

CLEAN EATS MEAL PLAN

FEBRUARY 2018

Table of Contents

Recipes

1. Paleo Minestrone Soup
2. Lemon Garlic Roasted Chicken
3. Chipotle Chili
4. Italian Stuffed Zucchini Boats
5. Salmon & Asparagus Foil Packs

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

1. Paleo Minestrone Soup

Yield: 4 servings

Active Time: 20 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 - Tbsp olive oil
- 1 - small white onion(s)
- 2 - celery
- 2 - garlic cloves
- 4 - whole carrots
- 1/2 - lb(s) green beans
- 2 - medium zucchini
- 1 - 15 oz. can(s) tomato sauce
- 1 - Tbsp Italian seasoning
- 6 - cup(s) chicken or vegetable stock
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large saucepan, heat the olive oil and saute the onion, celery, garlic and carrots for 4 to 5 minutes. Stir in the green beans, zucchini, tomato sauce, Italian seasoning and chicken stock. Bring to bubbling.
2. Remove soup from the heat and prepare to spoon into serving bowls.
3. Serve Paleo Minestrone Soup with and side salad.

Assembly Prep Directions for 2 Meals

Chop 2 white onions.

Peel and chop 8 whole carrots.

Slice 4 celery stalks.

Trim 1 lb. green beans.

Thinly slice 4 medium zucchini.

Open 2 cans of tomato sauce.

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

- Half of the chopped onion
- Half of the chopped celery
- 2 garlic cloves, crushed
- Half of the chopped carrots
- Half of the trimmed green beans
- Half of the sliced zucchini
- 1 - 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock

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

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in a warm bowl of water for about 20 minutes, before transferring all the ingredients to a large saucepan or stockpot. Reheat the soup and add pasta at end of cooking 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.

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. Chipotle Chili

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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - red bell pepper(s)
- 1 - 15 oz. can(s) tomato sauce
- 1 - Tbsp chili powder
- 1 - tsp chipotle chili powder
- 1 - tsp ground cumin
- 2 - cup(s) beef broth
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of tomato sauce.
2. Seed and chop the red bell pepper.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chopped red bell pepper, tomato sauce, chili powder, chipotle chili powder, ground cumin and saute for 5 minutes.
4. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Chipotle Chili with salad.

Assembly Prep Directions for 2 Meals

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

Seed and chop 2 red bell peppers.

Open and drain 2 cans of tomato sauce.

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp chipotle chili powder
- 1 tsp ground cumin
- 2 cups beef broth
- Salt and pepper

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

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.

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

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

4. 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.

5. 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.

Complete Shopping List by Recipe

1. Paleo Minestrone Soup

- ☐ 4 - Tbsp olive oil
- ☐ 2 - small white onion(s)
- ☐ 4 - celery
- ☐ 4 - garlic cloves
- ☐ 8 - whole carrots
- ☐ 1 - lb(s) green beans
- ☐ 4 - medium zucchini
- ☐ 2 - 15 oz. can(s) tomato sauce
- ☐ 2 - Tbsp Italian seasoning
- ☐ 12 - cup(s) chicken or vegetable stock
- ☐ - Salt and pepper
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Chipotle Chili

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - red bell pepper(s)
- ☐ 2 - 15 oz. can(s) tomato sauce
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp chipotle chili powder
- ☐ 2 - tsp ground cumin
- ☐ 4 - cup(s) beef broth
- ☐ - Salt and pepper
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

5. 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

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. 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)

- ☐ - Foil
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 small boneless chicken breasts
- ☐ 4 lb(s) ground beef
- ☐ 8 small salmon fillet

Pantry Staples - Canned, Boxed

- ☐ 4 15 oz. can(s) tomato sauce
- ☐ 12 cup(s) chicken or vegetable stock
- ☐ 4 cup(s) beef broth

