

# ALL BEEF MEAL PLAN

**FEBRUARY 2018**

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# 1. Italian Stuffed Zucchini Boats

*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

- 4 - large zucchini
- 1 - lb(s) ground beef
- 1 - red bell pepper(s)
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) marinara sauce
- - Salt and pepper
- 1 - cup(s) Parmesan cheese
- Garnish: - fresh basil\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

## Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boiling, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.
3. Seed and chop the red bell pepper.
4. In a large skillet, brown the ground beef with the chopped red bell pepper, minced onion and garlic powder. Once browned, drain and then stir in the marinara sauce. Let simmer for a few minutes.
5. Spoon the beef sauce into the zucchinis and top with Parmesan cheese. Bake in the preheated oven for 15 to 20 minutes.
6. Prepare the salad.
7. Serve Italian Stuffed Zucchini Boats with basil garnish and side salad.

## Assembly Prep Directions for 2 Meals

Seed and chop 2 red bell peppers.

Brown 2 lbs. ground beef with the chopped red bell peppers, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and then stir in 2 cups marinara sauce.

Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boil, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.

To each disposable tray, add the following ingredients:

- Boiled and dried zucchini
- Half of the beef-marinara sauce, divided evenly into each of the zucchini
- 1 cup Parmesan cheese, sprinkled 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.*

**Special Notes:** *Omit the cheese for Paleo meal.*

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

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

## 2. 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.

### 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)

### 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.

### 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.

## 3. 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.*

## 4. 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.

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### 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)

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### 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.

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### 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.*

## 5. 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.*

\*\* 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) 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.*

# Complete Shopping List by Recipe

## 1. Italian Stuffed Zucchini Boats

- 8 - large zucchini
- 2 - lb(s) ground beef
- 2 - red bell pepper(s)
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) marinara sauce
- Salt and pepper
- 1 - cup(s) Parmesan cheese
- fresh basil
- salad
- 2 - 9x13 disposable foil tray(s)

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

## 5. 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

## 2. 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)

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

- salad
- mashed potatoes
- 2 - 9x5 disposable foil loaf pans



# Complete Shopping List by Store Section/Category

## Meat

- 10 lb(s) ground beef
- 4 lb(s) lean ground beef

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) black beans
- 2x1 6 oz. can(s) tomato paste
- 24 no-bake lasagna noodles

## Spices

- 10 Tbsp minced onion
- 6 tsp garlic powder
- Salt and pepper
- 2 tsp ground ginger
- 2 tsp cornstarch
- Garnish:** sesame seeds
- 4 Tbsp taco seasoning

## Supplies

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

## Produce

- 8 large zucchini
- 2 red bell pepper(s)
- Side:** fresh basil
- Side:** salad
- 2 medium red bell pepper(s)
- 16 large lettuce leaves
- Side:** 1 fruit
- 2 green bell pepper(s)
- 2 small bag Romaine lettuce leaves
- 2 small tomato(es)
- Side:** mashed potatoes

## Sauces/Condiments

- 2 cup(s) marinara sauce
- 1/2 cup(s) hoisin sauce
- 4 Tbsp sesame oil
- 4 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 1 1/2 cup(s) French salad dressing
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) ketchup
- Garnish:** ketchup

## Dairy/Frozen

- Side:** 2 cup(s) Parmesan cheese
- 2 cup(s) shredded cheddar cheese
- 4 cup(s) ricotta cheese
- 6 egg(s)
- 4 cup(s) shredded mozzarella cheese
- 2 cup(s) milk
- 1 cup(s) shredded sharp cheddar cheese

# 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 Stuffed Zucchini Boats

- 8 large zucchini
- 2 lb(s) ground beef
- 2 red bell pepper(s)
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) marinara sauce
- Salt and pepper
- 2 9x13 disposable foil tray(s)

## 3. 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)

## 5. 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
- 2 9x5 disposable foil loaf pans

## 2. 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)

## 4. 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)

# 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

- 10 lb(s) ground beef
- 4 lb(s) lean ground beef

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) black beans
- 2x1 6 oz. can(s) tomato paste
- 24 no-bake lasagna noodles

## Spices

- 10 Tbsp minced onion
- 6 tsp garlic powder
- Salt and pepper
- 2 tsp ground ginger
- 4 Tbsp taco seasoning

## Supplies

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

## Produce

- 8 large zucchini
- 2 red bell pepper(s)
- 2 medium red bell pepper(s)
- 2 green bell pepper(s)
- 2 small bag Romaine lettuce leaves

## Sauces/Condiments

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

## Dairy/Frozen

- 4x cup(s) Parmesan cheese
- 4 cup(s) ricotta cheese
- 6 egg(s)
- 4 cup(s) shredded mozzarella cheese
- 2 cup(s) milk
- 1 cup(s) shredded sharp cheddar cheese

## Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

## Pre-Cook & Chop Instructions

- Seed and chop 2 red bell peppers.
- Seed and slice 2 red bell peppers into 1-inch strips.
- Seed and chop 2 green bell peppers.
- Open 2 cans of tomato paste.
- Brown 2 lbs. ground beef with the chopped red bell peppers, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and then stir in 2 cups marinara sauce.
- Brown the 2 lbs. ground beef with the sliced red bell peppers. Drain and let cool.
- 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.
- Bring large pot of water to boiling. Slice the zucchini in half, lengthwise. Once boil, place the zucchini flesh-side down into the boiling water and boil for 2 minutes. Remove and repeat until all zucchini halves are boiled. Place on paper towel to drain and pat dry. Using a melon baller or spoon, scoop out the flesh of the zucchini and place into baking dish.
- 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 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.
- Open and drain 2 cans of black beans.

*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 Stuffed Zucchini Boats

To each disposable tray, add the following ingredients:

- Boiled and dried zucchini
- Half of the beef-marinara sauce, divided evenly into each of the zucchini
- 1 cup Parmesan cheese, sprinkled on top

Cover with foil or lid, add label 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 baggie 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.

### 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.

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

Cover with foil or lid, add label and freeze.