

CLEAN EATS MEAL PLAN

NOVEMBER 2017

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1. Basil Balsamic Chicken

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 60 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
- 1/2 - cup(s) balsamic vinegar
- 2 - Tbsp olive oil
- - Salt and pepper
- 2 - tsp dried basil
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken into a bowl or dish and add the balsamic vinegar and olive oil. Season lightly with salt and pepper. *Let marinate in the fridge for at least 30 minutes...ideally overnight!
2. Preheat oven to 350 F. Lightly grease a baking dish with non-stick cooking spray.
3. Place the marinated chicken in the baking dish and generously sprinkle the basil on top. Bake for an hour, or until the chicken has cooked through. Cooking time may vary depending on thickness of the chicken pieces. Slice the chicken and divide into 4 portions.
4. Serve Basil Balsamic Chicken with rice and veggies.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless, skinless chicken breasts
- 1/2 cup balsamic vinegar
- 2 Tbsp olive oil
- Salt and pepper
- 2 tsp dried basil

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 baking dish and baking as directed.*

Special Notes: *This meal can also be made and frozen in disposable foil trays.*

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.*

2. Beef Fajita Lettuce Wraps

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 15 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 1/2 - lb(s) flank steak
- 3 - lime(s)
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 1 - small white onion(s)
- 8 - large lettuce leaves**
- Garnish: - salsa**
- Garnish: - sour cream**
- Garnish: - shredded cheese**
- Garnish: - guacamole**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)
- 1 - quart-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef in a shallow dish and squeeze the juice from the limes over the beef and then season both sides with the taco seasoning. Add a little salt and pepper. *Let marinate for at least an hour, ideally overnight.
2. Slice and toss together bell peppers and onion.
3. In a large skillet, saute the flank steak with the marinade over medium high heat, flipping often, until cooked to your liking - about 6 to 8 minutes. Cooking time may vary depending on heat over the grill and thickness of the beef.
4. Remove the flank steak from the skillet and then saute the veggies for 3 to 5 minutes, or until softened.
5. Slice the flank steak across the grain into strips for your fajitas.
6. Add sliced beef, grilled peppers and onions, and toppings to the lettuce leaves.
7. Serve Beef Fajita Lettuce Wraps with desired toppings.

Assembly Prep Directions for 2 Meals

Slice 2 white onions, 2 green and 2 red bell peppers. Mix together and then evenly divide into 2 quart size freezer baggies.

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

- 1 1/2 lbs. skirt or flank steak
- Juice from 3 limes
- 1 packet taco seasoning
- Salt and pepper
- 1 quart size baggie with the onions and bell peppers

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. Remove the veggie pack from the baggie and thaw in the fridge. Thaw the flank steak in the fridge completely before sauteing with veggies, as directed. Slice and serve in lettuce wraps.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides. Omit sour cream or cheese toppings.*

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

3. Veggie Fajitas

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 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 - cup(s) sliced white mushroom(s)
- 2 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 2 - Tbsp canola oil**
- 2 - lime(s)
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- Garnish: - sour cream and guacamole**
- Side: - flour tortillas**
- Side: - refried beans**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Seed and slice the bell peppers. Slice the onions. Halve the limes.
3. In a large skillet, add the oil and saute the mushrooms, bell peppers and onion slices for 4 to 6 minutes, or until they soften. Squeeze the lime juice over the top and sprinkle the garlic powder and ground cumin in as well.
4. Assemble the sauteed veggies into tortillas and add garnishes.
5. Heat the refried beans.
6. Serve Veggie Fajitas with toppings and side of refried beans.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.

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

- 3 cups sliced mushrooms
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

Remove as much air as possible and seal. Add label to baggie 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 skillet and sauteing as directed.*

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

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

4. Herbed Butter Salmon

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 15 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) salmon fillet
- - Salt and pepper
- 1/2 - cup(s) butter
- 1 - tsp dried basil
- 1 - tsp dried rosemary
- 1 - tsp dried thyme
- 1/2 - tsp salt
- 1/2 - tsp pepper
- Side: - veggies**
- Side: - cauliflower rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Set out the butter to soften.
2. Preheat oven to 400 F.
3. In a small bowl, press the butter with a fork to flatten it and then add the dried basil, rosemary, thyme, salt and pepper. Gently fold it all together with fork, small butter knife or small spatula. Add the butter to a piece of plastic wrap and roll and shape it into a log and then slice into 8 pieces.
4. Cut salmon fillet into 4 pieces. Place in small baking dish and add 2 slices of the herbed butter on top of each salmon. Bake in the preheated oven for 15 to 20 minutes, or until salmon is no longer pink in the middle.
5. Prepare the veggies and cauliflower rice.
6. Serve Herbed Butter Salmon with veggies and cauliflower rice.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of salmon fillet into 8 pieces.

