

# GLUTEN FREE MEAL PLAN

DECEMBER

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# 1. Apricot Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 60 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.

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## Ingredients for Single Meal

- 3 - boneless chicken breasts
- 1 - 8 oz jar(s) apricot preserves
- 1/4 - cup(s) French salad dressing
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- - Salt and pepper
- Side: - dinner rolls\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Preheat oven to 350F/ 177 C. Place the chicken in a 7x11 or 9x13-inch baking dish.
2. In a small mixing bowl, combine the apricot preserves, French dressing, minced onion and garlic powder. Pour over top of the chicken in the dish. Season with a little salt and pepper over the top. Cover with foil.
3. Bake in the preheated oven covered with foil for 30 minutes, then uncover and bake another 30 minutes, or until chicken is cooked through. Cooking time may vary depending on thickness of the chicken.
4. Serve Apricot Chicken with dinner rolls and veggies.

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## Assembly Prep Directions for 2 Meals

Whisk together 2 cups apricot preserves, 1/2 cup French dressing, 4 Tbsp minced onion, 2 tsp garlic powder and a few pinches of salt and pepper.

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

- 3 boneless, skinless chicken breasts
- Salt and pepper
- Prepared apricot sauce, half into each bag

Remove as much air as possible and seal. 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 baking dish and baking as directed.*

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

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

## 2. Coconut Curried Salmon

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 10 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.

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### Ingredients for Single Meal

- 1 - lb(s) salmon
- - Salt and pepper
- 2 - Tbsp red curry paste
- 1 - Tbsp olive oil
- 1 - 15 oz. can light coconut milk
- 1/2 - tsp ground ginger\*\*
- 1/2 - tsp crushed red pepper\*\*
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Season the salmon fillets with salt and pepper. Spread about 1-2 tsp of red curry paste onto the top side of each fillet.
2. Add the olive oil to a skillet, heat it up and roll it around to coat the bottom of the skillet. Place the salmon fillet 'red curry side down' into the oil and saute them for 3-4 minutes. Flip them over and then quickly pour in the coconut milk. Gently stir the coconut milk in and around the salmon, lifting the salmon so the coconut milk spreads under each of the fillets. Whisk in the ground ginger and crushed red pepper to the curry sauce.
3. Cook salmon for another 5-7 minutes, or until cooked through. Cooking time may vary depending on thickness of the fillets. Season curry sauce with salt and pepper to taste.
4. Serve Coconut Curried Salmon with rice and veggies.

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### Assembly Prep Directions for 2 Meals

Cut 2 lbs. salmon into 8 - 1/4 lb. fillets & remove skin.

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

- 1 lb. salmon, cut into 1/4 lb. pieces, skin removed
- Salt and pepper
- 2 Tbsp red curry paste, evenly divided onto each piece of salmon
- Note: Do NOT add the canned coconut milk or spices at this time.

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.*

**Special Notes:** *It's best to cook this salmon when it is completely thawed.*

**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.*

## 3. Beef Fajita Skillet

*Yield: 4 servings*

*Active Time: 10 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.

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### Ingredients for Single Meal

- 1 - Tbsp olive oil
- 1 - lb(s) beef for stirfry
- 1 - Tbsp taco seasoning
- 1 - 10 oz. bag peppers and onion
- 1 - 15 oz. can(s) diced tomatoes
- 1 - tsp garlic powder
- 6 - corn tortillas\*\*
- - Salt and pepper
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. To a large skillet, add the olive oil and saute the beef strips with the taco seasoning for 5 to 8 minutes, or until the beef has cooked through.
2. Toss in the frozen peppers, diced tomatoes and garlic powder and let cook for 3 to 4 minutes. Add the corn tortilla strips into the dish and stir into the sauce.
3. Cover and let simmer over low heat for 3 to 4 minutes, to allow corn tortillas to soak into the sauce. Remove from heat immediately. Season with salt and pepper to taste.
4. Serve Beef Fajita Skillet with fruit.

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### Assembly Prep Directions for 2 Meals

Open 2 cans of diced tomatoes.

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

- 1 lb. beef for stir-fry
- 1 Tbsp taco seasoning (homemade taco seasoning)
- Half of the diced tomatoes
- 10 oz. frozen pepper and onion blend
- 1 tsp garlic powder
- 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.*

**Special Notes:** *Corn tortilla strips are added at the end of the cooking of the 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.*

## 4. 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.*

## 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.

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### 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)

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### 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.

