

THE 20 MEALS PLAN

DECEMBER

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Meal Assembly Instructions

1. Slow Cooker Creamy Taco Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours

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 - green bell pepper(s)
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) corn
- 2 - 15 oz. can(s) diced tomatoes
- 2 - cup(s) beef broth**
- 2 - packet(s) taco seasoning **
- 1 - cup(s) sour cream**
- Garnish: - crushed tortilla chips**
- Garnish: - shredded Mexican blend cheese**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the ground beef with the minced onion and garlic powder. Drain.
2. Seed and chop the green bell pepper.
3. Open, drain and rinse the black beans. Open and drain the can of corn.
4. To a 6 qt or larger slow cooker, add the browned ground beef, chopped bell pepper, drained and rinsed black beans, drained corn, 2 cans of diced tomatoes, and beef broth. Stir in the taco seasoning. Set on low and cook for 8 hours. Just before serving, swirl in the sour cream into the soup.
5. Prepare veggies.
6. Ladle soup into bowls. Top with crushed tortilla chips and cheese.
7. Serve Slow Cooker Creamy Taco Soup with veggies.

Assembly Prep Directions for 2 Meals

Brown the ground beef with the minced onion and garlic powder. Drain.

Seed and chop the green bell pepper(s).

Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn. Open 4 cans of diced tomatoes.

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- Half of the canned black beans
- Half of the canned corn
- Half of the canned diced tomatoes
- Salt and pepper
- Do NOT add the sour cream to the freezer bag

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

Freeze & Thaw Instructions: *Place 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, adding 2 cups of beef broth and taco seasoning and cooking on low for 8 hours. Swirl in the sour cream at the end of cooking cycle and just before serving.*

Special Notes: *Substitute Greek yogurt for sour cream, if preferred.*

Dairy-Free Modifications: *Omit sour cream addition and cheese garnish for dairy-free meal.*

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

2. Slow Cooker Puttanesca Sauce with Pasta

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours

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 - Tbsp olive oil
- 1 - lb(s) Italian sausage
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - tsp garlic powder
- 1/2 - tsp dried basil
- 1/2 - tsp dried oregano
- 1/2 - tsp onion powder
- - Salt and pepper
- 1 - cup(s) olives
- 3 - Tbsp capers
- 1/2 - cup(s) dry white wine
- 16 - oz. small shell pasta noodles**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large skillet, heat the oil and brown the sausage. Add the crushed tomatoes, garlic powder, basil, oregano, onion powder, salt and pepper to taste. Bring the sauce to a boil, promptly reduce the heat and allow it to simmer for 10 minutes.
2. Add the sauce to the slow cooker insert. Stir in the olives, drained capers, and white wine.
3. (Note: you could substitute a 26 oz. jar spaghetti sauce in place of the homemade tomato sauce listed above. Be sure to update the shopping list if you make this substitution.)
4. Set on low and cook for 8 hours. If your slow cooker runs hot, add 1/2 cup water.
5. Cook pasta as directed. Drain well.
6. Prepare the veggies.
7. Serve Slow Cooker Puttanesca over pasta with side of veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. Italian sausage.

Open 2 cans of crushed tomatoes.

Drain and rinse 6 Tbsp capers.

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

- 1 Tbsp olive oil
- Half of the browned Italian sausage
- Half of the canned crushed tomatoes
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp onion powder
- Salt and pepper to taste
- 1 cup sliced black olives
- 3 Tbsp capers, drained and rinsed
- 1/2 cup dry white wine
- Note: Do NOT add the dry pasta to the freezer 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 in a warm bowl of water for about 20 minutes, before transferring the sauce to reheat in the slow cooker, and then toss with cooked pasta.

Special Notes: Substitute a 26 oz. jar of spaghetti sauce in place of the 1 Tbsp olive oil, 28 oz. can crushed tomatoes, 1 tsp garlic powder, 1/2 tsp dried basil, 1/2 tsp dried oregano and 1/2 tsp onion powder.

