

# THE 20 MEALS PLAN

**FEBRUARY 2018**

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## Assembly of Meals

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# 1. Slow Cooker Creamy Salsa 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.

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## Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - cup(s) red salsa
- 1 - 10 oz can(s) cream of chicken
- 1 - Tbsp taco seasoning
- 1/2 - cup(s) sour cream\*\*
- - Salt and pepper
- Garnish: - cilantro\*\*
- Garnish: - shredded cheese\*\*
- Side: - rice\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and pour the red salsa and cream of chicken soup over and around the chicken. Season with taco seasoning. (Note: Do not add the sour cream before slow cooking.)
2. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, stir in the sour cream and let finish cooking. Season with salt and pepper to taste.
3. Cook the rice as directed.
4. Prepare the salad.
5. Serve Slow Cooker Creamy Salsa Chicken with cilantro and shredded cheese garnish over rice with salad.

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## Assembly Prep Directions for 2 Meals

Open 2 cans of cream of chicken soup. Do not dilute it as directed on the can.

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 1 - 10 oz. can cream of chicken soup
- 1 Tbsp taco seasoning
- Do NOT add the sour cream 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. Stir in the sour cream at the end of the cooking cycle as directed.*

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

**Gluten-Free Modifications:** *Use a cream of chicken soup brand that doesn't contain gluten.*

## 2. Slow Cooker Creamy Chicken Tortellini Soup

*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 - large boneless chicken breasts
- 1 - 26 oz. jar(s) spaghetti sauce
- 6 - oz. bag(s) fresh spinach
- 4 - fresh basil leaves
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- 4 - cup(s) chicken stock
- - Salt and pepper
- 20 - oz. box(es) of cheese tortellini\*\*
- 1 - cup(s) whole milk or heavy cream\*\*
- Garnish: - shredded Parmesan cheese\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Place all the ingredients, EXCEPT the tortellini and milk/heavy cream, into the base of the slow cooker and pour in 2 cups of hot water.
3. Set the slow cooker on low and cook for 8 hours. With 30 minutes left in the cooking cycle, add the tortellini into the soup. Let finish cooking until until tortellini are tender. Just before serving, swirl in the milk or heavy cream into the soup. Once finished cooking, ladle soup into serving bowls immediately to keep the pasta from overcooking.
4. Prepare the salad.
5. Serve Slow Cooker Chicken Tortellini Soup with Parmesan cheese garnish and salad.

### Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite-size pieces.

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

- Half of the chicken pieces into each bag
- 1 - 26 oz. jar spaghetti sauce
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups chicken stock
- Salt and pepper
- Do NOT add water, tortellini or cream to freezer bag. You can add the box or bag of fresh tortellini in the freezer to cook with the soup later.

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, adding 2 cups of water and cooking on low for 8 hours. With 30 minutes left in the cooking cycle, add the tortellini and let cook. Swirl in the cream, just before serving. Ladle into bowls immediately to keep the pasta from overcooking.*

**Special Notes:** *Stovetop cooking directions: thaw, add 2 cups of water, and cook over medium low heat for 20 to 30 minutes, or until tortellini is cooked and tender.*

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

**Gluten-Free Modifications:** *Unfortunately, there isn't a*

*great gluten-free alternative for this meal.*

## 3. Asian Beef Lettuce Wraps

*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.

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### Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - medium red bell pepper(s)
- 1/4 - cup(s) hoisin sauce
- 2 - Tbsp sesame oil
- 2 - Tbsp soy sauce
- 1 - Tbsp rice vinegar
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - tsp ground ginger
- 1 - tsp cornstarch\*\*
- 8 - large lettuce leaves\*\*
- Garnish: - sesame seeds\*\*
- 1 - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Seed and slice red bell pepper(s) into 1-inch strips. In a large skillet, brown the ground beef with the sliced red bell pepper. Drain and return to skillet.
2. In a small bowl, whisk together the hoisin sauce, sesame oil, soy sauce, rice vinegar, minced onion, garlic powder, and ground ginger. Pour over the browned ground beef, reduce heat to medium low and simmer for 5 to 7 minutes, allowing flavors to mingle.
3. Swirl the cornstarch with a tablespoon or two of water and stir it into the sauce. Let it simmer for 2 to 3 minutes to thicken the sauce. Spoon beef mixture into lettuce leaves.
4. Prepare the fruit.
5. Serve Asian Beef Lettuce Wraps with sesame seed garnish and fruit.

