

THE 20 MEALS PLAN

JANUARY 2018

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Meal Assembly Instructions

1. 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.

2. 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.

3. 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.

4. Buffalo Ranch Mac & Cheese

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

- 1 - 1 lb box(es) elbow noodles
- 1 - cup(s) sour cream
- 3/4 - cup(s) buffalo wing hot sauce
- 1 - packet(s) ranch dressing mix
- 3 - cup(s) shredded cheddar cheese
- 2 - cup(s) shredded rotisserie chicken
- Garnish: - blue cheese crumbles**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cook the pasta, as directed, to al dente. Drain well.
2. Preheat oven to 350 F.
3. In a large mixing bowl, toss together the sour cream, buffalo wing sauce, Ranch dressing mix and half of the shredded cheese. Stir in the shredded rotisserie chicken.
4. Pour the drained pasta into the bowl and toss with the cheesy mixture. Pour into baking dish and top with remaining shredded cheese.
5. Bake in the preheated oven for 15 to 20 minutes, or until warmed through and cheese is melted on top.
6. Prepare the salad.
7. Serve Buffalo Ranch Mac & Cheese Bake with crumbled blue cheese garnish and salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, toss together 2 cups sour cream, 1 1/2 cup buffalo wing sauce, 2 packets Ranch dressing mix, 3 cups of the shredded cheese, and 2 cups shredded rotisserie chicken.

Cook the pasta, as directed, to al dente. Drain well.

Pour the drained pasta into the bowl and toss with the cheesy mixture.

To each disposable tray, add the following ingredients:

- Half of the pasta and cheesy mixture
- Half of the remaining shredded cheese on top

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 warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.

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

Gluten-Free Modifications: Recipe is gluten-free if you use small shell gluten-free pasta.

5. Beef Burrito Casserole

Yield: 4 servings

Active Time: 15 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can(s) chili beans
- 1 - cup(s) red salsa
- 1 - tsp ground cumin
- 1 - cup(s) shredded Monterrey Jack cheese
- 8 - flour tortillas
- 2 - cup(s) shredded cheddar cheese
- Garnish: - avocado slices**
- Garnish: - sour cream**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open the can of chili beans.
3. Brown the ground beef with the minced onion and garlic powder. Drain if necessary. Stir in the beans, salsa, cumin and shredded Monterrey Jack cheese.
4. Spoon the beef and beans mixture into the tortillas, then roll them up and place seam side down in the prepared baking dish. Repeat until all the meat is used up and burritos are cozy in the baking dish. Sprinkle the shredded cheddar cheese on top and bake in the preheated oven for 20 minutes, or until cheese on top has melted. Add sliced avocados and/or sour cream as garnish.
5. Prepare the veggies.
6. Serve Beef Burrito Casserole with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of chili beans.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain if necessary. Stir in the beans, 2 cups salsa, 2 tsp cumin and 2 cups shredded Monterrey Jack cheese.

To each disposable tray, layer the following ingredients:

- 8 tortillas, with beef-bean mixture rolled inside
- Top with shredded cheddar cheese

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 warm shallow dish of water for about 20 minutes, before transferring to the oven and baking 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 tortillas or corn tortillas.*

6. Mediterranean Stuffed Peppers {Filling}

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.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz can(s) chickpeas
- 1 - 4 oz. can(s) black olives
- 1 - 8 oz can(s) tomato sauce
- 1/2 - tsp ground allspice
- - Salt and pepper
- 1 - cup(s) white rice**
- 2 - cup(s) beef stock
- 4 - large green bell pepper(s)
- Garnish: - chopped parsley**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Open and drain the chickpeas and black olives. Open tomato sauce.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the chickpeas, black olives, tomato sauce, allspice and pinch of salt and pepper. Add the rice and stir in the beef stock. Cover and simmer for 15 to 20 minutes, or until rice is softened.
4. Slice the tops off the bell peppers and remove the seeds and center.
5. Spoon the beef-rice mixture into each bell pepper, filling. Place into small baking dish and bake for 10 to 15 minutes, to warm through and soften the bell peppers.
6. Prepare the veggies.
7. Serve Mediterranean Stuffed Peppers with veggies.

Assembly Prep Directions for 2 Meals

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

Open and drain 2 cans of chickpeas and 2 cans of black olives.

Open 2 cans of tomato sauce.