Also, add 1/2 to 1 cup water to sauce if your slow cooker runs hot or dries out other meals.

Dairy-Free Modifications: Recipe is dairy-free when served

with dairy-free sides.

Gluten-Free Modifications: *Use gluten-free pasta and serve with gluten-free sides.*

3. Creamy Herbed 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

- 8 - boneless chicken thighs
- 4 - Tbsp butter
- 1 - tsp dried basil
- 1 - tsp dried thyme
- 1 - Tbsp olive oil**
- - Salt and pepper
- 1/2 - cup(s) chicken stock**
- 1/2 - cup(s) sour cream**
- Side: - cauliflower rice**
- Side: - sauteed spinach**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Soften the butter and gently mix in the basil and thyme. Reshape into stick of butter and slice to spread onto chicken.
2. In a large skillet, add the olive oil and brown the chicken on both sides. Spread the herbed butter onto the chicken and let melt. Simmer over medium heat for 4 to 5 minutes, then pour in the chicken stock, flip the chicken and simmer for another 4 to 5 minutes, or until chicken is cooked through.
3. Once the chicken is cooked through, remove it from the skillet and then whisk in the sour cream to thicken the sauce. Serve chicken with creamy sauce over the top.
4. Cook the cauliflower rice, as directed.
5. Prepare the sauteed spinach.
6. Serve Creamy Herbed Chicken with cauliflower rice and spinach.

Assembly Prep Directions for 2 Meals

Let the butter soften.

Combine 8 Tbsp softened butter with 2 tsp basil and 2 tsp thyme.

Reshape the prepared butter into a stick and slice.

To each disposable tray, add the following ingredients:

- 8 boneless chicken thighs
- Half of the herbed butter, sliced and added to each chicken thigh
- Salt and pepper
- Do not add the chicken stock or olive oil to the freezer bag.

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 skillet to cook. Add the olive oil, then brown the chicken thighs with herbed butter and add the chicken stock and cook as directed.

Dairy-Free Modifications: Use a dairy-free margarine for a dairy-free meal.

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

4. Slow Cooker Thai Peanut 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
- - Salt and pepper
- 1 - small white onion(s)
- 1 - red bell pepper(s)
- 2 - cup(s) Thai peanut sauce
- 1 - Tbsp cornstarch**
- Garnish: - sesame seeds and green onions**
- Garnish: - chopped peanuts**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut up the chicken into 1/2-inch pieces.
2. Dice the onion and red bell pepper into 1-inch pieces.
3. Place the chicken pieces in the base of the slow cooker and add the diced onion and red bell pepper around the chicken. Season with salt and pepper. Pour the Thai peanut sauce over the top.
4. 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 and stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
5. Cook the rice as directed.
6. Prepare veggies.
7. Serve Slow Cooker Thai Peanut Chicken with chopped peanuts and sesame seeds garnish, over rice with veggies.

Assembly Prep Directions for 2 Meals

Cut up 8 chicken breasts into 1/2-inch pieces.

Dice 2 small onions and 2 red bell peppers into 1-inch pieces.

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

- Half of the chicken pieces
- Half of the diced onion
- Half of the diced red bell peppers
- 2 cups Thai peanut sauce
- 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 peanut sauce.*

5. Creamy Chicken and Wild Rice Soup

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

- 4 - boneless chicken breasts
- 1 - Tbsp olive oil
- 1 - small white onion(s)
- 4 - whole carrots
- 4 - cup(s) chicken stock
- 1 - tsp garlic powder
- 1 - tsp dried thyme
- 1 - cup(s) wild rice blend**
- 2 - cup(s) sour cream**
- 1/4 - cup(s) all purpose flour**
- 1 - tsp lemon juice**
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the onion and peel and chop the carrots.
2. In a large saucepan, saute the chicken breasts in oil, then add the onions and carrots and saute for 3 minutes. Pour in the chicken stock, whisk in the garlic powder and thyme and bring to bubbling. Reduce heat and let simmer for 10 minutes. Once the chicken is cooked through, carefully pull it apart with 2 forks to shred it into the sauce.
3. Stir in the wild rice blend and cook for 10 to 15 more minutes, or until rice is softened.
4. Reduce heat to low and whisk in the flour and sour cream, then add the lemon juice. Let bubble for a few minutes, then ladle into bowls to serve.
5. Prepare the salad.
6. Serve Creamy Chicken and Wild Rice Soup with salad.

