

ALL CHICKEN MEAL PLAN

JANUARY 2018

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1. Slow Cooker Rosemary Artichoke Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 6 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
- 1 - 7.5 oz jar(s) artichoke hearts
- 1 - Tbsp olive oil
- 1 - tsp dried rosemary
- 1 - tsp garlic powder
- 1/2 - tsp dried basil
- - Salt and pepper
- Side: - pasta**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Drain the artichoke hearts.
2. Place the chicken breasts into the base of the slow cooker and add the artichoke hearts over the top. Drizzle the olive oil on top and then sprinkle with dried rosemary, garlic powder and dried basil. Season with salt and pepper.
3. Set the slow cooker on low and cook for 6 hours.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Rosemary Artichoke Chicken with pasta and veggies.

Assembly Prep Directions for 2 Meals

Open and drain 2 jars of artichoke hearts.

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 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 slow cooker and cooking on low for 6 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 side, like gluten free pasta. Serve with cauliflower rice for Paleo meal.

2. Homemade Chicken Noodle Soup

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

- 2 - Tbsp olive oil
- 6 - boneless chicken thighs
- 4 - whole carrots
- 2 - celery stalk(s)
- 1 - small white onion(s)
- 1 - tsp garlic powder
- 1/2 - tsp dried thyme
- 6 - cup(s) chicken stock
- - Salt and pepper
- 8 - oz. small shell pasta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and chop the carrots. Chop the celery. Chop the onion.
2. In a large saucepan or stockpot, add the olive oil and saute chicken thighs with the chopped carrots, celery and onions and with the garlic powder and thyme, until the onions begin to sweat and chicken begins to brown. Pour in the chicken stock and bring to bubbling. Boil for about 10 minutes, or until chicken is cooked through. Then shred the chicken thighs in the soup with 2 forks.
3. Return the soup to a slow boil and add the pasta. (If it appears that most of the pasta is sticking out of the liquid, add 1 cup of water for the pasta to absorb.) Cook at a rolling boil for 8 minutes, or until al dente.
4. Remove the soup immediately from the stovetop, to keep the pasta from overcooking. Season with salt and pepper to taste. Ladle soup into serving bowls.
5. Prepare the salad.
6. Serve Chicken Noodle Soup with salad.

Assembly Prep Directions for 2 Meals

Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.

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

- 2 Tbsp olive oil
- 6 chicken thighs
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 6 cups chicken stock

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 shred chicken. Add pasta and cook another 8 to 10 minutes.

Special Notes: You can replace the chicken thighs with small boneless chicken breasts. Also, if all the chicken stock will not fit into your baggie, add a note to the label of how much to add at the time of cooking.

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

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free pasta.

3. BBQ Chicken Sweet Potatoes

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

- 3 - cup(s) shredded rotisserie chicken
 - 1 - cup(s) BBQ sauce
 - 4 - large sweet potatoes**
 - 2 - cup(s) shredded Colby Jack cheese**
 - Garnish: - red onion(s)**
 - Side: - salad**
 - 1 - gallon-size freezer baggie(s)
-

Cooking Directions for Single Meal

1. Preheat the oven to 425 F. Poke holes in the sweet potatoes and place on baking sheet and bake for 45 minutes.
2. In a skillet, toss the rotisserie chicken with the BBQ sauce and simmer over low heat for 10 minutes.
3. After 45 minutes, carefully slit open the sweet potatoes and spoon in the BBQ chicken. Top with a few pinches of shredded cheese.
4. Continue baking for another 15 to 30 minutes, or until sweet potatoes are tender all the way through.
5. Prepare salad.
6. Serve BBQ Chicken Sweet Potatoes with red onion garnish and side salad.

Assembly Prep Directions for 2 Meals

If needed, pull the rotisserie chicken from the whole chicken and mix white and dark meats.

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

- 3 cups rotisserie chicken
- 1 cup BBQ sauce

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 to reheat/simmer the chicken and BBQ, and then add to the baking sweet potatoes.*

