

# ALL CHICKEN MEAL PLAN

NOVEMBER 2017

## Table of Contents

### *Recipes*

1. Lazy Chicken Parmesan & Pasta Bake
2. Slow Cooker Ranch Chicken Tacos
3. Chicken Swiss Stuffing Bake
4. Slow Cooker Brown Sugar Chicken
5. Slow Cooker Creamy Tuscan Chicken

### *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. Lazy Chicken Parmesan & Pasta Bake

*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

- 12 - oz. box(es) penne pasta
- 2 - cup(s) shredded rotisserie chicken
- 1 - cup(s) grated Parmesan cheese
- 1 - 26 oz. jar(s) marinara sauce
- 2 - cup(s) shredded mozzarella cheese
- Garnish: - chopped basil\*\*
- Garnish: - grated Parmesan cheese\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

---

## Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Cook the pasta, to al dente and drain. Return to pan and mix in the marinara/spaghetti sauce. Then pour the pasta and sauce into the prepared baking dish.
3. In a small mixing bowl, toss the shredded chicken with the grated Parmesan cheese. Then add a layer of the chicken-Parmesan mixture on top of the pasta. Then cover with the shredded mozzarella cheese.
4. Bake in the preheated oven for 25 to 30 minutes, or until cheese has melted on top. Garnish with more grated Parmesan cheese and fresh chopped basil.
5. Serve Lazy Chicken Parmesan & Pasta Bake with salad.

---

## Assembly Prep Directions for 2 Meals

Cook 2 boxes of pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 jars of marinara sauce.

In a small mixing bowl, toss 4 cups shredded chicken with 2 cups grated Parmesan cheese.

To each disposable tray, layer the following ingredients:

- Half of the marinara-pasta mixture into each tray
- Half of the chicken-Parmesan mixture into each tray
- 2 cups shredded mozzarella cheese

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:** *Recipe is gluten-free when you use small shell gluten-free pasta.*

## 2. Slow Cooker Ranch Chicken Tacos

*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
- 1/2 - cup(s) chicken stock
- 1 - packet(s) ranch dressing mix
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 8 - flour tortillas\*\*
- Garnish: - coleslaw\*\*
- Garnish: - Ranch salad dressing\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

---

### Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker. Season with salt and pepper.
2. In a small mixing bowl, whisk the chicken stock and Ranch dressing mix together and pour over the chicken. Sprinkle the taco seasoning on top.
3. Set on low and cook for 8 hours. Once cooked, strain off excess liquid and shred the chicken into the sauce. Season with salt and pepper as needed. Assemble tacos with shredded chicken, coleslaw and Ranch dressing into tortillas.
4. Prepare the salad.
5. Serve Slow Cooker Ranch Chicken Tacos with coleslaw garnish and side salad.

---

### Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 1 packet taco seasoning
- 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 to the slow cooker and cooking on low for 8 hours.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free if made with gluten-free Ranch and taco seasonings.*

## 3. Chicken Swiss Stuffing Bake

*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

- 3 - boneless chicken breasts
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) milk
- 6 - oz. package stuffing mix
- 2 - cup(s) broccoli florets
- 2 - cup(s) shredded Swiss cheese
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

---

### Cooking Directions for Single Meal

1. Grill or boil the chicken breasts and then cut into bite size pieces.
2. Preheat the oven to 400 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
3. In a large bowl, whisk together the cream of mushroom soup and milk. Toss in the diced chicken, stuffing mix, broccoli florets, and half of the shredded Swiss cheese.
4. Transfer to the prepared baking, spreading out evenly, and then sprinkle the remaining shredded Swiss cheese on top.
5. Bake at 375 for 20 to 25 minutes, or until warmed through and cheese has melted.
6. Prepare the salad.
7. Serve Chicken Swiss Stuffing Bake with side salad.

---

### Assembly Prep Directions for 2 Meals

Grill or boil 6 chicken breasts and then cut into bite size pieces.

In a large bowl, whisk together 2 cans of cream of mushroom soup and 2 cups milk. Toss in the diced chicken, 2 bags of stuffing mix, 4 cups broccoli florets, and 2 cups of the shredded Swiss cheese.

To each disposable tray, add the following ingredients:

- Half of the stuffing-chicken combo into each tray
- Half of the remaining shredded Swiss cheese over the top

Cover with foil or lid, add label and freeze.

**Freeze & Thaw Instructions:** *Put disposable 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 tray of water for about 20 minutes, before transferring to the oven and baking as directed.*

**Dairy-Free Modifications:** *You could make your own cream of mushroom soup with dairy-free milk and use dairy-free milk for the mixture.*

**Gluten-Free Modifications:** *Unfortunately, there is not a great gluten-free alternative for this meal.*

## 4. Slow Cooker Brown Sugar 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
- 1/3 - cup(s) cider vinegar
- 1/2 - cup(s) brown sugar
- 3 - Tbsp soy sauce
- 2 - tsp minced garlic
- - Salt and pepper
- 2 - Tbsp cornstarch\*\*
- Garnish: - crushed red pepper\*\*
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

---

### Cooking Directions for Single Meal

1. In a small bowl, whisk together the cider vinegar, brown sugar, soy sauce and minced garlic.
2. Place the chicken breasts in the base of the slow cooker and season with salt and pepper. Then pour the brown sugar sauce around and on top of the chicken.
3. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, swirl the cornstarch with a few Tbsp of water to make a slurry, and then stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Cook the rice as directed.
5. Prepare veggies.
6. Serve Slow Cooker Brown Sugar Chicken with rice and veggies.

