

GLUTEN FREE MEAL PLAN

NOVEMBER 2017

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1. Bean & Cheese Enchiladas

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

- 2 - 15 oz. can(s) refried beans
- 3 - cup(s) shredded Monterrey Jack cheese
- 1 - cup(s) red salsa
- 12 - corn tortillas
- 2 - can(s) red enchilada sauce
- Garnish: - chopped cilantro**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open the cans of refried beans.
3. In a mixing bowl, combine the refried beans, half of the shredded Monterrey Jack cheese with the salsa and a pinch of salt and pepper.
4. Roll the bean-cheese mixture into each of the corn tortillas and nestle them into the prepared baking dish, seam side down. Once all 12 are made, pour the red enchilada sauce over the top of the tortillas and top with the other half of the shredded Monterrey Jack cheese.
5. Bake in the preheated oven for 25 minutes, or until cheese has melted. Garnish with chopped cilantro.
6. Prepare veggies.
7. Serve Bean & Cheese Enchiladas with veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, combine 4 cans of refried beans with 3 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.

Open 4 cans of red enchilada sauce.

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterrey Jack 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.*

Special Notes: *Double check ingredients on the enchilada sauce to make sure it's vegetarian!*

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

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

2. Slow Cooker Dijon Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 6 to 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 - boneless pork chops
- 1 - small white onion(s)
- 1 - 10 oz can(s) cream of mushroom
- 2 - Tbsp milk
- 1/4 - cup(s) Dijon mustard
- 1 - tsp minced garlic
- 1/2 - tsp pepper
- 1/2 - tsp salt
- Side: - mashed potatoes**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion into half-moons.
2. Place the pork chops into the base of the slow cooker.
3. In a small mixing bowl, combine the cream of mushroom soup, milk, Dijon mustard, garlic, salt and pepper. Pour over the pork chops in the slow cooker. Set the slow cooker on low and cook for 6 to 8 hours.
4. Prepare the mashed potatoes.
5. Prepare the salad.
6. Serve Slow Cooker Dijon Pork Chops with mashed potatoes and salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

Open 2 cans of cream of mushroom soup.

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

- 4 boneless pork chops
- Half of the sliced onions
- 1 - 10 oz. can cream of mushroom soup
- 2 Tbsp milk
- 1/4 cup Dijon mustard
- 1 tsp minced garlic
- 1/2 tsp pepper
- 1/2 tsp salt

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 6 to 8 hours.

Dairy-Free Modifications: To make dairy-free, make your own cream of mushroom soup using dairy-free milk. Search 5DollarDinners.com for recipe.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides and made with gluten-free cream of mushroom soup (Pacific brand.)

3. 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.*

4. 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.*

5. 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.*

Complete Shopping List by Recipe

1. Bean & Cheese Enchiladas

- 4 - 15 oz. can(s) refried beans
- 6 - cup(s) shredded Monterrey Jack cheese
- 2 - cup(s) red salsa
- 24 - corn tortillas
- 2x2 - can(s) red enchilada sauce
- chopped cilantro
- veggies
- 2 - 9x13 disposable foil tray(s)

3. 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)

5. 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)

2. Slow Cooker Dijon Pork Chops

- 8 - boneless pork chops
- 2 - small white onion(s)
- 2x1 - 10 oz can(s) cream of mushroom
- 4 - Tbsp milk
- 1/2 - cup(s) Dijon mustard
- 2 - tsp minced garlic
- 1 - tsp pepper
- 1 - tsp salt
- mashed potatoes
- salad
- 2 - gallon-size freezer baggie(s)

4. 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)

Complete Shopping List by Store Section/Category

Meat

- 8 boneless pork chops
- 16 small boneless chicken breasts
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 4 15 oz. can(s) refried beans
- 2 cup(s) red salsa
- 2x2 can(s) red enchilada sauce
- 2x1 10 oz can(s) cream of mushroom
- Side:** rice
- 14 oz. jar sun-dried tomatoes
- Side:** cauliflower rice