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

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

4. Slow Cooker French Onion 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
- 2 - small white onion(s)
- - Salt and pepper
- 1 - cup(s) beef stock
- 1 - tsp Italian seasoning
- 1 - Tbsp cornstarch**
- 1 - cup(s) grated Parmesan cheese**
- 4 - slices Swiss cheese**
- 1 - cup(s) shredded mozzarella cheese**
- Side: - cheese covered French bread**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onions into half moons.
2. Place the chicken breasts in the base of the slow cooker and sprinkle the onion slices over and around the chicken. Season with salt and pepper. Pour the beef stock around the chicken and sprinkle the Italian seasonings over the top.
3. 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 thicken the beef and onion sauce. Add chicken and onions onto plate and top with the grated Parmesan cheese and sliced Swiss cheese. Heat from the chicken should melt the cheese, but if it doesn't you can bake it for a few minutes in oven-safe dish to melt the cheese.
4. Place thin slices of French bread onto baking sheets and add pinchful of shredded mozzarella onto each bread. Bake at 350 F for 8 minutes, or until cheese has melted. Serve cheese covered French bread slices as side dish, or "scoop" for the chicken and onions.
5. Prepare veggies.
6. Serve Slow Cooker French Onion Chicken with cheesy bread and veggies.

Assembly Prep Directions for 2 Meals

Slice 4 white onions into half moons.

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

- 4 boneless chicken breasts
- Half of the sliced onions
- Salt and pepper
- 1 cup beef stock
- 1 tsp Italian seasoning
- 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. Add cheese to chicken just before serving.

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

Gluten-Free Modifications: Recipe is gluten-free if you serve with gluten-free sides.

5. Cheesy Tex Mex 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

- 4 - small boneless chicken breasts
- 2 - Tbsp butter
- 1 - red bell pepper(s)
- 1 - small white onion(s)
- 1 - 10 oz diced tom & green chile
- 1 - cup(s) chicken stock
- 1 - packet(s) taco seasoning
- 2 - cup(s) riced cauliflower**
- 2 - cup(s) shredded Mexican blend cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Seed and finely chop the red bell pepper. Chop the onion.
3. Open and drain the diced tomatoes with green chilies.
4. In a large skillet, melt the butter and saute the chicken pieces for 2 to 3 minutes. Stir in the chopped red bell peppers and onions and saute with the chicken until chicken pieces are cooked through. Stir in the diced tomatoes with green chiles, chicken stock, riced cauliflower and taco seasoning and bring to bubbling.
5. Reduce heat to low and let simmer for 5 to 8 minutes to allow flavors to mingle. Just before serving, add shredded cheese over the top and let melt.
6. Prepare the salad.
7. Serve Cheesy Tex Mex Chicken with side salad.

Assembly Prep Directions for 2 Meals

Cut 8 chicken breasts into bite-size pieces.

Seed and finely chop 2 red bell peppers.

Chop 2 small white onions.

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped onion
- 1 - 10 oz. can diced tomatoes with green chilies
- 1 cup chicken stock
- 1 packet taco 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. Add all of the ingredients to a large skillet, bring to bubbling and then add the riced cauliflower. Simmer over low heat for 15 to 20 minutes, or until chicken is cooked through. Top with cheese before serving.

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

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

Complete Shopping List by Recipe

1. Slow Cooker Rosemary Artichoke Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2x1 - 7.5 oz jar(s) artichoke hearts
- ☐ 2 - Tbsp olive oil
- ☐ 2 - tsp dried rosemary
- ☐ 2 - tsp garlic powder
- ☐ 1 - tsp dried basil
- ☐ - Salt and pepper
- ☐ - pasta
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. BBQ Chicken Sweet Potatoes

- ☐ 6 - cup(s) shredded rotisserie chicken
- ☐ 2 - cup(s) BBQ sauce
- ☐ 8 - large sweet potatoes
- ☐ 4 - cup(s) shredded Colby Jack cheese
- ☐ - red onion(s)
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

5. Cheesy Tex Mex Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 4 - Tbsp butter
- ☐ 2 - red bell pepper(s)
- ☐ 2 - small white onion(s)
- ☐ 2x1 - 10 oz diced tom & green chile
- ☐ 2 - cup(s) chicken stock
- ☐ 2 - packet(s) taco seasoning
- ☐ 4 - cup(s) riced cauliflower
- ☐ 4 - cup(s) shredded Mexican blend cheese
- ☐ - salad

2. Homemade Chicken Noodle Soup

- ☐ 4 - Tbsp olive oil
- ☐ 12 - boneless chicken thighs
- ☐ 8 - whole carrots
- ☐ 4 - celery stalk(s)
- ☐ 2 - small white onion(s)
- ☐ 2 - tsp garlic powder
- ☐ 1 - tsp dried thyme
- ☐ 12 - cup(s) chicken stock
- ☐ - Salt and pepper
- ☐ 16 - oz. small shell pasta
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