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

- Half of the browned ground beef
- Half of the canned chickpeas
- Half of the canned olives
- 1 - 8 oz. can tomato sauce
- 1/2 tsp allspice
- Salt and pepper
- Do NOT add rice and beef stock to freezer meal.

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 a skillet and reheating. Once bubbling, stir in the rice and beef stock and cook through. Then add to bell peppers and bake as directed.

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.

7. 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.

8. 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.

9. Creamy Spinach and Tomato Linguini

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

- 1 - Tbsp olive oil
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - 15 oz can(s) petite diced tom
- 10 - oz. frozen spinach
- 1 - Tbsp Italian seasoning
- - Salt and pepper
- 1 - 16 oz box(es) linguini**
- 1/2 - cup(s) heavy cream**
- Garnish: - shredded Parmesan cheese**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the onion.
2. Open the crushed tomatoes and petite diced tomatoes.
3. In a large skillet or saucepan, saute the chopped onion and minced garlic in the olive oil for 1 minute. Stir in the crushed tomatoes and undrained petite diced tomatoes. Bring to bubbling, then stir in the spinach, Italian seasoning and swirl in the heavy cream. Season with salt and pepper to taste.
4. Reduce heat and let simmer for 10 minutes, to allow flavors to mingle.
5. Cook pasta, as directed. Drain and toss cooked pasta with the tomato sauce.
6. Prepare veggies.
7. Serve Creamy Spinach and Tomato Linguini with shredded Parmesan cheese garnish and side of veggies.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open 2 cans of crushed tomatoes and 2 cans of petite diced tomatoes.

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

- 1 Tbsp olive oil
- Half of the chopped onion
- 2 tsp minced garlic
- Half of the crushed tomatoes
- Half of the petite diced tomatoes (undrained)
- 1 - 10 oz. bag frozen chopped spinach
- 1 Tbsp Italian 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. Transfer to skillet and reheat the sauce, then stir in the heavy cream. Cook the pasta as directed and toss together with the sauce.

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

Gluten-Free Modifications: Use gluten-free pasta for a gluten-free meal.

10. Slow Cooker Creamy Tortellini Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 4 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

- 1 - lb(s) ground pork sausage
- 2 - whole carrots
- 2 - celery stalk(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 4 - cup(s) chicken stock**
- 2 - tsp garlic powder
- 1 - tsp Italian seasoning
- 20 - oz. box(es) tortellini**
- 1 - cup(s) heavy cream**
- 1 - cup(s) milk
- 1/2 - cup(s) all purpose flour
- 1 - cup(s) grated Parmesan cheese**
- 1 - cup(s) mozzarella cheese**
- Garnish: - chopped basil**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the pork sausage in skillet and drain.
2. Peel and chop the carrots. Chop the celery. Chop the onion.
3. Open the diced tomatoes.
4. Place the chopped carrots, celery and onion with the browned sausage, diced tomatoes and chicken stock into the base of the slow cooker. Add the garlic powder, Italian seasoning with pinch of salt and pepper. Set the slow cooker on low and cook for 4 hours.
5. With 20 to 30 minutes left in the cooking cycle, whisk together the milk, cream and flour. Stir into the soup and add the tortellini as well. Stir in the Parmesan and mozzarella cheeses. Let the cooking cycle finish and the ladle soup into bowls and garnish with fresh basil. Do not leave tortellini cooking or on warm mode in your slow cooker, so it doesn't overcook.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground pork sausage and drain.

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

Open 2 cans of diced tomatoes.

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

- Half of the browned Italian sausage
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 - 15 oz. can diced tomatoes
- 2 tsp garlic powder
- 1 tsp Italian seasoning
- Do NOT freeze the tortellini with other ingredients. It can be frozen in the box it comes in, and thawed the day you wish to make this meal.
- The milk, cream, flour and cheeses will be added at the end of cooking cycle. Do not add to freezer 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 slow cooker and cooking on low for 4 hours. With 20 to 30 minutes left in the cooking cycle, stir in the milk, cream, flour, cheeses and tortellini as directed.