Assembly Prep Directions for 2 Meals

Chop 2 onions and peel and chop 8 carrots.

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

- 4 boneless chicken breasts
- Half of the chopped onion
- Half of the chopped carrots
- 4 cups chicken stock
- 1 tsp garlic powder
- 1 tsp dried thyme
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 10 minutes, then add the wild rice and cook 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 made with gluten-free flour blend.*

6. Parmigiana Meatballs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

*** 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) ground chicken
- 1 - cup(s) breadcrumbs
- 1 - egg(s)
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - tsp Italian seasoning
- - Salt and pepper
- 1 - 26 oz. jar(s) marinara sauce
- 4 - oz. mozzarella cheese
- Garnish: - Parmesan cheese**
- Side: - pasta**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. In a large mixing bowl, combine the ground chicken, breadcrumbs, egg, minced onion, garlic powder, and Italian seasoning with a dash of salt and pepper. Form into 1-inch meatballs and place into baking dish.
3. Slice the mozzarella cheese into small pieces to lay over each meatball.
4. Pour the marinara sauce over top of the meatballs and then add a slice of cheese onto each meatball. Cover with foil and bake for 35 minutes, then uncover and bake another 10 to 15 minutes, or until meatballs are cooked through.
5. Cook the pasta, as directed.
6. Prepare the salad.
7. Serve Parmigiana Meatballs over pasta with salad.

Assembly Prep Directions for 2 Meals

Slice 8 oz. mozzarella cheese into small pieces to lay over each meatball.

In a large mixing bowl, combine 4 lbs. ground chicken, 2 cups breadcrumbs, 2 eggs, 2 Tbsp minced onion, 2 tsp garlic powder, and 2 tsp Italian seasoning with a dash of salt and pepper. Form into 1-inch meatballs and place into baking tray.

To each disposable tray, add the following ingredients:

- Half of the prepared meatballs
- 1 - 26 oz. jar marinara sauce over the meatballs
- Slice of mozzarella cheese onto each meatball

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 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.*

7. Slow Cooker Barbacoa Beef

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

- 3 - lb(s) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 1 - small chipotle chili
- 1 - cup(s) beef stock
- 1/4 - cup(s) apple cider vinegar
- 1/4 - cup(s) lime juice
- 1 - tsp dried oregano
- 1 - tsp Adobo seasoning
- 1 - tsp ground cumin
- - Salt and pepper
- Side: - veggies**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the white onion. Slice the chipotle chili and remove seeds.
2. Place the beef roast into the base of the slow cooker and season with salt and pepper. Add the chopped onion and sliced chili over the top. Pour the beef stock, cider vinegar, lime juice around the beef roast. Sprinkle the oregano, adobo, and ground cumin over the top.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce. Season with salt and pepper to taste.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Slow Cooker Barbacoa Beef with rice and veggies.

Assembly Prep Directions for 2 Meals

Chop 2 white onions. Slice 2 chipotle chiles and remove seeds.

