

CLEAN EATS MEAL PLAN

DECEMBER

Table of Contents

Recipes

1. Grilled Garlic Dijon Chicken
2. Mediterranean Quinoa Skillet
3. Slow Cooker Puttanesca Sauce with Pasta
4. Creamy Chicken and Wild Rice Soup
5. Black Bean Fajitas

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. Grilled Garlic Dijon Chicken

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

- 4 - small boneless chicken breasts
- 4 - Tbsp honey
- 4 - Tbsp Dijon mustard
- 2 - tsp minced garlic
- - Salt and pepper
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the honey, Dijon mustard and minced garlic. Add a little salt and pepper and then whisk the marinade. Add the chicken breasts and coat them in the marinade. *Put in the fridge and marinate for at least 30 minutes.
2. Preheat the grill.
3. Grill the chicken breasts for 6 to 8 minutes per side, or until cooked through. Cooking time may vary depending on thickness of the chicken.
4. Warm the rolls.
5. Prepare veggies.
6. Serve Grilled Garlic Dijon Chicken with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 8 Tbsp honey, 8 Tbsp Dijon mustard, 4 tsp minced garlic and salt and pepper.

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

- 4 chicken breasts
- Half of the prepared Dijon-garlic marinade into each 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 chicken completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before grilling.*

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

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

2. Mediterranean Quinoa Skillet

Yield: 4 servings

*Active Time: 15 minutes . Cook Time: 15 minutes**

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

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

Ingredients for Single Meal

- 2 - cup(s) quinoa
- 1/4 - cup(s) lemon juice
- 2 - garlic cloves
- 1 - small red onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 1 - cucumber**
- 1 - tsp fresh oregano**
- 4 - oz. Feta cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Bring 4 cups water to boiling in large saucepan.
2. Crush the garlic and finely chop the red onion. Chop the cucumber. Run a knife through the fresh oregano leaves. Drain the diced tomatoes.
3. Once boiling, add the quinoa, lemon juice, crushed garlic cloves, chopped red onion and diced tomatoes. (Do not add the cucumber here.) Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. (The quinoa is cooked when the little circles separate from the grain.)
4. *Let cool for about 10 minutes and toss with chopped cucumber, fresh oregano and feta crumbles.
5. Serve Mediterranean Quinoa with side salad.

Assembly Prep Directions for 2 Meals

Bring 8 cups water to boiling in large saucepan.

Add 4 cups quinoa to boiling water, and stir in ½ cup lemon juice, crushed garlic cloves, finely chopped red onions and 2 cans of diced tomatoes. Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. Let cool 10 minutes.

Crush 4 garlic cloves and finely chop 2 small red onions.

Open 2 cans of diced tomatoes and drain.

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

- Cooked and cooled quinoa mixture

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 for reheating and tossing with other fresh ingredients, as directed.*

Special Notes: *You could add grilled chicken pieces to this meal after it has been warmed to make it a one-dish dinner.*

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

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

3. 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.*

4. 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.*

5. 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. Grilled Garlic Dijon Chicken

- 8 - small boneless chicken breasts
- 8 - Tbsp honey
- 8 - Tbsp Dijon mustard
- 4 - tsp minced garlic
- Salt and pepper
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)

3. 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)

5. 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

2. Mediterranean Quinoa Skillet

- 4 - cup(s) quinoa
- 1/2 - cup(s) lemon juice
- 4 - garlic cloves
- 2 - small red onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 2 - cucumber
- 2 - tsp fresh oregano
- 8 - oz. Feta cheese
- salad
- 2 - gallon-size freezer baggie(s)

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

- salad
- 4 - quart-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 2 lb(s) Italian sausage
- 8 boneless chicken breasts

Pantry Staples - Canned, Boxed

- 4 cup(s) quinoa
- 2 15 oz. can(s) diced tomatoes
- 2x1 28 oz. can(s) crushed tomatoes
- 2x1 cup(s) olives
- 6 Tbsp capers
- 2x16 oz. small shell pasta noodles
- 8 cup(s) chicken stock
- 2x1 10 oz diced tom & green chile
- 2x1 15 oz can(s) refried blk beans

Sauces/Condiments

- 8 Tbsp honey
- 8 Tbsp Dijon mustard
- 6 Tbsp olive oil
- 1 cup(s) dry white wine

Dairy/Frozen

- 8 oz. Feta cheese

Produce

- Side:** salad
- 1/2 cup(s) lemon juice
- 2 small red onion(s)
- 2 cucumber
- Side:** veggies
- 4 small white onion(s)
- 8 whole carrots
- 2 tsp lemon juice
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- Side:** guacamole

Starchy Sides

- Side:** dinner rolls
- 16 flour tortillas

Spices

- 4 tsp minced garlic
- Salt and pepper
- 4 garlic cloves
- 2 tsp fresh oregano
- 4 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp onion powder
- 2 tsp dried thyme
- 1/2 cup(s) all purpose flour
- 2 tsp fajita seasoning

Supplies

- Side:** 8 gallon-size freezer baggie(s)

- 4 cup(s) sour cream
- Side:** shredded cheese

- 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. Grilled Garlic Dijon Chicken

- 8 small boneless chicken breasts
- 8 Tbsp honey
- 8 Tbsp Dijon mustard
- 4 tsp minced garlic
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. 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)

5. 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)

2. Mediterranean Quinoa Skillet

- 4 cup(s) quinoa
- 1/2 cup(s) lemon juice
- 4 garlic cloves
- 2 small red onion(s)
- 2 15 oz. can(s) diced tomatoes
- 2 gallon-size freezer baggie(s)

4. 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)

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 small boneless chicken breasts
- 2 lb(s) Italian sausage
- 8 boneless chicken breasts

Pantry Staples - Canned, Boxed

- 4 cup(s) quinoa
- 2 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
- 2x1 10 oz diced tom & green chile
- 2x1 15 oz can(s) refried blk beans

Spices

- 4 tsp minced garlic
- Salt and pepper
- 4 garlic cloves
- 4 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp onion powder
- 2 tsp dried thyme
- 2 tsp fajita seasoning

Produce

- 1/2 cup(s) lemon juice
- 2 small red onion(s)
- 4 small white onion(s)
- 8 whole carrots
- 2 green bell pepper(s)
- 2 red bell pepper(s)

Sauces/Condiments

- 8 Tbsp honey
- 8 Tbsp Dijon mustard
- 6 Tbsp olive oil
- 1 cup(s) dry white wine

Supplies

- 8x gallon-size freezer baggie(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

- Bring 8 cups water to boiling in large saucepan.
- Add 4 cups quinoa to boiling water, and stir in ½ cup lemon juice, crushed garlic cloves, finely chopped red onions and 2 cans of diced tomatoes. Stir to combine, return to boiling, cover and reduce heat to medium low and cook for about 15 minutes. Let cool 10 minutes.
- Brown 2 lbs. Italian sausage.
- Crush 4 garlic cloves and finely chop 2 small red onions.
- 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.
- Chop 2 onions and peel and chop 8 carrots.
- In a large mixing bowl, whisk together 8 Tbsp honey, 8 Tbsp Dijon mustard, 4 tsp minced garlic and salt and pepper.
- In a mixing bowl, combine the black beans and diced tomatoes with green chilies.
- Open 2 cans of diced tomatoes and drain.
- 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.

Grilled Garlic Dijon Chicken

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

- 4 chicken breasts
- Half of the prepared Dijon-garlic marinade into each bag

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

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.

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.

Mediterranean Quinoa Skillet

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

- Cooked and cooled quinoa mixture

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.

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