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### Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers into 1-inch strips.

Brown the 2 lbs. ground beef with the sliced red bell peppers. Drain and let cool.

In a small bowl, whisk together 1/2 cup hoisin sauce, 6 Tbsp sesame oil, 4 Tbsp soy sauce, 2 Tbsp rice vinegar, 2 Tbsp minced onion, 2 tsp garlic powder, and 2 tsp ground ginger.

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

- Half of the ground beef and red bell peppers, browned and cooled
- Half of the prepared 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 skillet and cooking the beef and sauce together. Stir in cornstarch as directed to thicken the sauce.

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

**Gluten-Free Modifications:** Recipe is gluten-free if you use gluten-free soy sauce.

## 4. Slow Cooker Chicken Gyros

*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
- 1 - small white onion(s)
- - Salt and pepper
- 1/2 - cup(s) lemon juice
- 1/4 - cup(s) red wine vinegar
- 2 - tsp minced garlic
- 1 - tsp oregano
- Garnish: - red onion(s)\*\*
- Garnish: - cucumber slices\*\*
- Side: - pita bread\*\*
- Side: - tzatziki sauce\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Slice the onions into half-moons.
2. In a small bowl, whisk the lemon juice, red wine vinegar, minced garlic and oregano.
3. Place the chicken breasts in the base of the slow cooker and sprinkle the onions around them. Season with a few pinches of salt and pepper. Pour the lemon juice mixture over the top.
4. Set on low and cook for 8 hours. Once cooked, shred the chicken with the sauce. Strain before adding to the pita bread.
5. Warm the pita bread, to help it soften and roll.
6. Prepare the garnish and tzatziki sauce.
7. Serve Slow Cooker Chicken Gyros on pita, with red onion and/or cucumber garnish and tzatziki sauce.

### Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.

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

- 4 boneless chicken breasts
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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 if you serve over rice, instead of pita bread.*

## 5. Doritos Taco Salad

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 30 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

- 1 - lb(s) ground beef
- 1 - green bell pepper(s)
- 2 - Tbsp taco seasoning
- 1 - 15 oz. can(s) black beans
- 1 - small bag Romaine lettuce leaves
- 1 - small tomato(es)\*\*
- 1 - cup(s) shredded cheddar cheese\*\*
- 1 - small bag Doritos chips\*\*
- 3/4 - cup(s) French salad dressing\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Seed and chop the green bell pepper.
2. Open and drain the black beans.
3. In a large skillet, brown the ground beef with the taco seasoning and chopped bell pepper. Drain and return to the skillet, then stir in the black beans and let simmer for 5 to 7 minutes. Then, remove from the heat.
4. Chop the tomato.
5. In large mixing bowl, toss together the lettuce leaves, chopped tomato, shredded cheese, Doritos chips and beef and bean mixture. Gently toss in the salad dressing.
6. Serve Doritos Taco Salad.

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### Assembly Prep Directions for 2 Meals

Seed and chop 2 green bell peppers.

Brown 2 lbs. ground beef with 4 Tbsp taco seasoning and the chopped green bell peppers. Drain and set aside to cool.

Open and drain 2 cans of black beans.

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

- Half of the browned ground beef mixture
- 1 - 15 oz. can black beans

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 and then toss with the other salad ingredients.*

**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 salad ingredients.*

## 6. 10-Minute Lasagna

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 30 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 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 26 oz. jar(s) marinara sauce
- 1 - 6 oz. can(s) tomato paste
- 12 - no-bake lasagna noodles
- 2 - cup(s) ricotta cheese
- 1 - egg(s)
- 1 - cup(s) Parmesan cheese
- 2 - cup(s) shredded mozzarella cheese
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

### Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then stir in the marinara sauce and tomato paste, and let simmer for 8 to 10 minutes.
3. In a large mixing bowl, combine the ricotta cheese, egg, Parmesan cheese, and half of the shredded mozzarella cheese.
4. To the baking dish, layer the lasagna noodles, ground beef and tomato mixture, and ricotta cheese mixture. Repeat with another layer. Top with last layer of lasagna noodles and the remaining shredded mozzarella cheese.
5. Bake in the preheated oven for 25 to 30 minutes, or until sauce is bubbling around the sides of the dish.
6. Prepare the salad.
7. Serve 10-Minute Lasagna with salad.

