

ALL PORK MEAL PLAN

FEBRUARY 2018

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1. Baked Italian Pork Chops

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.

Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 1 - 15 oz. can(s) diced tomatoes
- 1 - Tbsp Italian seasoning
- 1 - tsp minced garlic
- 1 - tsp minced onion
- Side: - dinner rolls**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Place the pork chops into baking dish and sprinkle with salt and pepper.
3. Open and drain the diced tomatoes.
4. In a small mixing bowl, stir together the drained diced tomatoes, Italian seasoning, minced garlic and minced onion. Pour tomato-spice mixture on top of the pork chops.
5. Bake in the preheated oven for 25 to 30 minutes, or until pork chops are cooked through. Cooking time may vary depending on thickness of the chops.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Serve Baked Italian Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of diced tomatoes.

In a small mixing bowl, stir together the 2 cans of drained diced tomatoes, 2 Tbsp Italian seasoning, 2 tsp minced garlic, and 2 tsp minced onion.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the diced tomatoes-spices mixture

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 quinoa.*

2. Mongolian Pork Chops

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 - boneless pork chops
- - Salt and pepper
- 1/2 - cup(s) hoisin sauce
- 4 - Tbsp rice wine vinegar
- 3 - Tbsp soy sauce
- 1 - Tbsp sesame oil
- 4 - tsp minced garlic
- 1 - tsp ground ginger
- 1 - tsp sesame seeds
- 1 - Tbsp canola oil
- Side: - salad**
- Side: - frozen eggrolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the hoisin sauce, rice wine vinegar, soy sauce, sesame oil, minced garlic, ground ginger and sesame seeds.
2. In the large skillet, brown the pork chops in the canola oil for 2 minutes on each side. Add the mongolian sauce and bring to bubbling. Reduce heat and simmer the pork chops in the sauce for 5 to 7 minutes, turning twice. Cook until pork chops are cooked through, and note that cooking time may vary depending on thickness of the chops.
3. Prepare the salad.
4. Cook the egg rolls as directed.
5. Serve Mongolian Pork Chops with salad and egg rolls.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1 cup hoisin sauce, 8 Tbsp rice wine vinegar, 6 Tbsp soy sauce, 2 Tbsp sesame oil, 8 tsp minced garlic, 2 tsp ground ginger and 2 tsp sesame seeds.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared mongolian 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 the meat and sauce to skillet. Bring sauce to bubbling and saute for 9 to 11 minutes, or until pork chops are cooked through.*

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

Gluten-Free Modifications: *Recipe is gluten-free when sauce is made with gluten-free hoisin and gluten-free soy sauces. Serve with gluten-free side like rice or rice noodles.*

3. Skillet Ranch Pork Chops

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 - boneless pork chops
- 1 - packet(s) ranch dressing mix
- 2 - Tbsp canola oil
- 1 - cup(s) Ranch salad dressing
- 1 - cup(s) sour cream
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the Ranch dressing mix onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.
2. Heat the canola oil in skillet and saute the seasoned pork chops for 2 minutes on each side.
3. In a mixing bowl, combine the Ranch dressing and the sour cream, then pour over the pork chops. Reduce heat to low and simmer for 9 to 12 minutes, turning pork chops twice. Cook until pork chops are cooked through, note that cooking time may vary depending on thickness of the chops.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Skillet Ranch Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Place 2 Ranch dressing mix packets onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.

In a mixing bowl, combine 2 cups Ranch dressing and 2 cups sour cream.

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

- 4 coated boneless pork chops
- Half of the Ranch dressing mixture

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 sauce to skillet. Cook over medium high heat for 15 minutes, or until pork chops are cooked through.*

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 Ranch dressing and mix.*

4. Baked Breaded Pork Chops

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.

