

# ALL PORK MEAL PLAN

OCTOBER 2017

## Table of Contents

### *Recipes*

1. Mediterranean Pork Chops
2. Baked Maple Mustard Pork Chops
3. Baked Breaded Pork Chops
4. Hungarian Pork Chops
5. Baked Mexican 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. Mediterranean Pork Chops

*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 - small boneless pork chops
- 2 - Tbsp olive oil
- 2 - Tbsp balsamic vinegar
- 1 - 15 oz. can(s) diced tomatoes
- 1/2 - small red onion(s)
- 1 - cup(s) kalamata olives
- 1 - Tbsp dried oregano
- - Salt and pepper
- Side: - pasta\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

---

## Cooking Directions for Single Meal

1. Open the diced tomatoes.
2. Dice the red onion.
3. In a Dutch oven, add the olive oil and balsamic vinegar and brown both sides of the pork chops. Stir in the diced tomatoes with their juices. Add the diced red onion and kalamata olives into the tomato sauce. Sprinkle in the oregano and salt and pepper to taste. Reduce heat to medium and cook for 15 minutes, or until pork chops are cooked through.
4. Cook the pasta as directed.
5. Prepare the veggies.
6. Serve Mediterranean Pork Chops over pasta with veggies.

---

## Assembly Prep Directions for 2 Meals

Dice 1 small red onion.

Open 2 cans of diced tomatoes.

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

- 4 boneless pork chops
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

**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 a Dutch oven and cooking the pork chops and sauce over medium heat for 15 to 20 minutes, or until pork chops are cooked through.*

**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 pasta, or other Paleo side dish like cauliflower rice.*

## 2. Baked Maple Mustard Pork Chops

*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 pork chops
- 1/4 - cup(s) maple syrup
- 1/4 - cup(s) yellow mustard
- 1 - tsp minced garlic
- 1 - Tbsp apple cider vinegar
- - Salt and pepper
- Side: - garlic bread\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

---

### Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the maple syrup, yellow mustard, minced garlic and vinegar. Add a little salt and pepper and then whisk the marinade. Add the pork chops and coat them in the marinade. \*Put in the fridge and marinate for at least 30 minutes.
2. Preheat the oven to 350 F. Lightly grease a small baking dish with non-stick cooking spray. Add the pork chops and marinade to the prepared dish.
3. Bake in the preheated oven for 20 to 30 minutes, or until cooked through and internal temperature reaches 145 F. Cooking time may vary depending on thickness of the pork chops. Let rest for 5 minutes before serving or slicing.
4. Warm the garlic bread.
5. Prepare veggies.
6. Serve Baked Maple Mustard Pork Chops with fresh veggies and garlic bread.

---

### Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 1/2 cup maple syrup, 1/2 cup yellow mustard, 2 tsp minced garlic, 2 Tbsp vinegar and salt and pepper.

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

- 4 pork chops
- Half of the prepared marinade into each bag

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 pork chops completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before 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 other gluten-free sides, like rice or sweet potatoes.*

## 3. Baked Breaded Pork Chops

*Yield: 4 servings*

*Active Time: 10 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

- 4 - boneless pork chops
- 2 - cup(s) crushed saltine crackers
- 1 - cup(s) grated Parmesan cheese
- 1 - Tbsp Italian seasoning
- 1 - tsp onion powder
- 1 - tsp garlic powder
- 1/4 - cup(s) melted butter
- Side: - mashed potatoes\*\*
- Side: - veggies\*\*
- 1 - 9x13 disposable foil tray(s)

---

### Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Lightly spray a small baking dish with non-stick cooking spray.
2. In a small bowl, combine the crushed saltine crackers, grated Parmesan cheese, Italian seasoning, onion powder, and garlic powder.
3. Melt the butter and dip both sides of the pork chop in the butter, then dredge through the crushed saltine mixture, coating both sides. Place coated pork chops into the prepared baking dish.
4. Bake in the preheated oven for 25 to 35 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.
5. Prepare veggies.
6. Prepare mashed potatoes.
7. Serve Baked Breaded Pork Chops with veggies and mashed potatoes.