Sauces/Condiments

- ☐ 8 Tbsp olive oil
- ☐ 2 cup(s) marinara sauce

Dairy/Frozen

- ☐ **Side:** 1 cup(s) Parmesan cheese
- ☐ 8 Tbsp butter

Produce

- ☐ 2 small white onion(s)
- ☐ 4 celery
- ☐ 8 whole carrots
- ☐ 1 lb(s) green beans
- ☐ 4 medium zucchini
- ☐ **Side:** salad
- ☐ 6 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ 4 red bell pepper(s)
- ☐ 8 large zucchini
- ☐ **Side:** fresh basil
- ☐ 2 lb(s) asparagus spears

Starchy Sides

- ☐ **Side:** dinner rolls

Spices

- ☐ 20 garlic cloves
- ☐ 4 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 4 tsp dried oregano
- ☐ 4 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp chipotle chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp minced garlic

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ **Side:** 2 9x13 disposable foil tray(s)
- ☐ 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. Paleo Minestrone Soup

- ☐ 4 Tbsp olive oil
- ☐ 2 small white onion(s)
- ☐ 4 celery
- ☐ 4 garlic cloves
- ☐ 8 whole carrots
- ☐ 1 lb(s) green beans
- ☐ 4 medium zucchini
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2 Tbsp Italian seasoning
- ☐ 12 cup(s) chicken or vegetable stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Chipotle Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 red bell pepper(s)
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp chipotle chili powder
- ☐ 2 tsp ground cumin
- ☐ 4 cup(s) beef broth
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. 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. 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)

4. 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)

☐ 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

- ☐ 8 small boneless chicken breasts
- ☐ 4 lb(s) ground beef
- ☐ 8 small salmon fillet

Produce

- ☐ 2 small white onion(s)
- ☐ 4 celery
- ☐ 8 whole carrots
- ☐ 1 lb(s) green beans
- ☐ 4 medium zucchini
- ☐ 6 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ 4 red bell pepper(s)
- ☐ 8 large zucchini
- ☐ 2 lb(s) asparagus spears

Pantry Staples - Canned, Boxed

- ☐ 4 15 oz. can(s) tomato sauce
- ☐ 12 cup(s) chicken or vegetable stock
- ☐ 4 cup(s) beef broth

Sauces/Condiments

- ☐ 8 Tbsp olive oil
- ☐ 2 cup(s) marinara sauce

Spices

- ☐ 20 garlic cloves
- ☐ 4 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 4 tsp dried oregano
- ☐ 4 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp chipotle chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp minced garlic

Dairy/Frozen

- ☐ 2x cup(s) Parmesan cheese
- ☐ 8 Tbsp butter

Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 2x 9x13 disposable foil tray(s)
- ☐ 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 chop 2 red bell peppers.
- ☐ Chop 2 white onions.
- ☐ Peel and chop 8 whole carrots.
- ☐ Slice 4 celery stalks.
- ☐ Trim 1 lb. green beans.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- ☐ Thinly slice 4 lemons. Peel and smash 16 garlic cloves with the side of a knife, to crack it open.
- ☐ 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.
- ☐ Seed and chop 2 red bell peppers.
- ☐ Slice 2 lemons.
- ☐ In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice and 4 tsp oregano.
- ☐ 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.
- ☐ Soften 8 Tbsp butter and combine with 2 Tbsp Italian seasoning and 2 tsp minced garlic. Evenly divide into dollops for each foil pack.
- ☐ Thinly slice 4 medium zucchini.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open and drain 2 cans of tomato sauce.
- ☐ 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.

Paleo Minestrone Soup

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

- Half of the chopped onion
- Half of the chopped celery
- 2 garlic cloves, crushed
- Half of the chopped carrots
- Half of the trimmed green beans
- Half of the sliced zucchini
- 1 - 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock

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

Chipotle Chili

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp chipotle chili powder
- 1 tsp ground cumin
- 2 cups beef broth
- Salt and pepper

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

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.

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.

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.