### Assembly Prep Directions for 2 Meals

Open 2 cans of tomato paste.

Brown 4 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and stir in the marinara sauce and tomato paste, then let cool.

To each disposable tray, layer the following ingredients:

- Lasagna noodles
- Half of the ground beef mixture
- Half of the ricotta mixture
- Lasagna noodles
- Half of the ground beef mixture
- Half of the ricotta mixture
- Lasagna noodles
- Remaining shredded mozzarella 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:** *Unfortunately, there is not a great gluten-free option for this meal.*

## 7. Ritzy Meatloaf

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 55 to 65 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.*

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### Ingredients for Single Meal

- 2 - lb(s) lean ground beef
- 2 - egg(s)
- 1 - cup(s) milk
- 24 - Ritz crackers
- 2 - Tbsp minced onion
- 1/2 - cup(s) shredded sharp cheddar cheese
- 1/4 - cup(s) ketchup
- Garnish: - ketchup\*\*
- Side: - salad\*\*
- Side: - mashed potatoes\*\*
- 1 - 9x5 disposable foil loaf pans

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### Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Crush the Ritz crackers until crummy.
3. In a large mixing bowl, combine the ground beef, eggs, milk, crushed crackers, minced onion, cheddar cheese, ketchup, and mix well. Press the meatloaf into the loaf pan or tray.
4. Bake in the preheated oven for 45 to 50 minutes, or until beef is cooked in the middle. Brush with ketchup on top, and bake another 10 to 15 minutes.
5. Prepare the salad.
6. Prepare the mashed potatoes.
7. Serve Ritzy Meatloaf with side salad and mashed potatoes.

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### Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 4 lbs. ground beef, 4 eggs, 2 cups milk, 48 crushed crackers, 4 Tbsp minced onion, 1 cup shredded cheese, 1/2 cup ketchup, and mix well. Divide meat mixture in half to make 2 meatloaves.

To each disposable loaf tray, add the following ingredients:

- Half of the prepared meatloaf

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, and until cooked through. You will need to increase baking time if cooking from partially frozen.*

**Dairy-Free Modifications:** *Omit the shredded cheese in the meatloaf and use dairy-free unflavored milk for dairy-free option.*

**Gluten-Free Modifications:** *Use gluten-free breadcrumbs for a gluten-free meatloaf.*

## 8. Slow Cooker Shredded Mojo Pork

*Yield: 4 servings*

*Active Time: 5 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
- 1 - small white onion(s)
- - Salt and pepper
- 1 - cup(s) orange juice
- 1/4 - cup(s) lime juice
- 4 - tsp minced garlic
- 1/2 - tsp ground cumin
- Garnish: - sliced oranges\*\*
- Side: - rice\*\*
- Side: - black beans\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion into half-moons.
2. Place the pork roast into the base of the slow cooker and season with salt and pepper. Sprinkle the onion slices on top. Pour the orange juice, lime juice and minced garlic on and around the pork and season with the ground cumin.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the sauce. Strain meat from liquid, before adding the plates.
4. Cook the rice, as directed.
5. Warm the black beans.
6. Peel and slice the orange for garnish.
7. Serve Slow Cooker Shredded Mojo Pork topped with orange slices with rice and black beans.