---

### Assembly Prep Directions for 2 Meals

Crush 4 cups of saltine crackers.

In a small bowl, toss together 4 cups crushed saltines breadcrumbs, 2 cups grated Parmesan cheese, 2 Tbsp Italian seasoning, 2 tsp onion powder, 2 tsp garlic powder.

Melt 1/2 cup butter, then dip both sides of the pork chops in the butter, then dredge through the crushed saltine mixture, coating both sides.

To each disposable tray, add the following ingredients:

- Half of the coated pork chops to each tray

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:** *Use a dairy-free margarine in place of the butter, for dairy-free meal.*

**Gluten-Free Modifications:** *Unfortunately, there isn't a great gluten-free option for this meal.*

## 4. Hungarian 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
- - Salt and pepper
- 1/4 - cup(s) all purpose flour
- 2 - Tbsp canola oil
- 1 - small white onion(s)
- 1 - Tbsp sweet paprika
- 1/2 - tsp dried dill
- 2 - Tbsp white cooking wine
- 1 - cup(s) chicken stock
- 1 - cup(s) sour cream\*\*
- Side: - salad\*\*
- Side: - dinner rolls\*\*
- 1 - gallon-size freezer baggie(s)

---

### Cooking Directions for Single Meal

1. Season both sides of the pork chops with salt and pepper, then coat both sides with the flour.
2. Slice the onion into half moons.
3. Heat the oil in skillet and saute the pork chops until browned on each side. Add the sliced onions and saute with the pork chops. Add the sweet paprika, dill, white cooking wine and chicken stock and swirl together around the onions and pork chops until sauce forms. Bring to bubbling, then simmer over low heat for 8 to 10 minutes, or until pork chops are cooked through. Remove from heat and stir sour cream into the sauce. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Hungarian Pork Chops with salad and dinner rolls.

---

### Assembly Prep Directions for 2 Meals

Season the pork chops with salt and pepper and then coat with flour on both sides.

Slice 1 onion into half moons.

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

- 4 boneless pork chops (coated with flour)
- Half of the sliced white onion
- 1 Tbsp sweet paprika
- 1/2 tsp dried dill
- 2 Tbsp white cooking wine
- 1 cup chicken stock
- Do NOT add sour cream at the time of freezing.

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 and sauteeing. Bring to bubbling, then cook for 8 to 10 minutes or until pork chops are cooked through. Stir in sour cream at the end of cooking.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when use gluten-free flour blend and serve with gluten-free sides.*

## 5. Baked Mexican Pork Chops

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 35 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
- - 15 oz. can(s) corn
- 1 x - 10 oz diced tom & green chile
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- 1 - cup(s) shredded Pepperjack cheese
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - 9x13 disposable foil tray(s)

---

### Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a small baking dish with non-stick cooking spray.
2. Open and drain the corn. Open and drain the diced tomatoes with green chilies.
3. In a mixing bowl, toss together the corn, diced tomatoes with green chilies, cumin and garlic powder.
4. Place the pork chops into the base of the prepared baking dish and season with salt and pepper on both sides. Pour the corn-tomato mixture over the top.
5. Bake in the preheated oven for 25 to 35 minutes, or until pork chops are cooked through. Add shredded Pepperjack cheese over the top and let melt, before serving.
6. Cook the rice, as directed.
7. Prepare veggies.
8. Serve Baked Mexican Pork Chops with rice and veggies.

---

### Assembly Prep Directions for 2 Meals

Open and drain 2 cans of corn. Open and drain 2 cans of diced tomatoes with green chilies.