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

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

6. Prepare the salad.
7. Serve Slow Cooker Creamy Tortellini Soup with salad.

Complete Shopping List by Recipe

1. 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)

3. 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 - gallon-size freezer baggie(s)

5. Beef Burrito Casserole

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - 15 oz. can(s) chili beans
- ☐ 2 - cup(s) red salsa
- ☐ 2 - tsp ground cumin
- ☐ 2 - cup(s) shredded Monterrey Jack cheese
- ☐ 16 - flour tortillas

2. 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)

4. Buffalo Ranch Mac & Cheese

- ☐ 2x1 - 1 lb box(es) elbow noodles
- ☐ 2 - cup(s) sour cream
- ☐ 1 1/2 - cup(s) buffalo wing hot sauce
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 6 - cup(s) shredded cheddar cheese
- ☐ 4 - cup(s) shredded rotisserie chicken
- ☐ - blue cheese crumbles
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

6. Mediterranean Stuffed Peppers {Filling}

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2x1 - 15 oz can(s) chickpeas
- ☐ 2 - 4 oz. can(s) black olives
- ☐ 2x1 - 8 oz can(s) tomato sauce
- ☐ 1 - tsp ground allspice
- ☐ - Salt and pepper

- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ - avocado slices
- ☐ - sour cream
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

7. 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)

9. Creamy Spinach and Tomato Linguini

- ☐ 2 - Tbsp olive oil
- ☐ 2 - small white onion(s)
- ☐ 4 - tsp minced garlic
- ☐ 2x1 - 15 oz. can(s) crushed tomatoes
- ☐ 2x1 - 15 oz can(s) petite diced tom
- ☐ 2x10 - oz. frozen spinach
- ☐ 2 - Tbsp Italian seasoning
- ☐ - Salt and pepper
- ☐ 2x1 - 16 oz box(es) linguini
- ☐ 1 - cup(s) heavy cream
- ☐ - shredded Parmesan cheese
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 2 - cup(s) white rice
- ☐ 4 - cup(s) beef stock
- ☐ 8 - large green bell pepper(s)
- ☐ - chopped parsley
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

8. 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)

10. Slow Cooker Creamy Tortellini Soup

- ☐ 2 - lb(s) ground pork sausage
- ☐ 4 - whole carrots
- ☐ 4 - celery stalk(s)
- ☐ 2 - small white onion(s)
- ☐ 2 - 15 oz. can(s) diced tomatoes
- ☐ 8 - cup(s) chicken stock
- ☐ 4 - tsp garlic powder
- ☐ 2 - tsp Italian seasoning
- ☐ 40 - oz. box(es) tortellini
- ☐ 2 - cup(s) heavy cream
- ☐ 2 - cup(s) milk
- ☐ 1 - cup(s) all purpose flour
- ☐ 2 - cup(s) grated Parmesan cheese
- ☐ 2 - cup(s) mozzarella cheese
- ☐ - chopped basil
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 24 boneless chicken tenderloins
- ☐ 16 small boneless chicken breasts
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 6 lb(s) ground beef
- ☐ 8 boneless pork chops
- ☐ 2 lb(s) ground pork sausage
- ☐ 40 oz. box(es) tortellini

Produce

- ☐ 2 medium zucchini
- ☐ 16 oz. sliced white mushrooms
- ☐ **Side:** salad
- ☐ 12 small white onion(s)
- ☐ **Side:** veggies
- ☐ 2 red bell pepper(s)
- ☐ 4 cup(s) riced cauliflower
- ☐ **Garnish:** avocado slices
- ☐ 8 large green bell pepper(s)
- ☐ **Garnish:** chopped parsley
- ☐ 2 green bell pepper(s)
- ☐ 2 eggplant(s)
- ☐ 2 zucchini
- ☐ 4 whole carrots
- ☐ 4 celery stalk(s)

Pantry Staples - Canned, Boxed

- ☐ 4 15 oz. can(s) diced tomatoes
- ☐ 2x1 cup(s) sun dried tomatoes
- ☐ 11 cup(s) chicken stock
- ☐ 6 cup(s) beef stock
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 2x1 1 lb box(es) elbow noodles
- ☐ 2 15 oz. can(s) chili beans
- ☐ 2 cup(s) red salsa
- ☐ 2x1 15 oz can(s) chickpeas
- ☐ 2 4 oz. can(s) black olives
- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 2 cup(s) white rice
- ☐ 2x1 28 oz. can(s) crushed tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 2x1 16 oz box(es) linguini