Ingredients for Single Meal

- 4 - boneless pork chops
- 2 - cup(s) crushed saltine crackers
- 1 - cup(s) grated Parmesan cheese
- 1 - Tbsp Italian seasoning
- 1 - tsp onion powder
- 1 - tsp garlic powder
- 1/4 - cup(s) melted butter
- Side: - mashed potatoes**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Lightly spray a small baking dish with non-stick cooking spray.
2. In a small bowl, combine the crushed saltine crackers, grated Parmesan cheese, Italian seasoning, onion powder, and garlic powder.
3. Melt the butter and dip both sides of the pork chop in the butter, then dredge through the crushed saltine mixture, coating both sides. Place coated pork chops into the prepared baking dish.
4. Bake in the preheated oven for 25 to 35 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
5. Prepare veggies.
6. Prepare mashed potatoes.
7. Serve Baked Breaded Pork Chops with veggies and mashed potatoes.

Assembly Prep Directions for 2 Meals

Crush 4 cups of saltine crackers.

In a small bowl, toss together 4 cups crushed saltines breadcrumbs, 2 cups grated Parmesan cheese, 2 Tbsp Italian seasoning, 2 tsp onion powder, 2 tsp garlic powder.

Melt 1/2 cup butter, then dip both sides of the pork chops in the butter, then dredge through the crushed saltine mixture, coating both sides.

To each disposable tray, add the following ingredients:

- Half of the coated pork chops to each tray

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

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

Gluten-Free Modifications: *Unfortunately, there isn't a great gluten-free option for this meal.*

5. 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.

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)

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.

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.*

Complete Shopping List by Recipe

1. Baked Italian Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2 - 15 oz. can(s) diced tomatoes
- 2 - Tbsp Italian seasoning
- 2 - tsp minced garlic
- 2 - tsp minced onion
- dinner rolls
- salad
- 2 - 9x13 disposable foil tray(s)

2. Mongolian Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 1 - cup(s) hoisin sauce
- 8 - Tbsp rice wine vinegar
- 6 - Tbsp soy sauce
- 2 - Tbsp sesame oil
- 8 - tsp minced garlic
- 2 - tsp ground ginger
- 2 - tsp sesame seeds
- 2 - Tbsp canola oil
- salad
- frozen eggrolls
- 2 - gallon-size freezer baggie(s)

3. Skillet Ranch Pork Chops

- 8 - boneless pork chops
- 2 - packet(s) ranch dressing mix
- 4 - Tbsp canola oil
- 2 - cup(s) Ranch salad dressing
- 2 - cup(s) sour cream
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)

4. Baked Breaded Pork Chops

- 8 - boneless pork chops
- 4 - cup(s) crushed saltine crackers
- 2 - cup(s) grated Parmesan cheese
- 2 - Tbsp Italian seasoning
- 2 - tsp onion powder
- 2 - tsp garlic powder
- 1/2 - cup(s) melted butter
- mashed potatoes
- veggies
- 2 - 9x13 disposable foil tray(s)

5. 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)

Complete Shopping List by Store Section/Category

Meat

- 32 boneless pork chops
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes
- Side:** rice
- Side:** black beans

Sauces/Condiments

- 1 cup(s) hoisin sauce
- 8 Tbsp rice wine vinegar
- 6 Tbsp soy sauce
- 2 Tbsp sesame oil
- 6 Tbsp canola oil
- 2 cup(s) Ranch salad dressing

Dairy/Frozen

- Side:** frozen eggrolls
- 2 cup(s) sour cream
- 2 cup(s) grated Parmesan cheese
- 2 cup(s) orange juice

Produce

- Side:** salad
- Side:** mashed potatoes
- Side:** veggies
- 2 small white onion(s)
- 1/2 cup(s) lime juice
- Garnish:** sliced oranges

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 4 Tbsp Italian seasoning
- 18 tsp minced garlic
- 2 tsp minced onion
- 2 tsp ground ginger
- 2 tsp sesame seeds
- 2 packet(s) ranch dressing mix
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp ground cumin