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

- 3 lb. beef chuck roast
- Half of the chopped onion
- Half of the sliced chilis
- 1 cup beef stock
- 1/4 cup apple cider vinegar
- 1/4 cup lime juice
- 1 tsp dried oregano
- 1 tsp adobo seasoning
- 1 tsp ground cumin

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.*

8. Spiced Pork Tenderloin

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) pork tenderloin
- - Salt and pepper
- 1 - small white onion(s)
- 2 - ripe pears
- 1/2 - cup(s) apple juice
- 1 - tsp cinnamon
- 1/2 - tsp ground allspice
- Side: - salad**
- Side: - mashed sweet potatoes**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion. Peel and slice the pears.
2. Place the pork tenderloin into the base of the slow cooker. Season with salt and pepper. Add the sliced onion and sliced pears over the top. Pour the apple juice around the pork and then sprinkle the cinnamon and allspice over the top.
3. Set the slow cooker on low and cook for 8 hours. Once cooked, slice the pork and serve with spiced juices from the slow cooker.
4. Prepare the mashed sweet potatoes.
5. Prepare the salad.
6. Serve Spiced Pork Tenderloin with mashed sweet potatoes and salad.

Assembly Prep Directions for 2 Meals

Slice 2 white onions.

Peel and slice 4 pears into small wedges.

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the sliced onion
- Half of the sliced pears
- 1/2 cup apple juice
- 1 tsp cinnamon
- 1/2 tsp ground allspice

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, adding 1/2 to 1 cup of water and cooking on low for 8 hours.

Special Notes: If your slow cooker runs hot or dries out other meals, add 1/2 to 1 cup of water to slow cooker before cooking.

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.

9. Pork Chop and Feta Skillet

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
- - Salt and pepper
- 2 - Tbsp olive oil
- 3 - Tbsp lemon juice
- 1 - tsp minced garlic
- 1 - tsp dried rosemary
- 1 - tsp dried basil
- Garnish: - feta cheese crumbles**
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a bowl, whisk together the olive oil, lemon juice, garlic, rosemary and basil. Season the pork chops with salt and pepper and then add to the bowl or shallow dish and marinate at least 30 minutes.*
2. In a large skillet, brown the pork chops with marinade for 2 minutes on each side. Reduce heat and simmer for 5 to 8 minutes, flipping twice, or until pork chops are cooked through.
3. Prepare the salad.
4. Warm the dinner rolls.
5. Serve Pork Chop and Feta Skillet with feta cheese garnish on each pork chop, with side salad and dinner rolls.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 tsp minced garlic
- 1 tsp dried rosemary
- 1 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 the veggies to skillet and sauteeing. Then saute the pork chops and re-add the mushrooms and onions until the pork chops are cooked through.*

Special Notes: *Serve with cauli-rice for Paleo/Whole30 meal.*

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.*

10. Black Bean Fajitas

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

- 1 - 10 oz diced tom & green chile
- 1 - 15 oz can(s) refried blk beans
- 1 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 1 - Tbsp olive oil
- 1 - tsp fajita seasoning
- 8 - flour tortillas**
- Garnish: - shredded cheese**
- Garnish: - guacamole**
- Side: - salad**
- 2 - quart-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the green and red bell peppers. Slice the onion.
2. Open the refried black beans, and open and drain the diced tomatoes with green chilies.
3. In a large skillet, saute the red bell peppers and onions in the olive oil. Season with fajita seasoning.
4. In a mixing bowl, combine the refried black beans and diced tomatoes with green chilies.
5. Assemble fajitas with black beans and sauteed veggies. Add desired toppings.
6. Prepare the salad.
7. Serve Black Bean Fajitas with salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 green bell peppers and 2 red bell peppers.

Slice 2 white onions.

Open the refried black beans.

Open and drain the diced tomatoes with green chilies.

In a mixing bowl, combine the black beans and diced tomatoes with green chilies.

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

- Divide the black bean combo equally into 2 bags.
- Divide the peppers and onions equally into 2 more bags.
- Add fajita seasoning to peppers and onions bags.