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### 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
- 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. Apricot Chicken

- 6 - boneless chicken breasts
- 2x1 - 8 oz jar(s) apricot preserves
- 1/2 - cup(s) French salad dressing
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- Salt and pepper
- dinner rolls
- veggies
- 2 - gallon-size freezer baggie(s)

## 3. Beef Fajita Skillet

- 2 - Tbsp olive oil
- 2 - lb(s) beef for stirfry
- 2 - Tbsp taco seasoning
- 2x1 - 10 oz. bag peppers and onion
- 2 - 15 oz. can(s) diced tomatoes
- 2 - tsp garlic powder
- 12 - corn tortillas
- Salt and pepper
- fruit
- 2 - gallon-size freezer baggie(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 - tsp lemon juice
- Salt and pepper
- salad

## 2. Coconut Curried Salmon

- 2 - lb(s) salmon
- Salt and pepper
- 4 - Tbsp red curry paste
- 2 - Tbsp olive oil
- 2x1 - 15 oz. can light coconut milk
- 1 - tsp ground ginger
- 1 - tsp crushed red pepper
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

## 4. 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)

2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 14 boneless chicken breasts
- 2 lb(s) salmon
- 2 lb(s) beef for stirfry
- 16 boneless chicken thighs

## Pantry Staples - Canned, Boxed

- 2x1 15 oz. can light coconut milk
- Side:** rice
- 2 15 oz. can(s) diced tomatoes
- 9 cup(s) chicken stock
- Side:** cauliflower rice

## Sauces/Condiments

- 2x1 8 oz jar(s) apricot preserves
- 1/2 cup(s) French salad dressing
- 4 Tbsp red curry paste
- 8 Tbsp olive oil

## Dairy/Frozen

- 2x1 10 oz. bag peppers and onion
- 8 Tbsp butter
- 5 cup(s) sour cream

## Produce

- Side:** veggies
- Side:** fruit
- Side:** sauteed spinach
- 2 small white onion(s)
- 8 whole carrots
- 2 tsp lemon juice
- Side:** salad

## Starchy Sides

- Side:** dinner rolls
- 12 corn tortillas

## Spices

- 4 Tbsp minced onion
- 6 tsp garlic powder
- Salt and pepper
- 1 tsp ground ginger
- 1 tsp crushed red pepper
- 2 Tbsp taco seasoning
- 2 tsp dried basil
- 4 tsp dried thyme
- 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. Apricot Chicken

- 6 boneless chicken breasts
- 2x1 8 oz jar(s) apricot preserves
- 1/2 cup(s) French salad dressing
- 4 Tbsp minced onion
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Beef Fajita Skillet

- 2 Tbsp olive oil
- 2 lb(s) beef for stirfry
- 2 Tbsp taco seasoning
- 2x1 10 oz. bag peppers and onion
- 2 15 oz. can(s) diced tomatoes
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(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. Coconut Curried Salmon

- 2 lb(s) salmon
- Salt and pepper
- 4 Tbsp red curry paste
- 2 Tbsp olive oil
- 2x1 15 oz. can light coconut milk
- 2 gallon-size freezer baggie(s)

## 4. 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)

# 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

- 14 boneless chicken breasts
- 2 lb(s) salmon
- 2 lb(s) beef for stirfry
- 16 boneless chicken thighs

## Pantry Staples - Canned, Boxed

- 2x1 15 oz. can light coconut milk
- 2 15 oz. can(s) diced tomatoes
- 8 cup(s) chicken stock

## Spices

- 4 Tbsp minced onion
- 6 tsp garlic powder
- Salt and pepper
- 2 Tbsp taco seasoning
- 2 tsp dried basil
- 4 tsp dried thyme

## Supplies

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

## Produce

- 2 small white onion(s)
- 8 whole carrots

## Sauces/Condiments

- 2x1 8 oz jar(s) apricot preserves
- 1/2 cup(s) French salad dressing
- 4 Tbsp red curry paste
- 6 Tbsp olive oil

## Dairy/Frozen

- 2x1 10 oz. bag peppers and onion
- 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 2 lbs. salmon into 8 - 1/4 lb. fillets & remove skin.
- Let the butter soften.
- Chop 2 onions and peel and chop 8 carrots.
- Whisk together 2 cups apricot preserves, 1/2 cup French dressing, 4 Tbsp minced onion, 2 tsp garlic powder and a few pinches of salt and pepper.
- Combine 8 Tbsp softened butter with 2 tsp basil and 2 tsp thyme.
- Reshape the prepared butter into a stick and slice.
- Open 2 cans of diced tomatoes.

*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.

### Apricot Chicken

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

- 3 boneless, skinless chicken breasts
- Salt and pepper
- Prepared apricot sauce, half into each bag

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

### Beef Fajita Skillet

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

- 1 lb. beef for stir-fry
- 1 Tbsp taco seasoning (homemade taco seasoning)
- Half of the diced tomatoes
- 10 oz. frozen pepper and onion blend
- 1 tsp garlic powder
- Salt and pepper

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
- Salt and pepper

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

### Coconut Curried Salmon

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

- 1 lb. salmon, cut into 1/4 lb. pieces, skin removed
- Salt and pepper
- 2 Tbsp red curry paste, evenly divided onto each piece of salmon
- Note: Do NOT add the canned coconut milk or spices at this time.

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.