In a mixing bowl, toss together the corn and diced tomatoes with green chilies with 2 Tbsp cumin and 2 tsp garlic powder.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Half of the corn-tomatoes mixture over the pork chops
- Do not add the shredded cheese at the time of freezing

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 you omit the cheese topping.*

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

# Complete Shopping List by Recipe

## 1. Mediterranean Pork Chops

- 8 - small boneless pork chops
- 4 - Tbsp olive oil
- 4 - Tbsp balsamic vinegar
- 2 - 15 oz. can(s) diced tomatoes
- 1 - small red onion(s)
- 2 - cup(s) kalamata olives
- 2 - Tbsp dried oregano
- Salt and pepper
- pasta
- veggies
- 2 - gallon-size freezer baggie(s)

## 3. Baked Breaded Pork Chops

- 8 - boneless pork chops
- 4 - cup(s) crushed saltine crackers
- 2 - cup(s) grated Parmesan cheese
- 2 - Tbsp Italian seasoning
- 2 - tsp onion powder
- 2 - tsp garlic powder
- 1/2 - cup(s) melted butter
- mashed potatoes
- veggies
- 2 - 9x13 disposable foil tray(s)

## 5. Baked Mexican Pork Chops

- 8 - boneless pork chops
- 15 oz. can(s) corn
- 2x - 10 oz diced tom & green chile
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- 2 - cup(s) shredded Pepperjack cheese
- rice
- veggies
- 2 - 9x13 disposable foil tray(s)

## 2. Baked Maple Mustard Pork Chops

- 8 - boneless pork chops
- 1/2 - cup(s) maple syrup
- 1/2 - cup(s) yellow mustard
- 2 - tsp minced garlic
- 2 - Tbsp apple cider vinegar
- Salt and pepper
- garlic bread
- veggies
- 2 - gallon-size freezer baggie(s)

## 4. Hungarian Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1/2 - cup(s) all purpose flour
- 4 - Tbsp canola oil
- 2 - small white onion(s)
- 2 - Tbsp sweet paprika
- 1 - tsp dried dill
- 4 - Tbsp white cooking wine
- 2 - cup(s) chicken stock
- 2 - cup(s) sour cream
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 8 small boneless pork chops
- 32 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes
- 2 cup(s) chicken stock
- 15 oz. can(s) corn
- 2x 10 oz diced tom & green chile
- Side:** rice

## Sauces/Condiments

- 4 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 1/2 cup(s) maple syrup
- 1/2 cup(s) yellow mustard
- 2 Tbsp apple cider vinegar
- 4 Tbsp canola oil
- 4 Tbsp white cooking wine

## Dairy/Frozen

- 2 cup(s) grated Parmesan cheese
- 2 cup(s) sour cream
- 2 cup(s) shredded Pepperjack cheese

## Produce

- 1 small red onion(s)
- 2 cup(s) kalamata olives
- Side:** veggies
- Side:** mashed potatoes
- 2 small white onion(s)
- Side:** salad

## Starchy Sides

- Side:** pasta
- Side:** garlic bread
- Side:** dinner rolls

## Spices

- 2 Tbsp dried oregano
- Salt and pepper
- 2 tsp minced garlic
- 2 Tbsp Italian seasoning
- 2 tsp onion powder
- 4 tsp garlic powder
- 1/2 cup(s) all purpose flour
- 2 Tbsp sweet paprika
- 1 tsp dried dill
- 2 Tbsp ground cumin

## Supplies

- Side:** 6 gallon-size freezer baggie(s)
- 4 cup(s) crushed saltine crackers
- 1/2 cup(s) melted butter
- 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. Mediterranean Pork Chops

- 8 small boneless pork chops
- 4 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 2 15 oz. can(s) diced tomatoes
- 1 small red onion(s)
- 2 cup(s) kalamata olives
- 2 Tbsp dried oregano
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Baked Breaded Pork Chops

- 8 boneless pork chops
- 4 cup(s) crushed saltine crackers
- 2 cup(s) grated Parmesan cheese
- 2 Tbsp Italian seasoning
- 2 tsp onion powder
- 2 tsp garlic powder
- 1/2 cup(s) melted butter
- 2 9x13 disposable foil tray(s)

