

# ALL PORK MEAL PLAN

**JANUARY 2018**

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# 1. Garlic Parmesan Pork Chops

*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.

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## Ingredients for Single Meal

- 4 - boneless pork chops
- 1 - cup(s) breadcrumbs
- 1 - tsp onion powder
- 1/2 - cup(s) grated Parmesan cheese
- 2 - tsp minced garlic
- - Salt and pepper
- 1 - Tbsp olive oil
- Side: - dinner rolls\*\*
- Side: - veggies\*\*
- 1 - 9x13 disposable foil tray(s)

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## Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. In a shallow dish, toss together the breadcrumbs, onion powder, grated Parmesan cheese, minced garlic and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the prepared baking dish.
3. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Prepare veggies.
5. Warm the dinner rolls.
6. Serve Garlic Parmesan Pork Chops with veggies and dinner rolls.

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## Assembly Prep Directions for 2 Meals

In a shallow dish, toss together 2 cups breadcrumbs, 2 tsp onion powder, 1 cup grated Parmesan cheese, 4 tsp minced garlic and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

Cover with foil or lid, add label and freeze.

**Freeze & Thaw Instructions:** *Put tray 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 shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

**Dairy-Free Modifications:** *Unfortunately, there isn't a great dairy-free option for this meal.*

**Gluten-Free Modifications:** *Use gluten-free breadcrumbs for gluten-free meal. Serve with gluten-free side, like rice or mashed potatoes.*

## 2. Slow Cooker Sweet 'n Spicy Shredded Pork Tacos

*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

- 2 - lb(s) pork roast
- 1 - small white onion(s)
- 1/2 - cup(s) brown sugar
- 3 - tsp minced garlic
- 1 - Tbsp ground cumin
- 1 - tsp cayenne pepper
- 1 - cup(s) chicken stock
- 12 - corn tortillas\*\*
- Garnish: - lime wedges\*\*
- Garnish: - pico de gallo\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Chop the white onion.
2. Place the pork roast into the base of the slow cooker and sprinkle the chopped onions around it. Sprinkle in the brown sugar, minced garlic, ground cumin, and cayenne pepper. Pour the chicken stock around the edges of the slow cooker. (Note: You could use water instead of chicken stock.)
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork roast with 2 forks and mix into the sauce.
4. Spoon the shredded pork into corn tortillas and make tacos. Top with lime and pico de gallo.
5. Prepare the salad.
6. Serve Slow Cooker Sweet 'n Spicy Shredded Pork Tacos with salad.

### Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

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

- 2 lb. pork roast
- Half of the chopped white onion
- 1/2 cup brown sugar
- 3 tsp minced garlic
- 1 Tbsp ground cumin
- 1 tsp cayenne pepper
- 1 cup 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 bowl of warm water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.*

**Special Notes:** *Substitute chili powder for the cayenne pepper if you're worried about it being too spicy.*

**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. Thai Peanut Pork Chops

*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.

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### Ingredients for Single Meal

- 4 - boneless pork chops
- 1 - Tbsp canola oil
- 1 - small white onion(s)
- 1 - red bell pepper(s)
- 1 - cup(s) Thai peanut sauce
- 1 - 15 oz. can light coconut milk
- Garnish: - chopped cilantro\*\*
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the red bell pepper.
2. Cook the rice, as directed.
3. In a large skillet, heat the oil, then saute the onion and bell pepper for 3 to 4 minutes. Then nestle the pork chops into the bell peppers and onions and pour the Thai peanut sauce and 1/2 cup of the canned coconut milk over the top. Bring to bubbling over medium heat and cook the pork chops through, flipping once and stirring often. Once the pork chops are cooked through, remove the skillet from the heat.
4. Prepare veggies.
5. Serve Thai Peanut Pork Chops with cilantro garnish, over rice with veggies.

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### Assembly Prep Directions for 2 Meals

Slice 2 onions.

Seed and dice 2 red bell peppers.

