

ALL PORK MEAL PLAN

DECEMBER

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1. Creamy Mushroom Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 8 - oz. sliced white mushrooms
- 1 - cup(s) sour cream
- 1 - 10 oz can(s) cream of mushroom
- Side: - dinner rolls**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray. Place the pork chops into the baking dish and season both sides with salt and pepper. Then add the mushrooms over the top of the pork chops.
2. In a small mixing bowl, whisk together sour cream and cream of mushroom soup. Pour the creamy mushroom sauce over the pork chops and bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
3. Warm the dinner rolls.
4. Prepare the salad.
5. Serve Creamy Mushroom Pork Chops with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 2 cups sour cream and 2 - 10 oz. cans cream of mushroom soup.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 8 oz. sliced white mushrooms
- Half of the creamy mushroom sauce

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.

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

Gluten-Free Modifications: Make a homemade cream of mushroom soup sauce with gluten-free flour and serve with gluten free sides for a gluten-free meal.

2. Breaded Ranch Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- 1 1/2 - cup(s) breadcrumbs
- 1/4 - cup(s) grated Parmesan cheese
- 1 - packet(s) ranch dressing mix
- - Salt and pepper
- 1 - Tbsp olive oil
- Side: - dinner rolls**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. In a shallow dish, toss together the breadcrumbs, grated Parmesan cheese, Ranch dressing mix and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the prepared baking dish.
3. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Prepare veggies.
5. Warm the dinner rolls.
6. Serve Breaded Ranch Pork Chops with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

In a shallow dish, toss together 3 cups breadcrumbs, 1/2 cup grated Parmesan cheese, 2 packets Ranch dressing mix and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

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

Gluten-Free Modifications: *Use gluten-free breadcrumbs for gluten-free meal. Serve with gluten-free side, like rice or mashed potatoes.*

3. Sweet Chili Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 35 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 1/4 - cup(s) sweet Thai chili sauce
- Side: - rice**
- Side: - veggies**
- 1 - 9x9-inch disposable tray

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly spray a 9x9-inch baking dish with non-stick cooking spray.
2. Add the pork chops to the baking dish and season with salt and pepper. Brush the sweet Thai chili sauce onto each pork chop.
3. Bake in the preheated oven for 25 to 35 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Cook the rice, as directed.
5. Prepare veggies.
6. Serve Sweet Chili Pork Chops with veggies and rice.

Assembly Prep Directions for 2 Meals

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Sweet Thai chili sauce, brushed onto the pork chops

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

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

Gluten-Free Modifications: *Check the sweet Thai chili sauce for hidden gluten.*

4. 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.

5. 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.*

Complete Shopping List by Recipe

1. Creamy Mushroom Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 16 - oz. sliced white mushrooms
- 2 - cup(s) sour cream
- 2x1 - 10 oz can(s) cream of mushroom
- dinner rolls
- salad
- 2 - 9x13 disposable foil tray(s)

3. Sweet Chili Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1/2 - cup(s) sweet Thai chili sauce
- rice
- veggies
- 2 - 9x9-inch disposable tray

5. 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)

2. Breaded Ranch Pork Chops

- 8 - boneless pork chops
- 3 - cup(s) breadcrumbs
- 1/2 - cup(s) grated Parmesan cheese
- 2 - packet(s) ranch dressing mix
- Salt and pepper
- 2 - Tbsp olive oil
- dinner rolls
- veggies
- 2 - 9x13 disposable foil tray(s)

4. 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)

Complete Shopping List by Store Section/Category

Meat

- 32 boneless pork chops
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- 2x1 10 oz can(s) cream of mushroom
- 3 cup(s) breadcrumbs
- Side:** rice
- 1 cup(s) apple juice

Sauces/Condiments

- 6 Tbsp olive oil
- 1/2 cup(s) sweet Thai chili sauce

Dairy/Frozen

- 2 cup(s) sour cream
- 1/2 cup(s) grated Parmesan cheese
- Garnish:** feta cheese crumbles

Produce

- 16 oz. sliced white mushrooms
- Side:** salad
- Side:** veggies
- 2 small white onion(s)
- 4 ripe pears
- Side:** mashed sweet potatoes
- 6 Tbsp lemon juice

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 tsp minced garlic
- 2 tsp dried rosemary
- 2 tsp dried basil

Supplies

- Side:** 4 9x13 disposable foil tray(s)
- Side:** 2 9x9-inch disposable tray
- Side:** 4 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. Creamy Mushroom Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 16 oz. sliced white mushrooms
- 2 cup(s) sour cream
- 2x1 10 oz can(s) cream of mushroom
- 2 9x13 disposable foil tray(s)

3. Sweet Chili Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1/2 cup(s) sweet Thai chili sauce
- 2 9x9-inch disposable tray

5. 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)

2. Breaded Ranch Pork Chops

- 8 boneless pork chops
- 3 cup(s) breadcrumbs
- 1/2 cup(s) grated Parmesan cheese
- 2 packet(s) ranch dressing mix
- Salt and pepper
- 2 Tbsp olive oil
- 2 9x13 disposable foil tray(s)

4. 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
- 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

- 32 boneless pork chops
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- 2x1 10 oz can(s) cream of mushroom
- 3 cup(s) breadcrumbs
- 1 cup(s) apple juice

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 tsp minced garlic
- 2 tsp dried rosemary
- 2 tsp dried basil

Supplies

- 4x 9x13 disposable foil tray(s)
- 2x 9x9-inch disposable tray
- 4x gallon-size freezer baggie(s)

Produce

- 16 oz. sliced white mushrooms
- 2 small white onion(s)
- 4 ripe pears
- 6 Tbsp lemon juice

Sauces/Condiments

- 6 Tbsp olive oil
- 1/2 cup(s) sweet Thai chili sauce

Dairy/Frozen

- 2 cup(s) sour cream
- 1/2 cup(s) grated Parmesan cheese

Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- Slice 2 white onions.
- Peel and slice 4 pears into small wedges.
- In a small mixing bowl, whisk together 2 cups sour cream and 2 - 10 oz. cans cream of mushroom soup.
- In a shallow dish, toss together 3 cups breadcrumbs, 1/2 cup grated Parmesan cheese, 2 packets Ranch dressing mix and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.

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.

Creamy Mushroom Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 8 oz. sliced white mushrooms
- Half of the creamy mushroom sauce

Cover with foil or lid, add label and freeze.

Sweet Chili Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Sweet Thai chili sauce, brushed onto the pork chops

Cover with foil or lid, add label and freeze.

Breaded Ranch Pork Chops

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

Cover with foil or lid, add label 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.

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.