Supplies

- Side:** 4 9x13 disposable foil tray(s)
- Side:** 6 gallon-size freezer baggie(s)
- 4 cup(s) crushed saltine crackers
- 1/2 cup(s) melted butter

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. Baked Italian Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 15 oz. can(s) diced tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp minced garlic
- 2 tsp minced onion
- 2 9x13 disposable foil tray(s)

2. Mongolian Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup(s) hoisin sauce
- 8 Tbsp rice wine vinegar
- 6 Tbsp soy sauce
- 2 Tbsp sesame oil
- 8 tsp minced garlic
- 2 tsp ground ginger
- 2 tsp sesame seeds
- 2 Tbsp canola oil
- 2 gallon-size freezer baggie(s)

3. Skillet Ranch Pork Chops

- 8 boneless pork chops
- 2 packet(s) ranch dressing mix
- 4 Tbsp canola oil
- 2 cup(s) Ranch salad dressing
- 2 cup(s) sour cream
- 2 gallon-size freezer baggie(s)

4. Baked Breaded Pork Chops

- 8 boneless pork chops
- 4 cup(s) crushed saltine crackers
- 2 cup(s) grated Parmesan cheese
- 2 Tbsp Italian seasoning
- 2 tsp onion powder
- 2 tsp garlic powder
- 1/2 cup(s) melted butter
- 2 9x13 disposable foil tray(s)

5. 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
- 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 boneless pork chops
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes

Spices

- Salt and pepper
- 4 Tbsp Italian seasoning
- 18 tsp minced garlic
- 2 tsp minced onion
- 2 tsp ground ginger
- 2 tsp sesame seeds
- 2 packet(s) ranch dressing mix
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp ground cumin

Supplies

- 4x 9x13 disposable foil tray(s)
- 6x gallon-size freezer baggie(s)
- 4 cup(s) crushed saltine crackers
- 1/2 cup(s) melted butter

Produce

- 2 small white onion(s)
- 1/2 cup(s) lime juice

Sauces/Condiments

- 1 cup(s) hoisin sauce
- 8 Tbsp rice wine vinegar
- 6 Tbsp soy sauce
- 2 Tbsp sesame oil
- 6 Tbsp canola oil
- 2 cup(s) Ranch salad dressing

Dairy/Frozen

- 2 cup(s) sour cream
- 2 cup(s) grated Parmesan cheese
- 2 cup(s) orange juice

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

- Open and drain 2 cans of diced tomatoes.
- Crush 4 cups of saltine crackers.
- Slice 2 small white onions into half-moons.
- In a small mixing bowl, stir together the 2 cans of drained diced tomatoes, 2 Tbsp Italian seasoning, 2 tsp minced garlic, and 2 tsp minced onion.
- Place 2 Ranch dressing mix packets onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.
- In a mixing bowl, combine 2 cups Ranch dressing and 2 cups sour cream.
- In a small mixing bowl, whisk together 1 cup hoisin sauce, 8 Tbsp rice wine vinegar, 6 Tbsp soy sauce, 2 Tbsp sesame oil, 8 tsp minced garlic, 2 tsp ground ginger and 2 tsp sesame seeds.
- In a small bowl, toss together 4 cups crushed saltines breadcrumbs, 2 cups grated Parmesan cheese, 2 Tbsp Italian seasoning, 2 tsp onion powder, 2 tsp garlic powder.
- Melt 1/2 cup butter, then dip both sides of the pork chops in the butter, then dredge through the crushed saltine mixture, coating both sides.

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.

Baked Italian Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the diced tomatoes-spices mixture

Cover with foil or lid, add label and freeze.

Skillet Ranch Pork Chops

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

- 4 coated boneless pork chops
- Half of the Ranch dressing mixture

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

Mongolian Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared mongolian sauce

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

Baked Breaded Pork Chops

To each disposable tray, add the following ingredients:

- Half of the coated pork chops to each tray

Cover with foil or lid, add label and freeze.