4. Slow Cooker French Onion Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 4 - small white onion(s)
- ☐ - Salt and pepper
- ☐ 2 - cup(s) beef stock
- ☐ 2 - tsp Italian seasoning
- ☐ 2 - Tbsp cornstarch
- ☐ 2 - cup(s) grated Parmesan cheese
- ☐ 8 - slices Swiss cheese
- ☐ 2 - cup(s) shredded mozzarella cheese
- ☐ - cheese covered French bread
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 24 small boneless chicken breasts
- ☐ 12 boneless chicken thighs
- ☐ 6 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- ☐ 2x1 7.5 oz jar(s) artichoke hearts
- ☐ 14 cup(s) chicken stock
- ☐ 16 oz. small shell pasta
- ☐ 2 cup(s) beef stock
- ☐ 2x1 10 oz diced tom & green chile

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 2 cup(s) BBQ sauce

Dairy/Frozen

- ☐ 4 cup(s) shredded Colby Jack cheese
- ☐ 2 cup(s) grated Parmesan cheese
- ☐ 8 slices Swiss cheese
- ☐ 2 cup(s) shredded mozzarella cheese
- ☐ 4 Tbsp butter
- ☐ 4 cup(s) shredded Mexican blend cheese

Produce

- ☐ **Side:** veggies
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 8 small white onion(s)
- ☐ **Side:** salad
- ☐ 8 large sweet potatoes
- ☐ **Garnish:** red onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 4 cup(s) riced cauliflower

Starchy Sides

- ☐ **Side:** pasta

Spices

- ☐ 2 tsp dried rosemary
- ☐ 4 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ 1 tsp dried thyme
- ☐ 2 tsp Italian seasoning
- ☐ 2 Tbsp cornstarch
- ☐ 2 packet(s) taco seasoning

Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(s)
- ☐ **Side:** cheese covered French bread

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 Rosemary Artichoke Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2x1 7.5 oz jar(s) artichoke hearts
- ☐ 2 Tbsp olive oil
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. BBQ Chicken Sweet Potatoes

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 2 cup(s) BBQ sauce
- ☐ 2 gallon-size freezer baggie(s)

5. Cheesy Tex Mex Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 4 Tbsp butter
- ☐ 2 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 2 cup(s) chicken stock
- ☐ 2 packet(s) taco seasoning
- ☐ 2 gallon-size freezer baggie(s)

2. Homemade Chicken Noodle Soup

- ☐ 4 Tbsp olive oil
- ☐ 12 boneless chicken thighs
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried thyme
- ☐ 12 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. Slow Cooker French Onion Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 4 small white onion(s)
- ☐ Salt and pepper
- ☐ 2 cup(s) beef stock
- ☐ 2 tsp Italian seasoning
- ☐ 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

- ☐ 24 small boneless chicken breasts
- ☐ 12 boneless chicken thighs
- ☐ 6 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- ☐ 2x1 7.5 oz jar(s) artichoke hearts
- ☐ 14 cup(s) chicken stock
- ☐ 2 cup(s) beef stock
- ☐ 2x1 10 oz diced tom & green chile

Spices

- ☐ 2 tsp dried rosemary
- ☐ 4 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ 1 tsp dried thyme
- ☐ 2 tsp Italian seasoning
- ☐ 2 packet(s) taco seasoning

Supplies

- ☐ 10x gallon-size freezer baggie(s)

Produce

- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 8 small white onion(s)
- ☐ 2 red bell pepper(s)

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 2 cup(s) BBQ sauce

Dairy/Frozen

- ☐ 4 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

- ☐ If needed, pull the rotisserie chicken from the whole chicken and mix white and dark meats.
- ☐ Cut 8 chicken breasts into bite-size pieces.
- ☐ Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- ☐ Slice 4 white onions into half moons.
- ☐ Seed and finely chop 2 red bell peppers.
- ☐ Chop 2 small white onions.
- ☐ Open and drain 2 jars of artichoke hearts.

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 Rosemary Artichoke Chicken

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper

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

BBQ Chicken Sweet Potatoes

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

- 3 cups rotisserie chicken
- 1 cup BBQ sauce

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

Cheesy Tex Mex Chicken

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped onion
- 1 - 10 oz. can diced tomatoes with green chilies
- 1 cup chicken stock
- 1 packet taco seasoning

Homemade Chicken Noodle Soup

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

- 2 Tbsp olive oil
- 6 chicken thighs
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 6 cups chicken stock

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

Slow Cooker French Onion Chicken

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

- 4 boneless chicken breasts
- Half of the sliced onions
- Salt and pepper
- 1 cup beef stock
- 1 tsp Italian seasoning
- Do NOT add the cornstarch before freezing.

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.