Open 1 can of coconut milk.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the sliced red bell peppers
- Half of the sliced onion
- 1 cup Thai peanut sauce
- 1/2 cup of the canned coconut milk 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 in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet for cooking as directed.*

**Special Notes:** *If you wish to use the entire can of coconut milk, you could swirl in a little more into the sauce, or save it for another meal. It's also delicious swirled into coffee. :)*

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

**Gluten-Free Modifications:** *Check the Thai peanut sauce for hidden gluten.*

## 4. Slow Cooker Cranberry-Mustard Pork Roast

*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

- 2 - lb(s) pork roast
- - Salt and pepper
- 1 - tsp cinnamon
- 1 - 15 oz can(s) whole cranberries
- 1/4 - cup(s) spicy mustard
- Side: - mashed potatoes\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker insert. Season with salt, pepper and cinnamon.
2. In a small mixing bowl, combine the whole cranberries with the spicy mustard. Pour the sauce over top of the pork roast and set on low and cook for 8 hours.
3. Prepare the mashed potatoes and veggies.
4. Serve Slow Cranberry-Mustard Pork Roast with a side of mashed potatoes and veggies.

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### Assembly Prep Directions for 2 Meals

Whisk together 2 - 15 oz. cans whole cranberries sauce & 1/2 cup spicy mustard.

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

- 2 lbs. pork roast
- Pinch of salt and pepper and dashes of cinnamon onto the pork roast
- Half of the prepared cranberry-mustard sauce over the pork chops

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. Rosemary Garlic Pork Chops

*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
- 3 - Tbsp olive oil
- 3 - Tbsp balsamic vinegar
- 3 - tsp minced garlic
- 1 - Tbsp dried rosemary
- 1 - tsp dried basil
- Side: - salad\*\*
- Side: - dinner rolls\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Place the pork chops in shallow baking dish and season both sides with salt and pepper.
2. In small resealable container, add the olive oil, balsamic vinegar, minced garlic, rosemary and basil. Shake vigorously and then pour over the pork chops. Cover with plastic wrap and let marinate in the fridge for at least 30 minutes, ideally overnight.
3. To a large skillet, add the pork chops and marinade and bring to simmering. Reduce heat to low and simmer for 10 to 12 minutes, flipping the pork chops twice. Once cooked through, remove from the heat and let rest for 5 minutes before slicing.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Rosemary Garlic Pork Chops with 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
- 3 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 3 tsp minced garlic
- 1 Tbsp chopped 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 pork chops and all of the marinade to the skillet. Bring to bubbling, then reduce heat and simmer for 10 to 12 minutes, flipping pork chops twice. Once cooked through, let rest 5 minutes before slicing.*

**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. Garlic Parmesan Pork Chops

- 8 - boneless pork chops
- 2 - cup(s) breadcrumbs
- 2 - tsp onion powder
- 1 - cup(s) grated Parmesan cheese
- 4 - tsp minced garlic
- Salt and pepper
- 2 - Tbsp olive oil
- dinner rolls
- veggies
- 2 - 9x13 disposable foil tray(s)

## 3. Thai Peanut Pork Chops

- 8 - boneless pork chops
- 2 - Tbsp canola oil
- 2 - small white onion(s)
- 2 - red bell pepper(s)
- 2 - cup(s) Thai peanut sauce
- 2x1 - 15 oz. can light coconut milk
- chopped cilantro
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

## 5. Rosemary Garlic Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 6 - Tbsp olive oil
- 6 - Tbsp balsamic vinegar
- 6 - tsp minced garlic
- 2 - Tbsp dried rosemary
- 2 - tsp dried basil
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)

## 2. Slow Cooker Sweet 'n Spicy Shredded Pork Tacos

- 4 - lb(s) pork roast
- 2 - small white onion(s)
- 1 - cup(s) brown sugar
- 6 - tsp minced garlic
- 2 - Tbsp ground cumin
- 2 - tsp cayenne pepper
- 2 - cup(s) chicken stock
- 24 - corn tortillas
- lime wedges
- pico de gallo
- salad
- 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Cranberry-Mustard Pork Roast

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - tsp cinnamon
- 2x1 - 15 oz can(s) whole cranberries
- 1/2 - cup(s) spicy mustard
- mashed potatoes
- veggies
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 24 boneless pork chops
- 8 lb(s) pork roast

## Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 2 cup(s) chicken stock
- 2x1 15 oz. can light coconut milk
- Side:** rice
- 2x1 15 oz can(s) whole cranberries

## Sauces/Condiments

- 8 Tbsp olive oil
- 2 Tbsp canola oil
- 2 cup(s) Thai peanut sauce
- 1/2 cup(s) spicy mustard
- 6 Tbsp balsamic vinegar

## Dairy/Frozen

- 1 cup(s) grated Parmesan cheese

## Produce

- Side:** veggies
- 4 small white onion(s)
- Garnish:** lime wedges
- Garnish:** pico de gallo
- Side:** salad
- 2 red bell pepper(s)
- Garnish:** chopped cilantro
- Side:** mashed potatoes

