

ALL CHICKEN MEAL PLAN

DECEMBER

Table of Contents

Recipes

1. Honey Sesame Chicken
2. Slow Cooker Chicken Cacciatore
3. Creamy Herbed Chicken
4. Slow Cooker Thai Peanut Chicken
5. Creamy Chicken and Wild Rice Soup

Shopping Lists

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

- Assembly Prep Instructions
- Meal Assembly Instructions

1. Honey Sesame Chicken

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

- 3 - large boneless chicken breasts
- 1 - small white onion(s)
- 1/2 - cup(s) honey
- 1/2 - cup(s) soy sauce
- 2 - Tbsp rice vinegar
- 2 - Tbsp sesame oil
- 2 - tsp minced garlic
- 2 - Tbsp canola oil**
- - Salt and pepper
- Garnish: - green onions and sesame seeds**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook rice, as directed.
2. Cut the chicken breasts into bite-size pieces. Dice the white onion.
3. In a small mixing bowl, whisk together the honey, soy sauce, rice vinegar, sesame oil, and minced garlic. Pour the marinade over the chicken pieces and let marinate in the fridge for at least 30 minutes.*
4. Heat the canola oil over high heat in large skillet or wok. Add the chicken pieces, diced onion, and marinade and saute over high heat for 10 minutes, or until chicken is cooked through. Add salt and pepper, as desired.
5. Prepare the veggies.
6. Serve Honey Sesame Chicken over rice with veggies.

Assembly Prep Directions for 2 Meals

Cut 6 chicken breasts into bite-size pieces.

Dice 2 white onions.

In a small mixing bowl, whisk together the 1 cup honey, 1 cup soy sauce, 4 Tbsp rice vinegar, 4 Tbsp sesame oil and 4 tsp minced garlic.

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

- Half of the chicken pieces
- Half of the diced onion
- Half of the honey sesame marinade
- Salt and pepper

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

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet and cooking as directed.*

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

Gluten-Free Modifications: *Use gluten-free soy sauce for gluten-free meal.*

2. Slow Cooker Chicken Cacciatore

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

- 3 - large boneless chicken breasts
- - Salt and pepper
- 1/4 - cup(s) red cooking wine
- 1 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 1 - 28 oz. can(s) crushed tomatoes
- 2 - tsp Italian seasoning
- Side: - pasta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the bell peppers.
2. Place the chicken breasts in the base of the slow cooker and season with salt and pepper. Add red cooking wine around the chicken. Add the sliced onion and bell peppers over the top of the chicken. Then pour the crushed tomatoes over the top and add Italian seasoning.
3. Set slow cooker on low and cook for 8 hours.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Chicken Cacciatore over pasta with salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.

Open 2 cans of crushed tomatoes.

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

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes
- 2 tsp Italian seasoning

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 pasta.*

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.*

Complete Shopping List by Recipe

1. Honey Sesame Chicken

- 6 - large boneless chicken breasts
- 2 - small white onion(s)
- 1 - cup(s) honey
- 1 - cup(s) soy sauce
- 4 - Tbsp rice vinegar
- 4 - Tbsp sesame oil
- 4 - tsp minced garlic
- 4 - Tbsp canola oil
- Salt and pepper
- green onions and sesame seeds
- rice
- 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
- 1/2 - cup(s) all purpose flour

2. Slow Cooker Chicken Cacciatore

- 6 - large boneless chicken breasts
- Salt and pepper
- 1/2 - cup(s) red cooking wine
- 2 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 2x1 - 28 oz. can(s) crushed tomatoes
- 4 - tsp Italian seasoning
- pasta
- salad
- 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)

- 2 - tsp lemon juice
- Salt and pepper
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 12 large boneless chicken breasts
- 16 boneless chicken thighs
- 8 small boneless chicken breasts
- 8 boneless chicken breasts

Pantry Staples - Canned, Boxed

- Side:** rice
- 2x1 28 oz. can(s) crushed tomatoes
- 9 cup(s) chicken stock
- Side:** cauliflower rice
- Side:** chopped peanuts

Sauces/Condiments

- 1 cup(s) honey
- 1 cup(s) soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp sesame oil
- 4 Tbsp canola oil
- 1/2 cup(s) red cooking wine
- 4 Tbsp olive oil
- 4 cup(s) Thai peanut sauce

Dairy/Frozen

- 8 Tbsp butter
- 5 cup(s) sour cream

Produce

- 8 small white onion(s)
- Garnish:** green onions and sesame seeds
- Side:** veggies
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- Side:** salad
- Side:** sauteed spinach
- Garnish:** sesame seeds and green onions
- 8 whole carrots
- 2 tsp lemon juice

Starchy Sides

- Side:** pasta

Spices

- 4 tsp minced garlic
- Salt and pepper
- 4 tsp Italian seasoning
- 2 tsp dried basil
- 4 tsp dried thyme
- 2 Tbsp cornstarch
- 2 tsp garlic powder
- 1/2 cup(s) all purpose flour

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray(s)
- 2 cup(s) wild rice blend

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. Honey Sesame Chicken

- 6 large boneless chicken breasts
- 2 small white onion(s)
- 1 cup(s) honey
- 1 cup(s) soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp sesame oil
- 4 tsp minced garlic
- Salt and pepper
- 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)

2. Slow Cooker Chicken Cacciatore

- 6 large boneless chicken breasts
- Salt and pepper
- 1/2 cup(s) red cooking wine
- 2 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2x1 28 oz. can(s) crushed tomatoes
- 4 tsp Italian seasoning
- 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)

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

- 12 large boneless chicken breasts
- 16 boneless chicken thighs
- 8 small boneless chicken breasts
- 8 boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x1 28 oz. can(s) crushed tomatoes
- 8 cup(s) chicken stock

Spices

- 4 tsp minced garlic
- Salt and pepper
- 4 tsp Italian seasoning
- 2 tsp dried basil
- 4 tsp dried thyme
- 2 tsp garlic powder

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray(s)

Produce

- 8 small white onion(s)
- 2 green bell pepper(s)
- 4 red bell pepper(s)
- 8 whole carrots

Sauces/Condiments

- 1 cup(s) honey
- 1 cup(s) soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp sesame oil
- 1/2 cup(s) red cooking wine
- 4 cup(s) Thai peanut sauce
- 2 Tbsp olive oil

Dairy/Frozen

- 8 Tbsp butter

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 6 chicken breasts into bite-size pieces.
- Let the butter soften.
- Cut up 8 chicken breasts into 1/2-inch pieces.
- Dice 2 white onions.
- Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.
- Dice 2 small onions and 2 red bell peppers into 1-inch pieces.
- Chop 2 onions and peel and chop 8 carrots.
- In a small mixing bowl, whisk together the 1 cup honey, 1 cup soy sauce, 4 Tbsp rice vinegar, 4 Tbsp sesame oil and 4 tsp minced garlic.
- Combine 8 Tbsp softened butter with 2 tsp basil and 2 tsp thyme.
- Open 2 cans of crushed tomatoes.
- Reshape the prepared butter into a stick and slice.

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.

Honey Sesame 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 honey sesame marinade
- Salt and pepper

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

Slow Cooker Chicken Cacciatore

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

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- Half of the canned crushed tomatoes
- 2 tsp Italian seasoning

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.

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.

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
- 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.