Sauces/Condiments

- 1/2 cup(s) Dijon mustard
- 2/3 cup(s) cider vinegar
- 6 Tbsp soy sauce
- 2x24 oz. jar(s) Alfredo sauce

Dairy/Frozen

- 6 cup(s) shredded Monterrey Jack cheese
- 4 Tbsp milk
- 2x10 oz. box(es) frozen spinach
- Garnish:** grated Parmesan cheese
- 1 cup(s) butter

Produce

- Garnish:** chopped cilantro
- Side:** veggies
- 2 small white onion(s)
- Side:** mashed potatoes
- Side:** salad

Starchy Sides

- 24 corn tortillas
- Side:** pasta

Spices

- 8 tsp minced garlic
- 2 tsp pepper
- 2 tsp salt
- 1 cup(s) brown sugar
- Salt and pepper
- 4 Tbsp cornstarch
- Garnish:** crushed red pepper
- 2 tsp dried basil
- 2 tsp dried rosemary
- 2 tsp dried thyme

Supplies

- Side:** 2 9x13 disposable foil tray(s)
- Side:** 8 gallon-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. Bean & Cheese Enchiladas

- 4 15 oz. can(s) refried beans
- 6 cup(s) shredded Monterrey Jack cheese
- 2 cup(s) red salsa
- 24 corn tortillas
- 2x2 can(s) red enchilada sauce
- 2 9x13 disposable foil tray(s)

2. Slow Cooker Dijon Pork Chops

- 8 boneless pork chops
- 2 small white onion(s)
- 2x1 10 oz can(s) cream of mushroom
- 4 Tbsp milk
- 1/2 cup(s) Dijon mustard
- 2 tsp minced garlic
- 1 tsp pepper
- 1 tsp salt
- 2 gallon-size freezer baggie(s)

3. 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)

4. 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)

5. 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)

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 boneless pork chops
- 16 small boneless chicken breasts
- 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- 4 15 oz. can(s) refried beans
- 2 cup(s) red salsa
- 2x2 can(s) red enchilada sauce
- 2x1 10 oz can(s) cream of mushroom
- 14 oz. jar sun-dried tomatoes

Sauces/Condiments

- 1/2 cup(s) Dijon mustard
- 2/3 cup(s) cider vinegar
- 6 Tbsp soy sauce
- 2x24 oz. jar(s) Alfredo sauce

Dairy/Frozen

- 6 cup(s) shredded Monterrey Jack cheese
- 4 Tbsp milk
- 2x10 oz. box(es) frozen spinach
- 1 cup(s) butter

Produce

- 2 small white onion(s)

Starchy Sides

- 24 corn tortillas

Spices

- 8 tsp minced garlic
- 2 tsp pepper
- 2 tsp salt
- 1 cup(s) brown sugar
- Salt and pepper
- 2 tsp dried basil
- 2 tsp dried rosemary
- 2 tsp dried thyme

Supplies

- 2x 9x13 disposable foil tray(s)
- 8x gallon-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.
- Thaw and drain 2 boxes of spinach. Slice 2 jars of sun-dried tomatoes into strips, if needed.
- Slice 2 small white onions into half-moons.
- Soften butter.
- 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.
- 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.
- In a mixing bowl, combine 4 cans of refried beans with 3 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.
- Open 2 cans of cream of mushroom soup.
- Open 4 cans of red enchilada sauce.

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.

Bean & Cheese Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterrey Jack cheese

Cover with foil or lid, add label and freeze.

Slow Cooker Dijon Pork Chops

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

- 4 boneless pork chops
- Half of the sliced onions
- 1 - 10 oz. can cream of mushroom soup
- 2 Tbsp milk
- 1/4 cup Dijon mustard
- 1 tsp minced garlic
- 1/2 tsp pepper
- 1/2 tsp salt

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.

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.

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.