

ALL CHICKEN MEAL PLAN

FEBRUARY 2018

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1. Basil Balsamic Chicken

Yield: 4 servings

Active Time: 15 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

- 4 - small boneless chicken breasts
- 1/2 - cup(s) balsamic vinegar
- 2 - Tbsp olive oil
- - Salt and pepper
- 2 - tsp dried basil
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken into a bowl or dish and add the balsamic vinegar and olive oil. Season lightly with salt and pepper. *Let marinate in the fridge for at least 30 minutes...ideally overnight!
2. Preheat oven to 350 F. Lightly grease a baking dish with non-stick cooking spray.
3. Place the marinated chicken in the baking dish and generously sprinkle the basil on top. Bake for an hour, or until the chicken has cooked through. Cooking time may vary depending on thickness of the chicken pieces. Slice the chicken and divide into 4 portions.
4. Serve Basil Balsamic Chicken with rice and veggies.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless, skinless chicken breasts
- 1/2 cup balsamic vinegar
- 2 Tbsp olive oil
- Salt and pepper
- 2 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 to baking dish and baking as directed.*

Special Notes: *This meal can also be made and frozen in disposable foil trays.*

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.*

2. Lemon Garlic Roasted Chicken

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 45 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
- - Salt and pepper
- 8 - garlic cloves
- 2 - lemon(s)
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 2 - tsp dried oregano
- Side: - salad**
- Side: - dinner rolls**
- - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Thinly slice the lemons. Peel and smash the garlic cloves with the side of a knife to crack it open.
2. Preheat the oven to 400 F.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, and oregano.
4. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Add the lemon slices and smashed garlic cloves around the chicken pieces. Pour the lemon juice marinade over the top.
5. Bake in the preheated oven for 45 minutes, or until chicken is cooked through.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Serve Lemon Garlic Roasted Chicken with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Thinly slice 4 lemons. Peel and smash 16 garlic cloves with the side of a knife, to crack it open.

In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice and 4 tsp oregano.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the lemon slices
- Half of the smashed garlic cloves
- Half of the prepared lemon juice marinade

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: Recipe is dairy-free when served with dairy-free sides.

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

3. 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.

4. Slow Cooker Cheesy 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.

Ingredients for Single Meal

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

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and pour the red salsa and taco seasoning over and around the chicken. (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. Once finished cooking, add the shredded cheese on top and let melt. Season with salt and pepper to taste.
3. Cook the rice as directed.
4. Prepare the salad.
5. Serve Slow Cooker Cheesy Salsa Chicken with shredded cheese garnish over rice with salad.

Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 2 Tbsp taco seasoning
- Do NOT add the sour cream or shredded cheese 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. Top with shredded cheese, once finished cooking.

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.

5. 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.

Complete Shopping List by Recipe

1. Basil Balsamic Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 1 - cup(s) balsamic vinegar
- ☐ 4 - Tbsp olive oil
- ☐ - Salt and pepper
- ☐ 4 - tsp dried basil
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. 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)

5. 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. Lemon Garlic Roasted Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 16 - garlic cloves
- ☐ 4 - lemon(s)
- ☐ 4 - Tbsp olive oil
- ☐ 4 - Tbsp lemon juice
- ☐ 4 - tsp dried oregano
- ☐ - salad
- ☐ - dinner rolls
- ☐ - 9x13 disposable foil tray(s)

4. Slow Cooker Cheesy Salsa Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - cup(s) red salsa
- ☐ 4 - Tbsp taco seasoning
- ☐ 1 - cup(s) sour cream
- ☐ 2 - cup(s) shredded cheese
- ☐ - Salt and pepper
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 32 small boneless chicken breasts
- ☐ 4 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 8 cup(s) chicken stock
- ☐ 2 cup(s) red salsa

Sauces/Condiments

- ☐ 1 cup(s) balsamic vinegar
- ☐ 8 Tbsp olive oil
- ☐ 2x1 26 oz. jar(s) spaghetti sauce
- ☐ 1/2 cup(s) red wine vinegar
- ☐ **Side:** tzatziki sauce

Dairy/Frozen

- ☐ 40 oz. box(es) of cheese tortellini
- ☐ 2 cup(s) whole milk or heavy cream
- ☐ **Garnish:** shredded Parmesan cheese
- ☐ 1 cup(s) sour cream
- ☐ **Side:** 2 cup(s) shredded cheese

Produce

- ☐ **Side:** veggies
- ☐ 4 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ **Side:** salad
- ☐ 12 oz. bag(s) fresh spinach
- ☐ 8 fresh basil leaves
- ☐ 2 small white onion(s)
- ☐ 1 cup(s) lemon juice
- ☐ **Garnish:** red onion(s)
- ☐ **Garnish:** cucumber slices

Starchy Sides

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

Spices

- ☐ Salt and pepper
- ☐ 4 tsp dried basil
- ☐ 16 garlic cloves
- ☐ 4 tsp dried oregano
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp minced garlic
- ☐ 4 Tbsp taco seasoning
- ☐ 2 tsp oregano

Supplies

- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ **Side:** 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. Basil Balsamic Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 1 cup(s) balsamic vinegar
- ☐ 4 Tbsp olive oil
- ☐ Salt and pepper
- ☐ 4 tsp dried basil
- ☐ 2 gallon-size freezer baggie(s)

2. Lemon Garlic Roasted Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 16 garlic cloves
- ☐ 4 lemon(s)
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 4 tsp dried oregano
- ☐ 9x13 disposable foil tray(s)

3. 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 Cheesy Salsa Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) red salsa
- ☐ 4 Tbsp taco seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. 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)

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

- ☐ 32 small boneless chicken breasts
- ☐ 4 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 8 cup(s) chicken stock
- ☐ 2 cup(s) red salsa

Spices

- ☐ Salt and pepper
- ☐ 4 tsp dried basil
- ☐ 16 garlic cloves
- ☐ 4 tsp dried oregano
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp minced garlic
- ☐ 4 Tbsp taco seasoning
- ☐ 2 tsp oregano

Produce

- ☐ 4 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ 12 oz. bag(s) fresh spinach
- ☐ 8 fresh basil leaves
- ☐ 2 small white onion(s)
- ☐ 1 cup(s) lemon juice

Sauces/Condiments

- ☐ 1 cup(s) balsamic vinegar
- ☐ 8 Tbsp olive oil
- ☐ 2x1 26 oz. jar(s) spaghetti sauce
- ☐ 1/2 cup(s) red wine vinegar

Supplies

- ☐ 8x gallon-size freezer baggie(s)
- ☐ 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 4 chicken breasts into bite-size pieces.
- ☐ Thinly slice 4 lemons. Peel and smash 16 garlic cloves with the side of a knife, to crack it open.
- ☐ Slice 2 small white onions into half-moons.
- ☐ In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice and 4 tsp oregano.
- ☐ In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.

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.

Basil Balsamic Chicken

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

- 4 small boneless, skinless chicken breasts
- 1/2 cup balsamic vinegar
- 2 Tbsp olive oil
- Salt and pepper
- 2 tsp dried basil

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

Lemon Garlic Roasted Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the lemon slices
- Half of the smashed garlic cloves
- Half of the prepared lemon juice marinade

Cover with foil or lid, add label and freeze.

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 Cheesy Salsa Chicken

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 2 Tbsp taco seasoning
- Do NOT add the sour cream or shredded cheese before freezing.

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.