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

Freeze & Thaw Instructions: *Put baggies 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 peppers and onions to the skillet to saute. Warm the black beans mixture in small skillet or saucepan. Assemble fajitas.*

Special Notes: *If your store doesn't carry refried black beans, you can puree same amount of drained black beans with the diced tomatoes. Use vegetarian refried beans for vegetarian meal.*

Dairy-Free Modifications: *Omit cheese garnish for dairy-free meal.*

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

Complete Shopping List by Recipe

1. Slow Cooker Creamy Taco Soup

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - green bell pepper(s)
- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. can(s) corn
- 4 - 15 oz. can(s) diced tomatoes
- 4 - cup(s) beef broth
- 4 - packet(s) taco seasoning
- 2 - cup(s) sour cream
- crushed tortilla chips
- shredded Mexican blend cheese
- veggies
- 2 - gallon-size freezer baggie(s)

3. Creamy Herbed Chicken

- 16 - boneless chicken thighs
- 8 - Tbsp butter
- 2 - tsp dried basil
- 2 - tsp dried thyme
- 2 - Tbsp olive oil
- Salt and pepper
- 1 - cup(s) chicken stock
- 1 - cup(s) sour cream
- cauliflower rice
- sauteed spinach
- 2 - 9x13 disposable foil tray(s)

5. Creamy Chicken and Wild Rice Soup

- 8 - boneless chicken breasts
- 2 - Tbsp olive oil
- 2 - small white onion(s)
- 8 - whole carrots
- 8 - cup(s) chicken stock
- 2 - tsp garlic powder
- 2 - tsp dried thyme
- 2 - cup(s) wild rice blend
- 4 - cup(s) sour cream

2. Slow Cooker Puttanesca Sauce with Pasta

- 2 - Tbsp olive oil
- 2 - lb(s) Italian sausage
- 2x1 - 28 oz. can(s) crushed tomatoes
- 2 - tsp garlic powder
- 1 - tsp dried basil
- 1 - tsp dried oregano
- 1 - tsp onion powder
- Salt and pepper
- 2x1 - cup(s) olives
- 6 - Tbsp capers
- 1 - cup(s) dry white wine
- 2x16 - oz. small shell pasta noodles
- veggies
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Thai Peanut Chicken

- 8 - small boneless chicken breasts
- Salt and pepper
- 2 - small white onion(s)
- 2 - red bell pepper(s)
- 4 - cup(s) Thai peanut sauce
- 2 - Tbsp cornstarch
- sesame seeds and green onions
- chopped peanuts
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

6. Parmigiana Meatballs

- 4 - lb(s) ground chicken
- 2 - cup(s) breadcrumbs
- 2 - egg(s)
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - tsp Italian seasoning
- Salt and pepper
- 2 - 26 oz. jar(s) marinara sauce
- 8 - oz. mozzarella cheese

- 1/2 - cup(s) all purpose flour
- 2 - tsp lemon juice
- Salt and pepper
- salad
- 2 - gallon-size freezer baggie(s)

7. Slow Cooker Barbacoa Beef

- 6 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 2 - small chipotle chili
- 2 - cup(s) beef stock
- 1/2 - cup(s) apple cider vinegar
- 1/2 - cup(s) lime juice
- 2 - tsp dried oregano
- 2 - tsp Adobo seasoning
- 2 - tsp ground cumin
- Salt and pepper
- veggies
- rice
- 2 - gallon-size freezer baggie(s)

9. Pork Chop and Feta Skillet

- 8 - boneless pork chops
- Salt and pepper
- 4 - Tbsp olive oil
- 6 - Tbsp lemon juice
- 2 - tsp minced garlic
- 2 - tsp dried rosemary
- 2 - tsp dried basil
- feta cheese crumbles
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)

- Parmesan cheese
- pasta
- salad
- 2 - 9x13 disposable foil tray(s)

8. Spiced Pork Tenderloin

- 4 - lb(s) pork tenderloin
- Salt and pepper
- 2 - small white onion(s)
- 4 - ripe pears
- 1 - cup(s) apple juice
- 2 - tsp cinnamon
- 1 - tsp ground allspice
- salad
- mashed sweet potatoes
- 2 - gallon-size freezer baggie(s)