## Starchy Sides

- Side:** dinner rolls
- 24 corn tortillas

## Spices

- 2 tsp onion powder
- 16 tsp minced garlic
- Salt and pepper
- 1 cup(s) brown sugar
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 2 tsp cinnamon
- 2 Tbsp dried rosemary
- 2 tsp dried basil

## Supplies

- Side:** 2 9x13 disposable foil tray(s)
- Side:** 8 gallon-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. Garlic Parmesan Pork Chops

- 8 boneless pork chops
- 2 cup(s) breadcrumbs
- 2 tsp onion powder
- 1 cup(s) grated Parmesan cheese
- 4 tsp minced garlic
- Salt and pepper
- 2 Tbsp olive oil
- 2 9x13 disposable foil tray(s)

## 3. Thai Peanut Pork Chops

- 8 boneless pork chops
- 2 Tbsp canola oil
- 2 small white onion(s)
- 2 red bell pepper(s)
- 2 cup(s) Thai peanut sauce
- 2x1 15 oz. can light coconut milk
- 2 gallon-size freezer baggie(s)

## 5. Rosemary Garlic Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 6 Tbsp olive oil
- 6 Tbsp balsamic vinegar
- 6 tsp minced garlic
- 2 Tbsp dried rosemary
- 2 tsp dried basil
- 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Sweet 'n Spicy Shredded Pork Tacos

- 4 lb(s) pork roast
- 2 small white onion(s)
- 1 cup(s) brown sugar
- 6 tsp minced garlic
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 2 cup(s) chicken stock
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Cranberry-Mustard Pork Roast

- 4 lb(s) pork roast
- Salt and pepper
- 2 tsp cinnamon
- 2x1 15 oz can(s) whole cranberries
- 1/2 cup(s) spicy mustard
- 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 boneless pork chops
- 8 lb(s) pork roast

## Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 2 cup(s) chicken stock
- 2x1 15 oz. can light coconut milk
- 2x1 15 oz can(s) whole cranberries

## Spices

- 2 tsp onion powder
- 16 tsp minced garlic
- Salt and pepper
- 1 cup(s) brown sugar
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 2 tsp cinnamon
- 2 Tbsp dried rosemary
- 2 tsp dried basil

## Supplies

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

## Produce

- 4 small white onion(s)
- 2 red bell pepper(s)

## Sauces/Condiments

- 8 Tbsp olive oil
- 2 Tbsp canola oil
- 2 cup(s) Thai peanut sauce
- 1/2 cup(s) spicy mustard
- 6 Tbsp balsamic vinegar

## Dairy/Frozen

- 1 cup(s) grated Parmesan cheese

## 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

- Chop 2 small white onions.
- Slice 2 onions.
- Seed and dice 2 red bell peppers.
- In a shallow dish, toss together 2 cups breadcrumbs, 2 tsp onion powder, 1 cup grated Parmesan cheese, 4 tsp minced garlic and salt and pepper. Drizzle olive oil over each pork chop and then dip each pork chop into the breadcrumb mixture, coating both sides. Place coated pork chops into the disposable trays.
- Whisk together 2 - 15 oz. cans whole cranberries sauce & 1/2 cup spicy mustard.
- Open 1 can of coconut milk.

*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.

### Garlic Parmesan Pork Chops

To each disposable tray, add the following ingredients:

- Half of the coated pork chops

Cover with foil or lid, add label and freeze.

### Slow Cooker Sweet 'n Spicy Shredded Pork

#### Tacos

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

- 2 lb. pork roast
- Half of the chopped white onion
- 1/2 cup brown sugar
- 3 tsp minced garlic
- 1 Tbsp ground cumin
- 1 tsp cayenne pepper
- 1 cup chicken stock

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

### Thai Peanut Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the sliced red bell peppers
- Half of the sliced onion
- 1 cup Thai peanut sauce
- 1/2 cup of the canned coconut milk into each bag

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

### Slow Cooker Cranberry-Mustard Pork

#### Roast

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

- 2 lbs. pork roast
- Pinch of salt and pepper and dashes of cinnamon onto the pork roast
- Half of the prepared cranberry-mustard sauce over the pork chops

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

### Rosemary Garlic Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 3 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 3 tsp minced garlic

- 1 Tbsp chopped rosemary
- 1 tsp dried basil

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