---

### Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 2/3 cup cider vinegar, 1 cup brown sugar, 6 Tbsp soy sauce and 4 tsp minced garlic.

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

- 4 boneless chicken breasts
- Half of the prepared brown sugar-soy sauce mixture
- Do NOT add the cornstarch before 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 to the slow cooker and cooking on low for 8 hours. Thicken with cornstarch at the end of the cooking cycle, as directed.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free sides.*

**Gluten-Free Modifications:** *Recipe is gluten-free if you use gluten-free soy sauce.*

# 5. Slow Cooker Creamy Tuscan Chicken

*Yield: 4 servings*

*Active Time: 15 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 chicken breasts
- 24 - oz. jar(s) Alfredo sauce
- 7 - oz. jar sun-dried tomatoes
- 10 - oz. box(es) frozen spinach
- 1 - tsp minced garlic
- - Salt and pepper
- Garnish: - grated Parmesan cheese\*\*
- Side: - pasta\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

---

## Cooking Directions for Single Meal

1. Thaw and drain the spinach. Slice the sun-dried tomatoes into strips, if needed.
2. In a large mixing bowl, combine the alfredo sauce, sun-dried tomatoes, spinach and minced garlic. Mix well.
3. Place the chicken breasts in the base of the slow cooker and season with salt and pepper. Then pour the alfredo sauce mixture over the chicken. Set on low and cook for 8 hours.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Creamy Tuscan Chicken over pasta with side salad.

---

## Assembly Prep Directions for 2 Meals

Thaw and drain 2 boxes of spinach. Slice 2 jars of sun-dried tomatoes into strips, if needed.

In a large mixing bowl, combine 2 jars of alfredo sauce with the sun-dried tomatoes strips and drained spinach with 2 tsp minced garlic. Mix well.

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

- 4 boneless chicken breasts
- Half of the prepared alfredo-sun dried tomato combo

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

**Gluten-Free Modifications:** *Recipe is gluten-free if you serve with gluten-free pasta.*

# Complete Shopping List by Recipe

## 1. Lazy Chicken Parmesan & Pasta Bake

- 2x12 - oz. box(es) penne pasta
- 4 - cup(s) shredded rotisserie chicken
- 2 - cup(s) grated Parmesan cheese
- 2 - 26 oz. jar(s) marinara sauce
- 4 - cup(s) shredded mozzarella cheese
- chopped basil
- grated Parmesan cheese
- salad
- 2 - 9x13 disposable foil tray(s)

## 3. Chicken Swiss Stuffing Bake

- 6 - boneless chicken breasts
- 2x1 - 10 oz can(s) cream of mushroom
- 2 - cup(s) milk
- 12 - oz. package stuffing mix
- 4 - cup(s) broccoli florets
- 4 - cup(s) shredded Swiss cheese
- salad
- 2 - 9x13 disposable foil tray(s)

## 5. Slow Cooker Creamy Tuscan Chicken

- 8 - small boneless chicken breasts
- 2x24 - oz. jar(s) Alfredo sauce
- 14 - oz. jar sun-dried tomatoes
- 2x10 - oz. box(es) frozen spinach
- 2 - tsp minced garlic
- Salt and pepper
- grated Parmesan cheese
- pasta
- salad
- 2 - gallon-size freezer baggie(s)

## 2. Slow Cooker Ranch Chicken Tacos

- 8 - small boneless chicken breasts
- 1 - cup(s) chicken stock
- 2 - packet(s) ranch dressing mix
- 2 - packet(s) taco seasoning
- Salt and pepper
- 16 - flour tortillas
- coleslaw
- Ranch salad dressing
- salad
- 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Brown Sugar Chicken

- 8 - small boneless chicken breasts
- 2/3 - cup(s) cider vinegar
- 1 - cup(s) brown sugar
- 6 - Tbsp soy sauce
- 4 - tsp minced garlic
- Salt and pepper
- 4 - Tbsp cornstarch
- crushed red pepper
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 4 cup(s) shredded rotisserie chicken
- 24 small boneless chicken breasts
- 6 boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2x12 oz. box(es) penne pasta
- 1 cup(s) chicken stock
- 2x1 10 oz can(s) cream of mushroom
- Side:** rice
- 14 oz. jar sun-dried tomatoes

## Sauces/Condiments

- 2 26 oz. jar(s) marinara sauce
- Garnish:** Ranch salad dressing
- 2/3 cup(s) cider vinegar
- 6 Tbsp soy sauce
- 2x24 oz. jar(s) Alfredo sauce