10. Black Bean Fajitas

- 2x1 - 10 oz diced tom & green chile
- 2x1 - 15 oz can(s) refried blk beans
- 2 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 2 - Tbsp olive oil
- 2 - tsp fajita seasoning
- 16 - flour tortillas
- shredded cheese
- guacamole
- salad
- 4 - quart-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) ground beef
- 2 lb(s) Italian sausage
- 16 boneless chicken thighs
- 8 small boneless chicken breasts
- 8 boneless chicken breasts
- 4 lb(s) ground chicken
- 6 lb(s) beef chuck roast
- 4 lb(s) pork tenderloin
- 8 boneless pork chops

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 4 15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 2x1 28 oz. can(s) crushed tomatoes
- 2x1 cup(s) olives
- 6 Tbsp capers
- 2x16 oz. small shell pasta noodles
- 9 cup(s) chicken stock
- Side:** cauliflower rice
- Side:** chopped peanuts
- Side:** rice
- 2 cup(s) breadcrumbs
- 2 cup(s) beef stock
- 1 cup(s) apple juice
- 2x1 10 oz diced tom & green chile
- 2x1 15 oz can(s) refried blk beans

Sauces/Condiments

- 12 Tbsp olive oil
- 1 cup(s) dry white wine

Produce

- 4 green bell pepper(s)
- Side:** veggies
- Side:** sauteed spinach
- 10 small white onion(s)
- 4 red bell pepper(s)
- Garnish:** sesame seeds and green onions
- 8 whole carrots
- 2 tsp lemon juice
- Side:** salad
- 2 small chipotle chili
- 1/2 cup(s) lime juice
- 4 ripe pears
- Side:** mashed sweet potatoes
- 6 Tbsp lemon juice
- Side:** guacamole

Starchy Sides

- Garnish:** crushed tortilla chips
- Side:** pasta
- Side:** dinner rolls
- 16 flour tortillas

Spices

- 4 Tbsp minced onion
- 8 tsp garlic powder

- 4 cup(s) Thai peanut sauce
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) apple cider vinegar

- 4 packet(s) taco seasoning
- 5 tsp dried basil
- 3 tsp dried oregano
- 1 tsp onion powder
- Salt and pepper
- 4 tsp dried thyme
- 2 Tbsp cornstarch
- 1/2 cup(s) all purpose flour
- 2 tsp Italian seasoning
- 2 tsp Adobo seasoning
- 2 tsp ground cumin
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 tsp minced garlic
- 2 tsp dried rosemary
- 2 tsp fajita seasoning

Dairy/Frozen

- 7 cup(s) sour cream
- Garnish:** shredded Mexican blend cheese
- 8 Tbsp butter
- 2 egg(s)
- 8 oz. mozzarella cheese
- Side:** Parmesan cheese
- Garnish:** feta cheese crumbles
- Side:** shredded cheese

Supplies

- Side:** 14 gallon-size freezer baggie(s)
- Side:** 4 9x13 disposable foil tray(s)
- 2 cup(s) wild rice blend
- Side:** 4 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. Slow Cooker Creamy Taco Soup

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell pepper(s)
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 4 15 oz. can(s) diced tomatoes
- 2 gallon-size freezer baggie(s)

3. Creamy Herbed Chicken

- 16 boneless chicken thighs
- 8 Tbsp butter
- 2 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 9x13 disposable foil tray(s)

5. Creamy Chicken and Wild Rice Soup

- 8 boneless chicken breasts
- 2 Tbsp olive oil
- 2 small white onion(s)
- 8 whole carrots
- 8 cup(s) chicken stock
- 2 tsp garlic powder
- 2 tsp dried thyme
- Salt and pepper
- 2 gallon-size freezer baggie(s)

