

CLEAN EATS MEAL PLAN

JANUARY 2018

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1. Turkey Spinach Burgers

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.

Ingredients for Single Meal

- 1 - egg(s)
- 1 - lb(s) ground turkey
- 1 - cup(s) breadcrumbs
- 1 - tsp garlic powder
- 10 - oz. frozen spinach
- - Salt and pepper
- 2 - Tbsp canola oil
- 4 - whole wheat hamburger buns**
- Side: - salad
- 1 - gallon-size freezer baggie(s)
- - Foil

Cooking Directions for Single Meal

1. Cook and drain the frozen spinach.
2. In a large mixing bowl, combine the ground turkey, egg, breadcrumbs, garlic powder and drained spinach. Mix well and form into 4 flat patties. Season patties with salt and pepper on both sides.
3. In a skillet, heat the oil and brown the patties on both sides, then cook over medium low heat until cooked through, about 10 minutes. You could grill them if you prefer.
4. Prepare the salad.
5. Serve Turkey Spinach Burgers with salad.

Assembly Prep Directions for 2 Meals

Cook and drain 2 boxes of frozen spinach.

In large mixing bowl, combine 2 lbs. ground turkey, 2 cups breadcrumbs, 2 eggs, 2 tsp garlic powder. Combine, then mix in the drained spinach. Evenly divide and form 8 patties.

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

- Half of the prepared patties
- Foil in between patties, if necessary

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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 skillet or grill and cooking as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free when burgers are served inside lettuce wrap and use gluten-free bread crumbs.*

2. Bolognese Sauce

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 - slices bacon
- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - Tbsp Italian seasoning
- 4 - whole carrots
- 1 - celery stalk(s)
- 1/2 - small white onion(s)
- Garnish: - grated Parmesan cheese**
- Side: - pasta**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook and crumble the bacon.
2. Shred the carrots. Finely chop the celery and onion.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, Italian seasoning, shredded carrots, chopped celery, chopped onion and crumbled bacon. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Bolognese Sauce over pasta with grated Parmesan garnish and side of veggies.

Assembly Prep Directions for 2 Meals

Cook and crumble 8 slices bacon.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Half of the shredded carrots
- Half of the chopped celery
- Half of the chopped onion
- Half of the cooked and crumbled bacon

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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 a saucepan and reheating.*

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

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

3. Italian Chicken Skillet with Zucchini

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.

Ingredients for Single Meal

- 12 - boneless chicken tenderloins
- 2 - Tbsp olive oil
- 1 - Tbsp balsamic vinegar
- 1 - Tbsp Italian seasoning
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- 1 - medium zucchini
- 8 - oz. sliced white mushrooms
- 1 - 15 oz. can(s) diced tomatoes
- 1 - cup(s) sun dried tomatoes
- 1/2 - cup(s) chicken stock
- - Salt and pepper
- Garnish: - Parmesan cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the zucchini into 1/2-inch circles.
2. In a large skillet, add the olive oil, balsamic vinegar, Italian seasoning, minced onion, minced garlic, zucchini, white mushrooms and chicken tenderloins and saute together for 2 to 3 minutes. Stir in the diced tomatoes, sun-dried tomatoes and chicken stock and bring to bubbling.
3. Reduce heat to low and let simmer for 7 to 10 minutes, or until chicken is cooked through and veggies are softened.
4. Prepare the salad.
5. Serve Italian Chicken Skillet with Zucchini with Parmesan cheese garnish and side salad.

Assembly Prep Directions for 2 Meals

Slice 2 zucchini into 1/2-inch circles.

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

- 12 boneless chicken tenderloins
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp Italian seasoning
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Half of the chopped zucchini
- 8 oz. sliced white mushrooms
- 1 - 15 oz. can fire roasted diced tomatoes
- 1 cup sun-dried tomatoes
- 1/2 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 warm bowl of water for about 20 minutes. Transfer all of the ingredients from the freezer bag to large skillet or saucepan, start to cook over medium heat until bubbling, then reduce heat and simmer for 10 minutes or until chicken is cooked and veggies are softened.*

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

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

4. Roasted Vegetable Chili

Yield: 4 servings

Active Time: 15 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - eggplant(s)
- 1 - zucchini
- 1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp chili powder
- 2 - cup(s) beef broth
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.
2. Open the crushed tomatoes.
3. Seed and dice the green bell pepper. Dice the onion.
4. Slice the eggplant and zucchini both into 1/2-inch circles.
5. Place the diced veggies onto prepared baking sheet and roast in the oven for 15 to 20 minutes.
6. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, chili powder and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Once the veggies are roasted, add to the chili and cook another 10 minutes, or until veggies are softened. Season with salt and pepper to taste.
7. Prepare the salad.
8. Serve Roasted Vegetable Chili with salad.