## Dairy/Frozen

- 2 cup(s) grated Parmesan cheese
- 4 cup(s) shredded mozzarella cheese
- Garnish:** grated Parmesan cheese
- 2 cup(s) milk
- 4 cup(s) shredded Swiss cheese
- 2x10 oz. box(es) frozen spinach

## Produce

- Side:** salad
- Garnish:** coleslaw
- 4 cup(s) broccoli florets
- Side:** veggies

## Starchy Sides

- 16 flour tortillas
- Side:** pasta

## Spices

- Garnish:** chopped basil
- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning
- Salt and pepper
- 1 cup(s) brown sugar
- 6 tsp minced garlic
- 4 Tbsp cornstarch
- Garnish:** crushed red pepper

## Supplies

- Side:** 4 9x13 disposable foil tray(s)
- Side:** 6 gallon-size freezer baggie(s)
- 12 oz. package stuffing mix



# 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. Lazy Chicken Parmesan & Pasta Bake

- 2x12 oz. box(es) penne pasta
- 4 cup(s) shredded rotisserie chicken
- 2 cup(s) grated Parmesan cheese
- 2 26 oz. jar(s) marinara sauce
- 4 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(s)

## 3. Chicken Swiss Stuffing Bake

- 6 boneless chicken breasts
- 2x1 10 oz can(s) cream of mushroom
- 2 cup(s) milk
- 12 oz. package stuffing mix
- 4 cup(s) broccoli florets
- 4 cup(s) shredded Swiss cheese
- 2 9x13 disposable foil tray(s)

## 5. Slow Cooker Creamy Tuscan Chicken

- 8 small boneless chicken breasts
- 2x24 oz. jar(s) Alfredo sauce
- 14 oz. jar sun-dried tomatoes
- 2x10 oz. box(es) frozen spinach
- 2 tsp minced garlic
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Ranch Chicken Tacos

- 8 small boneless chicken breasts
- 1 cup(s) chicken stock
- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Brown Sugar Chicken

- 8 small boneless chicken breasts
- 2/3 cup(s) cider vinegar
- 1 cup(s) brown sugar
- 6 Tbsp soy sauce
- 4 tsp minced garlic
- 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

- 4 cup(s) shredded rotisserie chicken
- 24 small boneless chicken breasts
- 6 boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2x12 oz. box(es) penne pasta
- 1 cup(s) chicken stock
- 2x1 10 oz can(s) cream of mushroom
- 14 oz. jar sun-dried tomatoes

## Spices

- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning
- Salt and pepper
- 1 cup(s) brown sugar
- 6 tsp minced garlic

## Supplies

- 4x 9x13 disposable foil tray(s)
- 6x gallon-size freezer baggie(s)
- 12 oz. package stuffing mix

## Produce

- 4 cup(s) broccoli florets

## Sauces/Condiments

- 2 26 oz. jar(s) marinara sauce
- 2/3 cup(s) cider vinegar
- 6 Tbsp soy sauce
- 2x24 oz. jar(s) Alfredo sauce

## Dairy/Frozen

- 2 cup(s) grated Parmesan cheese
- 4 cup(s) shredded mozzarella cheese
- 2 cup(s) milk
- 4 cup(s) shredded Swiss cheese
- 2x10 oz. box(es) frozen spinach

## 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

- Grill or boil 6 chicken breasts and then cut into bite size pieces.
- Thaw and drain 2 boxes of spinach. Slice 2 jars of sun-dried tomatoes into strips, if needed.
- Cook 2 boxes of pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 jars of marinara sauce.
- In a small mixing bowl, toss 4 cups shredded chicken with 2 cups grated Parmesan cheese.
- In a large bowl, whisk together 2 cans of cream of mushroom soup and 2 cups milk. Toss in the diced chicken, 2 bags of stuffing mix, 4 cups broccoli florets, and 2 cups of the shredded Swiss cheese.
- In a small bowl, whisk together 2/3 cup cider vinegar, 1 cup brown sugar, 6 Tbsp soy sauce and 4 tsp minced garlic.
- In a large mixing bowl, combine 2 jars of alfredo sauce with the sun-dried tomatoes strips and drained spinach with 2 tsp minced garlic. Mix well.

*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.

### Lazy Chicken Parmesan & Pasta Bake

To each disposable tray, layer the following ingredients:

- Half of the marinara-pasta mixture into each tray
- Half of the chicken-Parmesan mixture into each tray
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

### Chicken Swiss Stuffing Bake

To each disposable tray, add the following ingredients:

- Half of the stuffing-chicken combo into each tray
- Half of the remaining shredded Swiss cheese over the top

Cover with foil or lid, add label and freeze.

### Slow Cooker Creamy Tuscan Chicken

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

- 4 boneless chicken breasts
- Half of the prepared alfredo-sun dried tomato combo

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

### Slow Cooker Ranch Chicken Tacos

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 1 packet taco seasoning
- Salt and pepper

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

### Slow Cooker Brown Sugar Chicken

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

- 4 boneless chicken breasts
- Half of the prepared brown sugar-soy sauce mixture
- Do NOT add the cornstarch before freezing

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