Soften butter.

In a small bowl, press 1 cup butter with a fork to flatten it and then add the 2 tsp dried basil, 2 tsp rosemary, 2 tsp thyme, 1 tsp salt and 1 tsp pepper. Gently fold it all together with fork, small butter knife or small spatula. Add the butter to a piece of plastic wrap and roll and shape it into a log and then slice into 8 pieces.

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

- 4 salmon pieces
- 2 slices of herbed butter on top of each salmon fillet

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 salmon and herbed butter to baking dish. Bake at 400 F for 15 to 20 minutes.*

Special Notes: *Use clarified butter and serve with cauliflower 'rice' for Paleo/Whole30 meal.*

Dairy-Free Modifications: *Recipe is dairy-free when made with dairy-free margarine.*

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

5. Pesto Stuffed Chicken

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 - small boneless chicken breasts
- 2 - Tbsp olive oil
- - Salt and pepper
- 7 - oz. pesto
- 1 - cup(s) shredded mozzarella cheese
- Side: - loaf bread**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Slit each of the chicken breasts at their widest section, creating a pocket. Spread the pesto onto both sides of the split open chicken breasts, then add pinchful of shredded mozzarella cheese to each. Fold closed.
3. In a skillet, heat the oil and the brown both sides of the chicken. Transfer the seared chicken to baking dish and bake for 20 to 25 minutes, or until chicken is cooked through. Cooking time will vary depending on thickness of the chicken. Season with salt and pepper.
4. Prepare the salad. Warm the bread.
5. Serve Pesto Stuffed Chicken with salad and bread.

Assembly Prep Directions for 2 Meals

Slit each of the chicken breasts at their widest section, creating a pocket. Spread the pesto onto both sides of the split open chicken breasts, then add pinchful of shredded mozzarella cheese to each. Fold closed.

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

- 4 stuffed chicken breasts
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie 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 skillet to brown and then 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 served with gluten-free sides.*

Complete Shopping List by Recipe

1. Basil Balsamic Chicken

- 8 - small boneless chicken breasts
- 1 - cup(s) balsamic vinegar
- 4 - Tbsp olive oil
- Salt and pepper
- 4 - tsp dried basil
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

3. Veggie Fajitas

- 6 - cup(s) sliced white mushroom(s)
- 4 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 4 - Tbsp canola oil
- 4 - lime(s)
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- sour cream and guacamole
- flour tortillas
- refried beans
- 2 - gallon-size freezer baggie(s)

5. Pesto Stuffed Chicken

- 8 - small boneless chicken breasts
- 4 - Tbsp olive oil
- Salt and pepper
- 14 - oz. pesto
- 2 - cup(s) shredded mozzarella cheese
- loaf bread

2. Beef Fajita Lettuce Wraps

- 3 - lb(s) flank steak
- 6 - lime(s)
- 2 - packet(s) taco seasoning
- Salt and pepper
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 2 - small white onion(s)
- 16 - large lettuce leaves
- salsa
- sour cream
- shredded cheese
- guacamole
- fruit
- 2 - gallon-size freezer baggie(s)
- 2 - quart-size freezer baggie(s)

4. Herbed Butter Salmon

- 2 - lb(s) salmon fillet
- Salt and pepper
- 1 - cup(s) butter
- 2 - tsp dried basil
- 2 - tsp dried rosemary
- 2 - tsp dried thyme
- 1 - tsp salt
- 1 - tsp pepper
- veggies
- cauliflower rice
- 2 - gallon-size freezer baggie(s)

- salad

2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 16 small boneless chicken breasts
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- Side:** rice
- Garnish:** salsa
- Side:** refried beans
- Side:** cauliflower rice

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 8 Tbsp olive oil
- 4 Tbsp canola oil
- 14 oz. pesto

Dairy/Frozen

- Garnish:** sour cream
- Side:** shredded cheese
- Garnish:** sour cream and guacamole
- 1 cup(s) butter
- 2 cup(s) shredded mozzarella cheese