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### Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

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

- 2 lb. pork roast
- Half of the onion slices
- Salt and pepper
- 1 cup orange juice
- 1/4 cup lemon juice
- 4 tsp minced garlic
- 1/2 tsp ground cumin

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

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Shred the meat into the sauce, and then strain before serving.*

**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. Salmon & Asparagus Foil Packs

*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 salmon fillet
- - Salt and pepper
- 4 - Tbsp butter
- 1 - Tbsp Italian seasoning
- 1 - tsp minced garlic
- 1 - lemon(s)
- 1 - lb(s) asparagus spears
- Side: - dinner rolls\*\*
- Side: - salad\*\*
- - Foil
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Pull off a piece of foil for each salmon fillet, about 12" long.
2. Slice the lemon, making enough slices for 1 into each foil pack.
3. Let butter soften, then combine with Italian seasoning and garlic. Mix together well, then evenly divide for a dollop in each foil pack.
4. Place each salmon on a piece of foil. Season with salt and pepper. Add dollop of prepared butter, 1 slice of lemon and evenly divide the asparagus spears into each foil pack. Wrap the foil up into packs.
5. Bake at 400 F for 18 to 20 minutes, or until salmon is flaky and cooked through.
6. Optional cooking method: Grill over direct heat for 10 to 12 minutes, or until salmon is cooked through. Cooking time may vary, depending on thickness of the salmon and heat of the grill.
7. Warm the dinner rolls.
8. Prepare the salad.
9. Serve Salmon & Asparagus Foil Packs with dinner rolls and salad.

### Assembly Prep Directions for 2 Meals

Slice 2 lemons.

Soften 8 Tbsp butter and combine with 2 Tbsp Italian seasoning and 2 tsp minced garlic. Evenly divide into dollops for each foil pack.

Set up 8 large pieces of foil.

To each piece of foil, add the following ingredients:

- 1 salmon fillet
- Salt and pepper
- 1 dollop prepared butter
- 1 slice of lemon
- Asparagus spears, evenly divided among the packs
- Wrap foil tightly around the salmon and veggies. Place foil packs into a gallon-size plastic freezer baggie. Add label to baggie and freeze.

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 completely in the fridge before baking (or grilling) as directed.*

**Dairy-Free Modifications:** *Use dairy-free margarine in place of the butter..*

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

# 10. Tuscan 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.

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## Ingredients for Single Meal

- 8 - oz. box(es) elbow pasta noodles
- 2 - Tbsp butter
- 2 - Tbsp all purpose flour
- 2 - cup(s) heavy cream
- 1 - tsp Italian seasoning
- 1 - tsp minced garlic
- 1 - cup(s) shredded mozzarella cheese
- 1 - 12 oz jar(s) roasted peppers
- Garnish: - fresh basil\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

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## Cooking Directions for Single Meal

1. Cook the pasta, as directed, to al dente. Drain well and add to baking dish or tray.
2. Preheat oven to 350 F.
3. Open and drain the jar of roasted red peppers.
4. In a skillet, melt the butter and whisk in the flour, then the cream. Bring to slow bubble and stir in the Italian seasoning, minced garlic and shredded cheese.
5. Gently add the roasted red peppers in with the cooked pasta in the baking dish. Then pour the cheese sauce over the top and carefully combine in the baking dish.
6. Bake in the preheated oven for 15 to 20 minutes, or until warmed through and cheese is melted on top.
7. Prepare the salad.
8. Serve Tuscan Mac & Cheese with basil garnish and side salad.

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## Assembly Prep Directions for 2 Meals

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

In a skillet, melt 4 Tbsp butter and whisk in 4 Tbsp flour, then 4 cups of heavy cream. Bring to slow bubble and stir in 2 tsp Italian seasoning, 2 tsp minced garlic and 2 cups of shredded mozzarella cheese.

Open and drain 2 jars of roasted bell peppers.

To each disposable tray, add the following ingredients:

- Half of the drained elbow pasta
- Half of the drained red bell peppers
- Half of the cheese sauce
- Gently combine into the baking dish.

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.*

# Complete Shopping List by Recipe

## 1. Slow Cooker Creamy Salsa Chicken

- 8 - small boneless chicken breasts
- 2 - cup(s) red salsa
- 2x1 - 10 oz can(s) cream of chicken
- 2 - Tbsp taco seasoning
- 1 - cup(s) sour cream
- Salt and pepper
- cilantro
- shredded cheese
- rice
- salad
- 2 - gallon-size freezer baggie(s)