Assembly Prep Directions for 2 Meals

Slice 2 eggplants and 2 zucchini, both into 1/2-inch circles.

Seed and dice 2 green bell peppers. Dice 2 onions.

Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.

Place the sliced eggplant and zucchini, plus diced bell pepper onto prepared baking sheet and roast in the oven for 15 to 20 minutes.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

Open 2 cans of crushed tomatoes.

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

- Half of the browned ground beef
- Half of the roasted vegetables
- Half of the crushed tomatoes
- 2 Tbsp chili powder
- 2 cups beef broth
- 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 20 minutes.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the shredded cheese garnish.*

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. Turkey Spinach Burgers

- 2 - egg(s)
- 2 - lb(s) ground turkey
- 2 - cup(s) breadcrumbs
- 2 - tsp garlic powder
- 2x10 - oz. frozen spinach
- Salt and pepper
- 4 - Tbsp canola oil
- 8 - whole wheat hamburger buns
- salad
- 2 - gallon-size freezer baggie(s)
- Foil

3. Italian Chicken Skillet with Zucchini

- 24 - boneless chicken tenderloins
- 4 - Tbsp olive oil
- 2 - Tbsp balsamic vinegar
- 2 - Tbsp Italian seasoning
- 2 - Tbsp minced onion
- 2 - tsp minced garlic
- 2 - medium zucchini
- 16 - oz. sliced white mushrooms
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - cup(s) sun dried tomatoes
- 1 - cup(s) chicken stock
- Salt and pepper
- Parmesan cheese
- salad
- 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. Bolognese Sauce

- 8 - slices bacon
- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 8 - whole carrots
- 2 - celery stalk(s)
- 1 - small white onion(s)
- grated Parmesan cheese
- pasta
- veggies
- 2 - gallon-size freezer baggie(s)

4. Roasted Vegetable Chili

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - green bell pepper(s)
- 2 - small white onion(s)
- 2 - eggplant(s)
- 2 - zucchini
- 2x1 - 28 oz. can(s) crushed tomatoes
- 4 - Tbsp chili powder
- 4 - cup(s) beef broth
- Salt and pepper
- shredded cheddar cheese
- salad
- 2 - gallon-size freezer baggie(s)

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

Complete Shopping List by Store Section/Category

Meat

- 2 lb(s) ground turkey
- 8 slices bacon
- 4 lb(s) ground beef
- 24 boneless chicken tenderloins
- 8 boneless pork chops

Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 4x1 28 oz. can(s) crushed tomatoes
- 2 15 oz. can(s) diced tomatoes
- 2x1 cup(s) sun dried tomatoes
- 1 cup(s) chicken stock
- 4 cup(s) beef broth

Sauces/Condiments

- 4 Tbsp canola oil
- 10 Tbsp olive oil
- 8 Tbsp balsamic vinegar

Dairy/Frozen

- 2 egg(s)
- 2x10 oz. frozen spinach
- Garnish:** grated Parmesan cheese
- Side:** Parmesan cheese
- Garnish:** shredded cheddar cheese

Produce

- Side:** salad
- 8 whole carrots
- 2 celery stalk(s)
- 3 small white onion(s)
- Side:** veggies
- 2 medium zucchini
- 16 oz. sliced white mushrooms
- 2 green bell pepper(s)
- 2 eggplant(s)
- 2 zucchini

Starchy Sides

- 8 whole wheat hamburger buns
- Side:** pasta
- Side:** dinner rolls

Spices

- 6 tsp garlic powder
- Salt and pepper
- 6 Tbsp minced onion
- 4 Tbsp Italian seasoning
- 8 tsp minced garlic
- 4 Tbsp chili powder
- 2 Tbsp dried rosemary
- 2 tsp dried basil