Produce

- Side:** veggies
- 10 lime(s)
- 4 green bell pepper(s)
- 4 red bell pepper(s)
- 6 small white onion(s)
- 16 large lettuce leaves
- Side:** guacamole
- Side:** fruit
- 6 cup(s) sliced white mushroom(s)
- Side:** salad

Starchy Sides

- Side:** flour tortillas
- Side:** loaf bread

Spices

- Salt and pepper
- 6 tsp dried basil
- 2 packet(s) taco seasoning
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- 2 tsp dried rosemary
- 2 tsp dried thyme
- 1 tsp salt
- 1 tsp pepper

Supplies

- Side:** 10 gallon-size freezer baggie(s)
- Side:** 2 quart-size freezer baggie(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. Basil Balsamic Chicken

- 8 small boneless chicken breasts
- 1 cup(s) balsamic vinegar
- 4 Tbsp olive oil
- Salt and pepper
- 4 tsp dried basil
- 2 gallon-size freezer baggie(s)

2. Beef Fajita Lettuce Wraps

- 3 lb(s) flank steak
- 6 lime(s)
- 2 packet(s) taco seasoning
- Salt and pepper
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2 small white onion(s)
- 2 gallon-size freezer baggie(s)
- 2 quart-size freezer baggie(s)

3. Veggie Fajitas

- 6 cup(s) sliced white mushroom(s)
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Herbed Butter Salmon

- 2 lb(s) salmon fillet
- Salt and pepper
- 1 cup(s) butter
- 2 tsp dried basil
- 2 tsp dried rosemary
- 2 tsp dried thyme
- 1 tsp salt
- 1 tsp pepper
- 2 gallon-size freezer baggie(s)

5. Pesto Stuffed Chicken

- 8 small boneless chicken breasts
- 4 Tbsp olive oil
- Salt and pepper
- 14 oz. pesto
- 2 cup(s) shredded mozzarella cheese
- 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
- 3 lb(s) flank steak
- 2 lb(s) salmon fillet

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 8 Tbsp olive oil
- 14 oz. pesto

Dairy/Frozen

- 1 cup(s) butter
- 2 cup(s) shredded mozzarella cheese

Produce

- 10 lime(s)
- 4 green bell pepper(s)
- 4 red bell pepper(s)
- 6 small white onion(s)
- 6 cup(s) sliced white mushroom(s)

Spices

- Salt and pepper
- 6 tsp dried basil
- 2 packet(s) taco seasoning
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- 2 tsp dried rosemary
- 2 tsp dried thyme
- 1 tsp salt
- 1 tsp pepper

Supplies

- 10x gallon-size freezer baggie(s)
- 2x quart-size freezer baggie(s)

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

- Cut 2 lbs. of salmon fillet into 8 pieces.
- Slit each of the chicken breasts at their widest section, creating a pocket. Spread the pesto onto both sides of the split open chicken breasts, then add pinchful of shredded mozzarella cheese to each. Fold closed.
- Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.
- Slice 2 white onions, 2 green and 2 red bell peppers. Mix together and then evenly divide into 2 quart size freezer baggies.
- Soften butter.
- In a small bowl, press 1 cup butter with a fork to flatten it and then add the 2 tsp dried basil, 2 tsp rosemary, 2 tsp thyme, 1 tsp salt and 1 tsp pepper. Gently fold it all together with fork, small butter knife or small spatula. Add the butter to a piece of plastic wrap and roll and shape it into a log and then slice into 8 pieces.

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.

Basil Balsamic Chicken

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

- 4 small boneless, skinless chicken breasts
- 1/2 cup balsamic vinegar
- 2 Tbsp olive oil
- Salt and pepper
- 2 tsp dried basil

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

Veggie Fajitas

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

- 3 cups sliced mushrooms
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

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

Pesto Stuffed Chicken

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

- 4 stuffed chicken breasts
- Salt and pepper

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

Beef Fajita Lettuce Wraps

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

- 1 1/2 lbs. skirt or flank steak
- Juice from 3 limes
- 1 packet taco seasoning
- Salt and pepper
- 1 quart size baggie with the onions and bell peppers

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

Herbed Butter Salmon

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

- 4 salmon pieces
- 2 slices of herbed butter on top of each salmon fillet

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