## 3. Asian Beef Lettuce Wraps

- 2 - lb(s) ground beef
- 2 - medium red bell pepper(s)
- 1/2 - cup(s) hoisin sauce
- 4 - Tbsp sesame oil
- 4 - Tbsp soy sauce
- 2 - Tbsp rice vinegar
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - tsp ground ginger
- 2 - tsp cornstarch
- 16 - large lettuce leaves
- sesame seeds
- 1 - fruit
- 2 - gallon-size freezer baggie(s)

## 5. Doritos Taco Salad

- 2 - lb(s) ground beef
- 2 - green bell pepper(s)
- 4 - Tbsp taco seasoning
- 2 - 15 oz. can(s) black beans
- 2 - small bag Romaine lettuce leaves
- 2 - small tomato(es)
- 2 - cup(s) shredded cheddar cheese

## 2. Slow Cooker Creamy Chicken Tortellini Soup

- 4 - large boneless chicken breasts
- 2x1 - 26 oz. jar(s) spaghetti sauce
- 12 - oz. bag(s) fresh spinach
- 8 - fresh basil leaves
- 2 - Tbsp minced onion
- 2 - tsp minced garlic
- 8 - cup(s) chicken stock
- Salt and pepper
- 40 - oz. box(es) of cheese tortellini
- 2 - cup(s) whole milk or heavy cream
- shredded Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Chicken Gyros

- 8 - small boneless chicken breasts
- 2 - small white onion(s)
- Salt and pepper
- 1 - cup(s) lemon juice
- 1/2 - cup(s) red wine vinegar
- 4 - tsp minced garlic
- 2 - tsp oregano
- red onion(s)
- cucumber slices
- pita bread
- tzatziki sauce
- 2 - gallon-size freezer baggie(s)

## 6. 10-Minute Lasagna

- 4 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 26 oz. jar(s) marinara sauce
- 2x1 - 6 oz. can(s) tomato paste
- 24 - no-bake lasagna noodles
- 4 - cup(s) ricotta cheese

- 2 - small bag Doritos chips
- 1 1/2 - cup(s) French salad dressing
- 2 - gallon-size freezer baggie(s)

### 7. Ritz Meatloaf

- 4 - lb(s) lean ground beef
- 4 - egg(s)
- 2 - cup(s) milk
- 48 - Ritz crackers
- 4 - Tbsp minced onion
- 1 - cup(s) shredded sharp cheddar cheese
- 1/2 - cup(s) ketchup
- ketchup
- salad
- mashed potatoes
- 2 - 9x5 disposable foil loaf pans

### 9. Salmon & Asparagus Foil Packs

- 8 - small salmon fillet
- Salt and pepper
- 8 - Tbsp butter
- 2 - Tbsp Italian seasoning
- 2 - tsp minced garlic
- 2 - lemon(s)
- 2 - lb(s) asparagus spears
- dinner rolls
- salad
- Foil
- 2 - gallon-size freezer baggie(s)

- 2 - egg(s)
- 1 - cup(s) Parmesan cheese
- 4 - cup(s) shredded mozzarella cheese
- salad
- 2 - 9x13 disposable foil tray(s)

### 8. Slow Cooker Shredded Mojo Pork

- 4 - lb(s) pork roast
- 2 - small white onion(s)
- Salt and pepper
- 2 - cup(s) orange juice
- 1/2 - cup(s) lime juice
- 8 - tsp minced garlic
- 1 - tsp ground cumin
- sliced oranges
- rice
- black beans
- 2 - gallon-size freezer baggie(s)

### 10. Tuscan Mac & Cheese

- 2x8 - oz. box(es) elbow pasta noodles
- 4 - Tbsp butter
- 4 - Tbsp all purpose flour
- 4 - cup(s) heavy cream
- 2 - tsp Italian seasoning
- 2 - tsp minced garlic
- 2 - cup(s) shredded mozzarella cheese
- 2x1 - 12 oz jar(s) roasted peppers
- fresh basil
- salad
- 2 - 9x13 disposable foil tray(s)

# Complete Shopping List by Store Section/Category

## Meat

- 16 small boneless chicken breasts
- 4 large boneless chicken breasts
- 8 lb(s) ground beef
- 4 lb(s) lean ground beef
- 4 lb(s) pork roast
- 8 small salmon fillet

## Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- 2x1 10 oz can(s) cream of chicken
- Side:** rice
- 8 cup(s) chicken stock
- 2 15 oz. can(s) black beans
- 2x1 6 oz. can(s) tomato paste
- 24 no-bake lasagna noodles
- Side:** black beans
- 2x8 oz. box(es) elbow pasta noodles

## Sauces/Condiments

- 2x1 26 oz. jar(s) spaghetti sauce
- 1/2 cup(s) hoisin sauce
- 4 Tbsp sesame oil
- 4 Tbsp soy sauce
- 2 Tbsp rice vinegar

## Produce

- Garnish:** cilantro
- Side:** salad
- 12 oz. bag(s) fresh spinach
- 8 fresh basil leaves
- 2 medium red bell pepper(s)
- 16 large lettuce leaves
- Side:** 1 fruit
- 4 small white onion(s)
- 1 cup(s) lemon juice
- Garnish:** red onion(s)
- Garnish:** cucumber slices
- 2 green bell pepper(s)
- 2 small bag Romaine lettuce leaves
- 2 small tomato(es)
- Side:** mashed potatoes
- 1/2 cup(s) lime juice
- Garnish:** sliced oranges
- 2 lemon(s)
- 2 lb(s) asparagus spears
- Side:** fresh basil

## Starchy Sides

- Side:** pita bread
- Side:** dinner rolls

## Spices

- 6 Tbsp taco seasoning
- Salt and pepper
- 10 Tbsp minced onion
- 18 tsp minced garlic
- 4 tsp garlic powder

- 1/2 cup(s) red wine vinegar
- Side:** tzatziki sauce
- 1 1/2 cup(s) French salad dressing
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) ketchup
- Garnish:** ketchup
- 2x1 12 oz jar(s) roasted peppers

### Dairy/Frozen

- 1 cup(s) sour cream
- Side:** shredded cheese
- 40 oz. box(es) of cheese tortellini
- 2 cup(s) whole milk or heavy cream
- Garnish:** shredded Parmesan cheese
- 2 cup(s) shredded cheddar cheese
- 4 cup(s) ricotta cheese
- 6 egg(s)
- Side:** 1 cup(s) Parmesan cheese
- 6 cup(s) shredded mozzarella cheese
- 2 cup(s) milk
- 1 cup(s) shredded sharp cheddar cheese
- 2 cup(s) orange juice
- 12 Tbsp butter
- 4 cup(s) heavy cream

- 2 tsp ground ginger
- 2 tsp cornstarch
- Garnish:** sesame seeds
- 2 tsp oregano
- 1 tsp ground cumin
- 2 Tbsp Italian seasoning
- 4 Tbsp all purpose flour
- 2 tsp Italian seasoning

### Supplies

- Side:** 14 gallon-size freezer baggie(s)
- 2 small bag Doritos chips
- Side:** 4 9x13 disposable foil tray(s)
- 48 Ritz crackers
- Side:** 2 9x5 disposable foil loaf pans
- 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. Slow Cooker Creamy Salsa Chicken

- 8 small boneless chicken breasts
- 2 cup(s) red salsa
- 2x1 10 oz can(s) cream of chicken
- 2 Tbsp taco seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Asian Beef Lettuce Wraps

- 2 lb(s) ground beef
- 2 medium red bell pepper(s)
- 1/2 cup(s) hoisin sauce
- 4 Tbsp sesame oil
- 4 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- 2 gallon-size freezer baggie(s)

## 5. Doritos Taco Salad

- 2 lb(s) ground beef
- 2 green bell pepper(s)
- 4 Tbsp taco seasoning
- 2 15 oz. can(s) black beans
- 2 small bag Romaine lettuce leaves
- 2 gallon-size freezer baggie(s)

## 7. Ritzy Meatloaf

## 2. Slow Cooker Creamy Chicken Tortellini Soup

- 4 large boneless chicken breasts
- 2x1 26 oz. jar(s) spaghetti sauce
- 12 oz. bag(s) fresh spinach
- 8 fresh basil leaves
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 8 cup(s) chicken stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Chicken Gyros