7. Slow Cooker Barbacoa Beef

- 6 lb(s) beef chuck roast

2. Slow Cooker Puttanesca Sauce with Pasta

- 2 Tbsp olive oil
- 2 lb(s) Italian sausage
- 2x1 28 oz. can(s) crushed tomatoes
- 2 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp onion powder
- Salt and pepper
- 2x1 cup(s) olives
- 6 Tbsp capers
- 1 cup(s) dry white wine
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Thai Peanut Chicken

- 8 small boneless chicken breasts
- Salt and pepper
- 2 small white onion(s)
- 2 red bell pepper(s)
- 4 cup(s) Thai peanut sauce
- 2 gallon-size freezer baggie(s)

6. Parmigiana Meatballs

- 4 lb(s) ground chicken
- 2 cup(s) breadcrumbs
- 2 egg(s)
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp Italian seasoning
- Salt and pepper
- 2 26 oz. jar(s) marinara sauce
- 8 oz. mozzarella cheese
- 2 9x13 disposable foil tray(s)

8. Spiced Pork Tenderloin

- 4 lb(s) pork tenderloin

- Salt and pepper
- 2 small white onion(s)
- 2 small chipotle chili
- 2 cup(s) beef stock
- 1/2 cup(s) apple cider vinegar
- 1/2 cup(s) lime juice
- 2 tsp dried oregano
- 2 tsp Adobo seasoning
- 2 tsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

9. Pork Chop and Feta Skillet

- 8 boneless pork chops
- Salt and pepper
- 4 Tbsp olive oil
- 6 Tbsp lemon juice
- 2 tsp minced garlic
- 2 tsp dried rosemary
- 2 tsp dried basil
- 2 gallon-size freezer baggie(s)

- Salt and pepper
- 2 small white onion(s)
- 4 ripe pears
- 1 cup(s) apple juice
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 gallon-size freezer baggie(s)

10. Black Bean Fajitas

- 2x1 10 oz diced tom & green chile
- 2x1 15 oz can(s) refried blk beans
- 2 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2 Tbsp olive oil
- 2 tsp fajita seasoning
- 4 quart-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

- 2 lb(s) ground beef
- 2 lb(s) Italian sausage
- 16 boneless chicken thighs
- 8 small boneless chicken breasts
- 8 boneless chicken breasts
- 4 lb(s) ground chicken
- 6 lb(s) beef chuck roast
- 4 lb(s) pork tenderloin
- 8 boneless pork chops

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 4 15 oz. can(s) diced tomatoes
- 2x1 28 oz. can(s) crushed tomatoes
- 2x1 cup(s) olives
- 6 Tbsp capers
- 8 cup(s) chicken stock
- 2 cup(s) breadcrumbs
- 2 cup(s) beef stock
- 1 cup(s) apple juice
- 2x1 10 oz diced tom & green chile
- 2x1 15 oz can(s) refried blk beans

Spices

- 4 Tbsp minced onion
- 8 tsp garlic powder
- 5 tsp dried basil
- 3 tsp dried oregano
- 1 tsp onion powder
- Salt and pepper
- 4 tsp dried thyme
- 2 tsp Italian seasoning
- 2 tsp Adobo seasoning
- 2 tsp ground cumin

Produce

- 4 green bell pepper(s)
- 10 small white onion(s)
- 4 red bell pepper(s)
- 8 whole carrots
- 2 small chipotle chili
- 1/2 cup(s) lime juice
- 4 ripe pears
- 6 Tbsp lemon juice

Sauces/Condiments

- 10 Tbsp olive oil
- 1 cup(s) dry white wine
- 4 cup(s) Thai peanut sauce
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) apple cider vinegar

Dairy/Frozen

- 8 Tbsp butter
- 2 egg(s)
- 8 oz. mozzarella cheese

- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 tsp minced garlic
- 2 tsp dried rosemary
- 2 tsp fajita seasoning

Supplies

- 14x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(s)
- 4x 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