## 5. Baked Mexican Pork Chops

- 8 boneless pork chops
- 15 oz. can(s) corn
- 2x 10 oz diced tom & green chile
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 cup(s) shredded Pepperjack cheese
- 2 9x13 disposable foil tray(s)

## 2. Baked Maple Mustard Pork Chops

- 8 boneless pork chops
- 1/2 cup(s) maple syrup
- 1/2 cup(s) yellow mustard
- 2 tsp minced garlic
- 2 Tbsp apple cider vinegar
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Hungarian Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1/2 cup(s) all purpose flour
- 4 Tbsp canola oil
- 2 small white onion(s)
- 2 Tbsp sweet paprika
- 1 tsp dried dill
- 4 Tbsp white cooking wine
- 2 cup(s) chicken stock
- 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

- 8 small boneless pork chops
- 32 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes
- 2 cup(s) chicken stock
- 15 oz. can(s) corn
- 2x 10 oz diced tom & green chile

## Spices

- 2 Tbsp dried oregano
- Salt and pepper
- 2 tsp minced garlic
- 2 Tbsp Italian seasoning
- 2 tsp onion powder
- 4 tsp garlic powder
- 1/2 cup(s) all purpose flour
- 2 Tbsp sweet paprika
- 1 tsp dried dill
- 2 Tbsp ground cumin

## Supplies

- 6x gallon-size freezer baggie(s)
- 4 cup(s) crushed saltine crackers
- 1/2 cup(s) melted butter
- 4x 9x13 disposable foil tray(s)

## Produce

- 1 small red onion(s)
- 2 cup(s) kalamata olives
- 2 small white onion(s)

## Sauces/Condiments

- 4 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 1/2 cup(s) maple syrup
- 1/2 cup(s) yellow mustard
- 2 Tbsp apple cider vinegar
- 4 Tbsp canola oil
- 4 Tbsp white cooking wine

## Dairy/Frozen

- 2 cup(s) grated Parmesan 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

- Crush 4 cups of saltine crackers.
- Dice 1 small red onion.
- In a large mixing bowl, whisk together 1/2 cup maple syrup, 1/2 cup yellow mustard, 2 tsp minced garlic, 2 Tbsp vinegar and salt and pepper.
- In a mixing bowl, toss together the corn and diced tomatoes with green chilies with 2 Tbsp cumin and 2 tsp garlic powder.
- In a small bowl, toss together 4 cups crushed saltines breadcrumbs, 2 cups grated Parmesan cheese, 2 Tbsp Italian seasoning, 2 tsp onion powder, 2 tsp garlic powder.
- Melt 1/2 cup butter, then dip both sides of the pork chops in the butter, then dredge through the crushed saltine mixture, coating both sides.
- Open 2 cans of diced tomatoes.
- Open and drain 2 cans of corn. Open and drain 2 cans of diced tomatoes with green chilies.
- Season the pork chops with salt and pepper and then coat with flour on both sides.
- Slice 1 onion into half moons.

*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.

### Mediterranean Pork Chops

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

- 4 boneless pork chops
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

### Baked Breaded Pork Chops

To each disposable tray, add the following ingredients:

- Half of the coated pork chops to each tray

Cover with foil or lid, add label and freeze.

### Baked Maple Mustard Pork Chops

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

- 4 pork chops
- Half of the prepared marinade into each bag

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

### Hungarian Pork Chops

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

- 4 boneless pork chops (coated with flour)
- Half of the sliced white onion
- 1 Tbsp sweet paprika
- 1/2 tsp dried dill
- 2 Tbsp white cooking wine
- 1 cup chicken stock
- Do NOT add sour cream at the time of freezing.

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

### Baked Mexican Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Half of the corn-tomatoes mixture over the pork chops
- Do not add the shredded cheese at the time of freezing

Cover with foil or lid, add label and freeze.