Starchy Sides

- ☐ 16 flour tortillas
- ☐ **Side:** dinner rolls

Sauces/Condiments

- ☐ 12 Tbsp olive oil
- ☐ 8 Tbsp balsamic vinegar

Spices

- ☐ 4 Tbsp Italian seasoning
- ☐ 8 Tbsp minced onion

☐ 1 1/2 cup(s) buffalo wing hot sauce

☐ 12 tsp minced garlic

☐ Salt and pepper

☐ 4 tsp Italian seasoning

☐ 2 Tbsp cornstarch

☐ 2 packet(s) taco seasoning

☐ 2 packet(s) ranch dressing mix

☐ 10 tsp garlic powder

☐ 2 tsp ground cumin

☐ 1 tsp ground allspice

☐ 4 Tbsp chili powder

☐ 2 Tbsp dried rosemary

☐ 2 tsp dried basil

☐ 1 cup(s) all purpose flour

☐ **Garnish:** chopped basil

Dairy/Frozen

☐ **Side:** Parmesan cheese

☐ 4 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

☐ 2 cup(s) sour cream

☐ 10 cup(s) shredded cheddar cheese

☐ **Garnish:** blue cheese crumbles

☐ 2 cup(s) shredded Monterrey Jack cheese

☐ **Garnish:** sour cream

☐ **Garnish:** shredded cheddar cheese

☐ 2x10 oz. frozen spinach

☐ 3 cup(s) heavy cream

☐ **Garnish:** shredded Parmesan cheese

☐ 2 cup(s) milk

☐ 2 cup(s) mozzarella cheese

Supplies

☐ **Side:** 16 gallon-size freezer baggie(s)

☐ **Side:** cheese covered French bread

☐ **Side:** 4 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. 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)

3. 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)

5. Beef Burrito Casserole

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 15 oz. can(s) chili beans
- ☐ 2 cup(s) red salsa
- ☐ 2 tsp ground cumin
- ☐ 2 cup(s) shredded Monterrey Jack cheese
- ☐ 16 flour tortillas
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 9x13 disposable foil tray(s)

2. 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)

4. Buffalo Ranch Mac & Cheese

- ☐ 2x1 1 lb box(es) elbow noodles
- ☐ 2 cup(s) sour cream
- ☐ 1 1/2 cup(s) buffalo wing hot sauce
- ☐ 2 packet(s) ranch dressing mix
- ☐ 6 cup(s) shredded cheddar cheese
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 2 9x13 disposable foil tray(s)

6. Mediterranean Stuffed Peppers {Filling}

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x1 15 oz can(s) chickpeas
- ☐ 2 4 oz. can(s) black olives
- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 1 tsp ground allspice
- ☐ Salt and pepper
- ☐ 4 cup(s) beef stock
- ☐ 8 large green bell pepper(s)

- ☐ 2 gallon-size freezer baggie(s)

7. 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)

9. Creamy Spinach and Tomato Linguini

- ☐ 2 Tbsp olive oil
- ☐ 2 small white onion(s)
- ☐ 4 tsp minced garlic
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 2x10 oz. frozen spinach
- ☐ 2 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

8. 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)

10. Slow Cooker Creamy Tortellini Soup

- ☐ 2 lb(s) ground pork sausage
- ☐ 4 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 2 small white onion(s)
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 4 tsp garlic powder
- ☐ 2 tsp Italian seasoning
- ☐ 2 cup(s) milk
- ☐ 1 cup(s) all purpose flour
- ☐ 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 chicken tenderloins
- ☐ 16 small boneless chicken breasts
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 6 lb(s) ground beef
- ☐ 8 boneless pork chops
- ☐ 2 lb(s) ground pork sausage

Pantry Staples - Canned, Boxed

- ☐ 4 15 oz. can(s) diced tomatoes
- ☐ 2x1 cup(s) sun dried tomatoes
- ☐ 3 cup(s) chicken stock
- ☐ 6 cup(s) beef stock
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 2x1 1 lb box(es) elbow noodles
- ☐ 2 15 oz. can(s) chili beans
- ☐ 2 cup(s) red salsa
- ☐ 2x1 15 oz can(s) chickpeas
- ☐ 2 4 oz. can(s) black olives
- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 2x1 28 oz. can(s) crushed tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2x1 15 oz can(s) petite diced tom

Sauces/Condiments

- ☐ 12 Tbsp olive oil
- ☐ 8 Tbsp balsamic vinegar
- ☐ 1 1/2 cup(s) buffalo wing hot sauce