- Brown the ground beef with the minced onion and garlic powder. Drain.
- Let the butter soften.
- Cut up 8 chicken breasts into 1/2-inch pieces.
- Slice 8 oz. mozzarella cheese into small pieces to lay over each meatball.
- Brown 2 lbs. Italian sausage.
- Seed and chop the green bell pepper(s).
- Dice 2 small onions and 2 red bell peppers into 1-inch pieces.
- Chop 2 white onions. Slice 2 chipotle chiles and remove seeds.
- Seed and slice 2 green bell peppers and 2 red bell peppers.
- Slice 2 white onions.
- Open the refried black beans.
- Open and drain the diced tomatoes with green chilies.
- Slice 2 white onions.
- Peel and slice 4 pears into small wedges.
- Chop 2 onions and peel and chop 8 carrots.
- Combine 8 Tbsp softened butter with 2 tsp basil and 2 tsp thyme.
- In a large mixing bowl, combine 4 lbs. ground chicken, 2 cups breadcrumbs, 2 eggs, 2 Tbsp minced onion, 2 tsp garlic powder, and 2 tsp Italian seasoning with a dash of salt and pepper. Form into 1-inch meatballs and place into baking tray.
- In a mixing bowl, combine the black beans and diced tomatoes with green chilies.
- Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn. Open 4 cans of diced tomatoes.
- Reshape the prepared butter into a stick and slice.
- Open 2 cans of crushed tomatoes.
- Drain and rinse 6 Tbsp capers.

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 Creamy Taco Soup

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- Half of the canned black beans
- Half of the canned corn
- Half of the canned diced tomatoes
- Salt and pepper
- Do NOT add the sour cream to the freezer bag

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

Creamy Herbed Chicken

To each disposable tray, add the following ingredients:

- 8 boneless chicken thighs
- Half of the herbed butter, sliced and added to each chicken thigh
- Salt and pepper
- Do not add the chicken stock or olive oil to the freezer bag.

Cover with foil or lid, add label and freeze.

Creamy Chicken and Wild Rice Soup

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

- 4 boneless chicken breasts
- Half of the chopped onion
- Half of the chopped carrots

Slow Cooker Puttanesca Sauce with Pasta

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

- 1 Tbsp olive oil
- Half of the browned Italian sausage
- Half of the canned crushed tomatoes
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp onion powder
- Salt and pepper to taste
- 1 cup sliced black olives
- 3 Tbsp capers, drained and rinsed
- 1/2 cup dry white wine
- Note: Do NOT add the dry pasta to the freezer bag.

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

Slow Cooker Thai Peanut Chicken

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

- Half of the chicken pieces
- Half of the diced onion
- Half of the diced red bell peppers
- 2 cups Thai peanut sauce
- Do NOT add the cornstarch before freezing.

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

Parmigiana Meatballs

To each disposable tray, add the following ingredients:

- Half of the prepared meatballs
- 1 - 26 oz. jar marinara sauce over the meatballs
- Slice of mozzarella cheese onto each meatball

- 4 cups chicken stock
- 1 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper

Cover with foil or lid, add label and freeze.

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

Slow Cooker Barbacoa Beef

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

- 3 lb. beef chuck roast
- Half of the chopped onion
- Half of the sliced chilis
- 1 cup beef stock
- 1/4 cup apple cider vinegar
- 1/4 cup lime juice
- 1 tsp dried oregano
- 1 tsp adobo seasoning
- 1 tsp ground cumin

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

Pork Chop and Feta Skillet

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 tsp minced garlic
- 1 tsp dried rosemary
- 1 tsp dried basil

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

Spiced Pork Tenderloin

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the sliced onion
- Half of the sliced pears
- 1/2 cup apple juice
- 1 tsp cinnamon
- 1/2 tsp ground allspice

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

Black Bean Fajitas

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

- Divide the black bean combo equally into 2 bags.
- Divide the peppers and onions equally into 2 more bags.
- Add fajita seasoning to peppers and onions bags.

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