

TRADITIONAL MEAL PLAN

SEPTEMBER 2017

Table of Contents

Recipes

1. Slow Cooker Garlic Parmesan Chicken
2. Poppyseed Chicken
3. Slow Cooker Chimichurri Beef Roast
4. Beefy Tot-chos
5. Skillet Ranch Pork Chops

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. 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.*

3. 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.*

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.

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)

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.

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. Skillet Ranch Pork Chops

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 - boneless pork chops
- 1 - packet(s) ranch dressing mix
- 2 - Tbsp canola oil
- 1 - cup(s) Ranch salad dressing
- 1 - cup(s) sour cream
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the Ranch dressing mix onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.
2. Heat the canola oil in skillet and saute the seasoned pork chops for 2 minutes on each side.
3. In a mixing bowl, combine the Ranch dressing and the sour cream, then pour over the pork chops. Reduce heat to low and simmer for 9 to 12 minutes, turning pork chops twice. Cook until pork chops are cooked through, note that cooking time may vary depending on thickness of the chops.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Skillet Ranch Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Place 2 Ranch dressing mix packets onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.

In a mixing bowl, combine 2 cups Ranch dressing and 2 cups sour cream.

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

- 4 coated boneless pork chops
- Half of the Ranch dressing mixture

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 the pork chops and sauce to skillet. Cook over medium high heat for 15 minutes, or until pork chops are cooked through.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free Ranch dressing and mix.*

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. 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)

5. Skillet Ranch Pork Chops

- 8 - boneless pork chops
- 2 - packet(s) ranch dressing mix
- 4 - Tbsp canola oil
- 2 - cup(s) Ranch salad dressing
- 2 - cup(s) sour cream
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)

2. 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)

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)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 8 boneless chicken breasts
- 4 lb(s) beef chuck roast
- 2 lb(s) ground beef
- 8 boneless pork chops

Pantry Staples - Canned, Boxed

- 2x1 10 oz can(s) cream of mushroom
- Side:** rice
- Side:** black beans
- 2 4 oz. can(s) green chiles
- Garnish:** salsa

Sauces/Condiments

- 2x 7 oz jar(s) chimichurri sauce
- 4 Tbsp canola oil
- 2 cup(s) Ranch salad dressing

Dairy/Frozen

- Garnish:** shredded Parmesan cheese
- 4 cup(s) sour cream
- 4 cup(s) shredded cheddar cheese
- 60 oz. frozen tater tots
- 2 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded Pepperjack cheese
- Garnish:** sour cream

Produce

- 4 lb(s) baby potatoes
- Side:** veggies
- Side:** salad
- Side:** fruit

Starchy Sides

- Side:** dinner rolls

Spices

- 8 tsp minced garlic
- 2 tsp dried thyme
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 packet(s) ranch dressing mix

Supplies

- 14 Tbsp melted butter
- Side:** 6 gallon-size freezer baggie(s)
- 4 cup(s) crushed Ritz crackers
- 2 tsp poppyseed
- Side:** 4 9x13 disposable foil tray(s)

Freezer Meal Prep Day Shopping List by Recipe

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

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Slow Cooker 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. Slow Cooker Chimichurri Beef Roast

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

5. Skillet Ranch Pork Chops

- 8 boneless pork chops
- 2 packet(s) ranch dressing mix
- 4 Tbsp canola oil
- 2 cup(s) Ranch salad dressing
- 2 cup(s) sour cream
- 2 gallon-size freezer baggie(s)

2. 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)

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

- 8 small boneless chicken breasts
- 8 boneless chicken breasts
- 4 lb(s) beef chuck roast
- 2 lb(s) ground beef
- 8 boneless pork chops

Pantry Staples - Canned, Boxed

- 2x1 10 oz can(s) cream of mushroom
- 2 4 oz. can(s) green chiles

Spices

- 8 tsp minced garlic
- 2 tsp dried thyme
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 packet(s) ranch dressing mix

Supplies

- 14 Tbsp melted butter
- 6x gallon-size freezer baggie(s)
- 4 cup(s) crushed Ritz crackers
- 2 tsp poppyseed
- 4x 9x13 disposable foil tray(s)

Produce

- 4 lb(s) baby potatoes

Sauces/Condiments

- 2x 7 oz jar(s) chimichurri sauce
- 4 Tbsp canola oil
- 2 cup(s) Ranch salad dressing

Dairy/Frozen

- 4 cup(s) sour cream
- 4 cup(s) shredded cheddar 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.
- In a mixing bowl, combine 2 cups Ranch dressing and 2 cups sour cream.
- 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.
- 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 2 cans of diced green chilies.
- Place 2 Ranch dressing mix packets onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.

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.

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 baggie and freeze.

Skillet Ranch Pork Chops

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

- 4 coated boneless pork chops
- Half of the Ranch dressing mixture

Remove as much air as possible and seal. 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.

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.