Produce

- ☐ 2 medium zucchini
- ☐ 16 oz. sliced white mushrooms
- ☐ 12 small white onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 8 large green bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 eggplant(s)
- ☐ 2 zucchini
- ☐ 4 whole carrots
- ☐ 4 celery stalk(s)

Starchy Sides

- ☐ 16 flour tortillas

Spices

- ☐ 4 Tbsp Italian seasoning
- ☐ 8 Tbsp minced onion
- ☐ 12 tsp minced garlic
- ☐ Salt and pepper
- ☐ 4 tsp Italian seasoning
- ☐ 2 packet(s) taco seasoning

- ☐ 2 packet(s) ranch dressing mix
- ☐ 10 tsp garlic powder
- ☐ 2 tsp ground cumin
- ☐ 1 tsp ground allspice
- ☐ 4 Tbsp chili powder
- ☐ 2 Tbsp dried rosemary
- ☐ 2 tsp dried basil
- ☐ 1 cup(s) all purpose flour

Dairy/Frozen

- ☐ 4 Tbsp butter
- ☐ 2 cup(s) sour cream
- ☐ 10 cup(s) shredded cheddar cheese
- ☐ 2 cup(s) shredded Monterrey Jack cheese
- ☐ 2x10 oz. frozen spinach
- ☐ 2 cup(s) milk

Supplies

- ☐ 16x gallon-size freezer baggie(s)
- ☐ 4x 9x13 disposable foil tray(s)

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 8 chicken breasts into bite-size pieces.
- ☐ Open 2 cans of chili beans.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain if necessary. Stir in the beans, 2 cups salsa, 2 tsp cumin and 2 cups shredded Monterrey Jack cheese.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- ☐ Brown 2 lbs. ground pork sausage and drain.
- ☐ 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.
- ☐ Slice 2 zucchini into 1/2-inch circles.
- ☐ Slice 4 white onions into half moons.
- ☐ Seed and finely chop 2 red bell peppers.
- ☐ Chop 2 small white onions.
- ☐ Peel and chop 4 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- ☐ Chop 2 small white onions.
- ☐ 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.
- ☐ In a large mixing bowl, toss together 2 cups sour cream, 1 1/2 cup buffalo wing sauce, 2 packets Ranch dressing mix, 3 cups of the shredded cheese, and 2 cups shredded rotisserie chicken.
- ☐ Cook the pasta, as directed, to al dente. Drain well.
- ☐ Pour the drained pasta into the bowl and toss with the cheesy mixture.
- ☐ Open and drain 2 cans of chickpeas and 2 cans of black olives.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open 2 cans of diced tomatoes.
- ☐ Open 2 cans of crushed tomatoes and 2 cans of petite diced tomatoes.
- ☐ 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.

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.

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

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

Beef Burrito Casserole

To each disposable tray, layer the following ingredients:

- 8 tortillas, with beef-bean mixture rolled inside
- Top with shredded cheddar cheese

Cover with foil or lid, add label 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.

Buffalo Ranch Mac & Cheese

To each disposable tray, add the following ingredients:

- Half of the pasta and cheesy mixture
- Half of the remaining shredded cheese on top

Cover with foil or lid, add label and freeze.

Mediterranean Stuffed Peppers {Filling}

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

- Half of the browned ground beef
- Half of the canned chickpeas
- Half of the canned olives
- 1 - 8 oz. can tomato sauce

- 1/2 tsp allspice
- Salt and pepper
- Do NOT add rice and beef stock to freezer meal.

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

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.

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.

Creamy Spinach and Tomato Linguini

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

- 1 Tbsp olive oil
- Half of the chopped onion
- 2 tsp minced garlic
- Half of the crushed tomatoes
- Half of the petite diced tomatoes (undrained)
- 1 - 10 oz. bag frozen chopped spinach
- 1 Tbsp Italian seasoning

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

Slow Cooker Creamy Tortellini Soup

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

- Half of the browned Italian sausage
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 - 15 oz. can diced tomatoes
- 2 tsp garlic powder
- 1 tsp Italian seasoning
- Do NOT freeze the tortellini with other ingredients. It can be frozen in the box it comes in, and thawed the day you wish to make this meal.
- The milk, cream, flour and cheeses will be added at the end of cooking cycle. Do not add to freezer bag.

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