Supplies

- Side:** 10 gallon-size freezer baggie(s)
- Foil

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. Turkey Spinach Burgers

- 2 egg(s)
- 2 lb(s) ground turkey
- 2 cup(s) breadcrumbs
- 2 tsp garlic powder
- 2x10 oz. frozen spinach
- Salt and pepper
- 4 Tbsp canola oil
- 2 gallon-size freezer baggie(s)
- Foil

3. Italian Chicken Skillet with Zucchini

- 24 boneless chicken tenderloins
- 4 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 2 Tbsp Italian seasoning
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 2 medium zucchini
- 16 oz. sliced white mushrooms
- 2 15 oz. can(s) diced tomatoes
- 2x1 cup(s) sun dried tomatoes
- 1 cup(s) chicken stock
- Salt and pepper
- 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. Bolognese Sauce

- 8 slices bacon
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 28 oz. can(s) crushed tomatoes
- 2 Tbsp Italian seasoning
- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 2 gallon-size freezer baggie(s)

4. Roasted Vegetable Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 eggplant(s)
- 2 zucchini
- 2x1 28 oz. can(s) crushed tomatoes
- 4 Tbsp chili powder
- 4 cup(s) beef broth
- 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

- 2 lb(s) ground turkey
- 8 slices bacon
- 4 lb(s) ground beef
- 24 boneless chicken tenderloins
- 8 boneless pork chops

Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- 4x1 28 oz. can(s) crushed tomatoes
- 2 15 oz. can(s) diced tomatoes
- 2x1 cup(s) sun dried tomatoes
- 1 cup(s) chicken stock
- 4 cup(s) beef broth

Spices

- 6 tsp garlic powder
- Salt and pepper
- 6 Tbsp minced onion
- 4 Tbsp Italian seasoning
- 8 tsp minced garlic
- 4 Tbsp chili powder
- 2 Tbsp dried rosemary
- 2 tsp dried basil

Supplies

- 10x gallon-size freezer baggie(s)
- Foil

Produce

- salad
- 8 whole carrots
- 2 celery stalk(s)
- 3 small white onion(s)
- 2 medium zucchini
- 16 oz. sliced white mushrooms
- 2 green bell pepper(s)
- 2 eggplant(s)
- 2 zucchini

Sauces/Condiments

- 4 Tbsp canola oil
- 10 Tbsp olive oil
- 8 Tbsp balsamic vinegar

Dairy/Frozen

- 2 egg(s)
- 2x10 oz. frozen spinach

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

- Slice 2 eggplants and 2 zucchini, both into 1/2-inch circles.
- Seed and dice 2 green bell peppers. Dice 2 onions.
- Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.
- Cook and crumble 8 slices bacon.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Cook and drain 2 boxes of frozen spinach.
- Slice 2 zucchini into 1/2-inch circles.
- Place the sliced eggplant and zucchini, plus diced bell pepper onto prepared baking sheet and roast in the oven for 15 to 20 minutes.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.
- In large mixing bowl, combine 2 lbs. ground turkey, 2 cups breadcrumbs, 2 eggs, 2 tsp garlic powder. Combine, then mix in the drained spinach. Evenly divide and form 8 patties.
- Open 2 cans of crushed 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.

Turkey Spinach Burgers

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

- Half of the prepared patties
- Foil in between patties, if necessary

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

Italian Chicken Skillet with Zucchini

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

- 12 boneless chicken tenderloins
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp Italian seasoning
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Half of the chopped zucchini
- 8 oz. sliced white mushrooms
- 1 - 15 oz. can fire roasted diced tomatoes
- 1 cup sun-dried tomatoes
- 1/2 cup chicken stock

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

Bolognese Sauce

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Half of the shredded carrots
- Half of the chopped celery
- Half of the chopped onion
- Half of the cooked and crumbled bacon

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

Roasted Vegetable Chili

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

- Half of the browned ground beef
- Half of the roasted vegetables
- Half of the crushed tomatoes
- 2 Tbsp chili powder
- 2 cups beef broth
- Salt and pepper

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

- 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.