- 8 small boneless chicken breasts
- 2 small white onion(s)
- Salt and pepper
- 1 cup(s) lemon juice
- 1/2 cup(s) red wine vinegar
- 4 tsp minced garlic
- 2 tsp oregano
- 2 gallon-size freezer baggie(s)

## 6. 10-Minute Lasagna

- 4 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 26 oz. jar(s) marinara sauce
- 2x1 6 oz. can(s) tomato paste
- 24 no-bake lasagna noodles
- 4 cup(s) ricotta cheese
- 2 egg(s)
- 4 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(s)

## 8. Slow Cooker Shredded Mojo Pork

- 4 lb(s) lean ground beef
- 4 egg(s)
- 2 cup(s) milk
- 48 Ritz crackers
- 4 Tbsp minced onion
- 1 cup(s) shredded sharp cheddar cheese
- 1/2 cup(s) ketchup
- 2 9x5 disposable foil loaf pans

### 9. Salmon & Asparagus Foil Packs

- 8 small salmon fillet
- Salt and pepper
- 8 Tbsp butter
- 2 Tbsp Italian seasoning
- 2 tsp minced garlic
- 2 lemon(s)
- 2 lb(s) asparagus spears
- Foil
- 2 gallon-size freezer baggie(s)

- 4 lb(s) pork roast
- 2 small white onion(s)
- Salt and pepper
- 2 cup(s) orange juice
- 1/2 cup(s) lime juice
- 8 tsp minced garlic
- 1 tsp ground cumin
- 2 gallon-size freezer baggie(s)

### 10. Tuscan Mac & Cheese

- 2x8 oz. box(es) elbow pasta noodles
- 4 Tbsp butter
- 4 Tbsp all purpose flour
- 4 cup(s) heavy cream
- 2 tsp Italian seasoning
- 2 tsp minced garlic
- 2 cup(s) shredded mozzarella cheese
- 2x1 12 oz jar(s) roasted peppers
- 2 9x13 disposable foil tray(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

- 16 small boneless chicken breasts
- 4 large boneless chicken breasts
- 8 lb(s) ground beef
- 4 lb(s) lean ground beef
- 4 lb(s) pork roast
- 8 small salmon fillet

## Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- 2x1 10 oz can(s) cream of chicken
- 8 cup(s) chicken stock
- 2 15 oz. can(s) black beans
- 2x1 6 oz. can(s) tomato paste
- 24 no-bake lasagna noodles
- 2x8 oz. box(es) elbow pasta noodles

## Spices

- 6 Tbsp taco seasoning
- Salt and pepper
- 10 Tbsp minced onion
- 18 tsp minced garlic
- 4 tsp garlic powder
- 2 tsp ground ginger
- 2 tsp oregano
- 1 tsp ground cumin
- 2 Tbsp Italian seasoning
- 4 Tbsp all purpose flour
- 2 tsp Italian seasoning

## Produce

- 12 oz. bag(s) fresh spinach
- 8 fresh basil leaves
- 2 medium red bell pepper(s)
- 4 small white onion(s)
- 1 cup(s) lemon juice
- 2 green bell pepper(s)
- 2 small bag Romaine lettuce leaves
- 1/2 cup(s) lime juice
- 2 lemon(s)
- 2 lb(s) asparagus spears

## Sauces/Condiments

- 2x1 26 oz. jar(s) spaghetti sauce
- 1/2 cup(s) hoisin sauce
- 4 Tbsp sesame oil
- 4 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 1/2 cup(s) red wine vinegar
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) ketchup
- 2x1 12 oz jar(s) roasted peppers

## Dairy/Frozen

- 4 cup(s) ricotta cheese
- 6 egg(s)
- 2x cup(s) Parmesan cheese
- 6 cup(s) shredded mozzarella cheese
- 2 cup(s) milk
- 1 cup(s) shredded sharp cheddar cheese
- 2 cup(s) orange juice
- 12 Tbsp butter
- 4 cup(s) heavy cream

## Supplies

- 14x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(s)
- 48 Ritz crackers
- 2x 9x5 disposable foil loaf pans
- Foil

