
- 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. 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)

## 3. Roasted Red Pepper Chicken

- 8 boneless chicken breasts
- 4 Tbsp olive oil
- 2x 12 oz jar(s) roasted peppers
- 2x1 8 oz can(s) tomato sauce
- 2 Tbsp Italian seasoning
- 2 cup(s) heavy cream
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Beef Taquitos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x 8 oz can(s) tomato sauce
- 2 packet(s) taco seasoning
- 48 corn tortillas
- 2 cup(s) shredded Pepperjack cheese
- 2 9x13 disposable foil tray(s)

## 7. Slow Cooker Chimichurri Beef Roast

- 4 lb(s) beef chuck roast

## 2. 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)

## 4. 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)

## 6. Cheeseburger Meatloaf

- 4 lb(s) lean ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) breadcrumbs
- 4 egg(s)
- 4 cup(s) shredded sharp cheddar cheese
- 2 9x5 disposable foil loaf pans
- 2 piece(s) of parchment paper

## 8. Chili con Carne

- 2 lb(s) ground beef

- 2x 7 oz jar(s) chimichurri sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

- 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)

### 9. 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)

### 10. 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
- 8 boneless chicken breasts
- 16 bone-in chicken thighs
- 4 lb(s) ground beef
- 4 lb(s) lean ground beef
- 4 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- 6x1 8 oz can(s) tomato sauce
- 2x1 8 oz can(s) sliced olives
- 2 cup(s) chicken stock
- 6x 8 oz can(s) tomato sauce
- 2 cup(s) breadcrumbs
- 2x1 28 oz. can(s) crushed tomatoes
- 2 15 oz. can(s) kidney beans
- 2 cup(s) beef broth
- 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

- 4 Tbsp olive oil
- 2x 12 oz jar(s) roasted peppers
- 2 Tbsp honey
- 2x 7 oz jar(s) chimichurri sauce

## Produce

- 4 lb(s) baby potatoes
- 4 small white onion(s)
- 4 small yellow onion(s)
- 8 small white potatoes
- 4 whole carrots
- 2 tsp fresh parsley
- 1 lb(s) green split peas
- 2 tsp lemon juice

## Starchy Sides

- 48 corn tortillas

## Spices

- 26 tsp minced garlic
- 4 tsp dried thyme
- Salt and pepper
- 2 tsp dried oregano
- 2 tsp onion powder
- 2 Tbsp Italian seasoning
- 2 tsp ground cumin
- 4 tsp paprika
- 2 tsp ground ginger
- 2 cup(s) dried apricots

- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 packet(s) taco seasoning
- 2 Tbsp chili powder
- 2 tsp cayenne pepper
- 2 tsp dried rosemary

### **Dairy/Frozen**

- 2 cup(s) heavy cream
- 2 cup(s) shredded Pepperjack cheese
- 4 egg(s)
- 4 cup(s) shredded sharp cheddar cheese
- 2x10 oz. box(es) frozen spinach

### **Supplies**

- 6 Tbsp melted butter
- 16x gallon-size freezer baggie(s)
- Foil
- 2x 9x13 disposable foil tray(s)
- 2x 9x5 disposable foil loaf pans
- 2 piece(s) of parchment paper

## 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. Drain and stir in 2 cans of tomato sauce and 2 packets of taco seasoning. Mix in 2 cups of shredded Pepperjack cheese.
- Brown 2 lbs. ground beef with the chopped onions and 4 tsp minced garlic.
- Chop 2 small white onions.
- Chop 2 small white onions. Crush 4 cloves of garlic.
- Chop 2 small yellow onions.
- In a blender or food processor, blend the roasted bell peppers with the oil from the jar with the tomato sauce, Italian seasoning.
- In a large mixing bowl, combine 4 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, 2 cups bread crumbs, 4 eggs and mix well into meat loaf. Divide meat into 2 parts to make 2 meatloaves.
- 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.
- Lightly pound the chicken breasts to flatten them.
- Melt 6 Tbsp butter and then stir in 8 tsp minced garlic and 2 tsp dried thyme.
- Open 2 cans of crushed tomatoes. Open, drain and rinse 2 cans of kidney beans.
- Open 2 cans of tomato sauce.
- Open 2 cans of tomato sauce.
- Open 2 cans of tomato sauce. Open and drain 2 cans of black olives
- 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.
- Remove the parchment paper and place the rolled meatloaf into the pan. (I turn the pan upside down over the meatloaf and then flip it rightside up.)
- Set out 2 large rectangles of parchment paper. Divide the meatloaf mixture in half and place onto both pieces of parchment paper. Press the meatloaf into a rectangle on each piece (about 1/4-inch thick), with the short side the length of the loaf pan. Sprinkle the shredded cheese over each meatloaf and then carefully roll up the cheese into the meatloaf, like a jelly roll bread.
- Set up 8 large pieces of foil.
- Warm the corn tortillas and roll the beef and cheese into the tortillas. Line them up into the tray.

*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.

### Roasted Red Pepper Chicken

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

- 4 boneless chicken breasts
- Half of the prepared roasted bell pepper sauce

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

### Beef Taquitos

To each disposable tray, add the following ingredients:

- Single or double layer of taquitos\*\*

Cover with foil or lid, add label and freeze.

### Slow Cooker Chimichurri Beef Roast

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 jar of chimichurri sauce

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

### 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.

### 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.

### Cheeseburger Meatloaf

To each disposable loaf tray, add the following ingredients:

- 1 rolled meatloaf

Cover with foil or lid, add label 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

baggie and freeze.

- 1 tsp paprika
- 1 tsp cayenne pepper
- Salt and pepper

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.

## 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
- 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.