

# TRADITIONAL MEAL PLAN

DECEMBER

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# 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.

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## 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)

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## 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.

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## 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. Buffalo Blue Cheese Burgers

Yield: 4 servings

Active Time: 10 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.

### Ingredients for Single Meal

- 1 1/2 - lb(s) ground beef
- 1/4 - cup(s) buffalo wing sauce
- 1/4 - cup(s) breadcrumbs
- 1/4 - tsp paprika
- 4 - hamburger buns\*\*
- 1 - large tomato(es)\*\*
- 4 - lettuce leaves\*\*
- Garnish: - blue cheese crumbles\*\*
- Garnish: - blue cheese dressing\*\*
- Side: - chips\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Preheat the grill.
2. Combine the ground beef with the buffalo wing sauce, breadcrumbs and paprika in a medium mixing bowl. Form into 4 patties.
3. Place the patties on the grill or skillet. Cook for 5 to 6 minutes per side, or until internal temperature should reach 165 F.
4. Slice the tomato and prep the lettuce. Assemble burgers with blue cheese crumbles and blue cheese dressing, with the lettuce and tomato.
5. Serve Buffalo Blue Cheese Burgers with fruit and/or chips.

### Assembly Prep Directions for 2 Meals

Combine 3 lbs. ground beef with 1/2 cup buffalo wing sauce, 1/2 cup breadcrumbs, 1/2 tsp paprika in a medium mixing bowl. Form into 8 patties

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

- 4 Buffalo Blue Cheese Burgers patties
- Add piece of foil or parchment paper between patties to prevent from sticking together.

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 grill or skillet and cooking as directed.

**Special Notes:** If you don't have a tray for your grill, put the patties in the freezer for 30 minutes to help them firm up and hold together better when grilling. Or you could grill them from partially frozen. Alternative cooking method: wrap the patties tightly in foil and place them in a 350 F oven for about 5 – 10 minutes until the desired temperature is reached.

**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 breadcrumbs, and served with gluten-free bun or in lettuce wrap.

## 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 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.

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### 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)

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### 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.

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### 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.*

## 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. 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. 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. Buffalo Blue Cheese Burgers

- 3 - lb(s) ground beef
- 1/2 - cup(s) buffalo wing sauce
- 1/2 - cup(s) breadcrumbs
- 1/2 - tsp paprika
- 8 - hamburger buns
- 2 - large tomato(es)
- 8 - lettuce leaves
- blue cheese crumbles
- blue cheese dressing
- chips
- fruit
- 2 - gallon-size freezer baggie(s)

## 4. 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)

- 2 - tsp dried basil
- feta cheese crumbles
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 5 lb(s) ground beef
- 16 boneless chicken thighs
- 6 lb(s) beef chuck roast
- 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
- 1/2 cup(s) breadcrumbs
- 1 cup(s) chicken stock
- Side:** cauliflower rice
- 2 cup(s) beef stock
- Side:** rice

## Sauces/Condiments

- 1/2 cup(s) buffalo wing sauce
- 6 Tbsp olive oil
- 1/2 cup(s) apple cider vinegar

## Dairy/Frozen

## Produce

- 2 green bell pepper(s)
- Side:** veggies
- 2 large tomato(es)
- 8 lettuce leaves
- Side:** fruit
- Side:** sauteed spinach
- 2 small white onion(s)
- 2 small chipotle chili
- 1/2 cup(s) lime juice
- 6 Tbsp lemon juice
- Side:** salad

## Starchy Sides

- Garnish:** crushed tortilla chips
- 8 hamburger buns
- Side:** chips
- Side:** dinner rolls

## Spices

- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 packet(s) taco seasoning
- 1/2 tsp paprika
- 4 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 tsp dried oregano
- 2 tsp Adobo seasoning
- 2 tsp ground cumin
- 2 tsp minced garlic
- 2 tsp dried rosemary

## Supplies

- 3 cup(s) sour cream
- Garnish:** shredded Mexican blend cheese
- Garnish:** blue cheese crumbles
- Garnish:** blue cheese dressing
- 8 Tbsp butter
- Garnish:** feta cheese crumbles
- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray(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. 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. Buffalo Blue Cheese Burgers

- 3 lb(s) ground beef
- 1/2 cup(s) buffalo wing sauce
- 1/2 cup(s) breadcrumbs
- 1/2 tsp paprika
- 2 gallon-size freezer baggie(s)

## 4. 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
- 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

- 5 lb(s) ground beef
- 16 boneless chicken thighs
- 6 lb(s) beef chuck roast
- 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
- 1/2 cup(s) breadcrumbs
- 2 cup(s) beef stock

## Spices

- 2 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 tsp paprika
- 4 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 tsp dried oregano
- 2 tsp Adobo seasoning
- 2 tsp ground cumin
- 2 tsp minced garlic
- 2 tsp dried rosemary

## Supplies

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

## Produce

- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 small chipotle chili
- 1/2 cup(s) lime juice
- 6 Tbsp lemon juice

## Sauces/Condiments

- 1/2 cup(s) buffalo wing sauce
- 1/2 cup(s) apple cider vinegar
- 4 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

- Brown the ground beef with the minced onion and garlic powder. Drain.
- Let the butter soften.
- Seed and chop the green bell pepper(s).
- Chop 2 white onions. Slice 2 chipotle chiles and remove seeds.
- Combine 3 lbs. ground beef with 1/2 cup buffalo wing sauce, 1/2 cup breadcrumbs, 1/2 tsp paprika in a medium mixing bowl. Form into 8 patties
- Combine 8 Tbsp softened butter with 2 tsp basil and 2 tsp thyme.
- 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.

*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.

### 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

### Buffalo Blue Cheese Burgers

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

- 4 Buffalo Blue Cheese Burgers patties
- Add piece of foil or parchment paper between patties to prevent from sticking together.

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.

- 1 tsp dried rosemary
- 1 tsp dried basil

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