## 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

- Seed and slice 2 red bell peppers into 1-inch strips.
- Seed and chop 2 green bell peppers.
- Open 2 cans of tomato paste.
- Cut 4 chicken breasts into bite-size pieces.
- Brown the 2 lbs. ground beef with the sliced red bell peppers. Drain and let cool.
- Slice 2 small white onions into half-moons.
- Brown 2 lbs. ground beef with 4 Tbsp taco seasoning and the chopped green bell peppers. Drain and set aside to cool.
- Brown 4 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and stir in the marinara sauce and tomato paste, then let cool.
- Slice 2 small white onions into half-moons.
- Slice 2 lemons.
- In a small bowl, whisk together 1/2 cup hoisin sauce, 6 Tbsp sesame oil, 4 Tbsp soy sauce, 2 Tbsp rice vinegar, 2 Tbsp minced onion, 2 tsp garlic powder, and 2 tsp ground ginger.
- In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.
- In a large mixing bowl, combine 4 lbs. ground beef, 4 eggs, 2 cups milk, 48 crushed crackers, 4 Tbsp minced onion, 1 cup shredded cheese, 1/2 cup ketchup, and mix well. Divide meat mixture in half to make 2 meatloaves.
- Cook the elbow pasta, as directed, to al dente. Drain well.
- In a skillet, melt 4 Tbsp butter and whisk in 4 Tbsp flour, then 4 cups of heavy cream. Bring to slow bubble and stir in 2 tsp Italian seasoning, 2 tsp minced garlic and 2 cups of shredded mozzarella cheese.
- Soften 8 Tbsp butter and combine with 2 Tbsp Italian seasoning and 2 tsp minced garlic. Evenly divide into dollops for each foil pack.
- Open and drain 2 cans of black beans.
- Open 2 cans of cream of chicken soup. Do not dilute it as directed on the can.
- Open and drain 2 jars of roasted bell peppers.
- Set up 8 large pieces of foil.

*The Assembly Prep should take between 30 to 35 minutes.*

## Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

### Slow Cooker Creamy Salsa Chicken

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 1 - 10 oz. can cream of chicken soup
- 1 Tbsp taco seasoning
- Do NOT add the sour cream before freezing.

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

### Asian Beef Lettuce Wraps

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

- Half of the ground beef and red bell peppers, browned and cooled
- Half of the prepared sauce

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

### Doritos Taco Salad

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

- Half of the browned ground beef mixture
- 1 - 15 oz. can black beans

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

### Slow Cooker Creamy Chicken Tortellini Soup

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

- Half of the chicken pieces into each bag
- 1 - 26 oz. jar spaghetti sauce
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups chicken stock
- Salt and pepper
- Do NOT add water, tortellini or cream to freezer bag. You can add the box or bag of fresh tortellini in the freezer to cook with the soup later.

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

### Slow Cooker Chicken Gyros

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

- 4 boneless chicken breasts
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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

### 10-Minute Lasagna

To each disposable tray, layer the following ingredients:

- Lasagna noodles
- Half of the ground beef mixture
- Half of the ricotta mixture
- Lasagna noodles
- Half of the ground beef mixture

baggie and freeze.

- Half of the ricotta mixture
- Lasagna noodles
- Remaining shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

## Ritz Meatloaf

To each disposable loaf tray, add the following ingredients:

- Half of the prepared meatloaf

Cover with foil or lid, add label and freeze.

## Slow Cooker Shredded Mojo Pork

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

- 2 lb. pork roast
- Half of the onion slices
- Salt and pepper
- 1 cup orange juice
- 1/4 cup lemon juice
- 4 tsp minced garlic
- 1/2 tsp ground cumin

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

## Salmon & Asparagus Foil Packs

To each piece of foil, add the following ingredients:

- 1 salmon fillet
  - Salt and pepper
  - 1 dollop prepared butter
  - 1 slice of lemon
  - Asparagus spears, evenly divided among the packs
  - Wrap foil tightly around the salmon and veggies.
- Place foil packs into a gallon-size plastic freezer baggie. Add label to baggie and freeze.

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.

## Tuscan Mac & Cheese

To each disposable tray, add the following ingredients:

- Half of the drained elbow pasta
- Half of the drained red bell peppers
- Half of the cheese sauce
- Gently combine into the baking dish.

Cover with foil or lid, add label and freeze.