

GLUTEN FREE 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. Andouille Cajun Soup

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 - 15 oz. can(s) white beans
- 1 - 15 oz. can(s) diced tomatoes
- 1 - small white onion(s)
- 2 - small green bell pepper(s)
- 2 - celery stalk(s)
- 12 - oz. andouille sausage
- 2 - tsp minced garlic
- 1 - Tbsp Cajun seasoning
- 2 - cup(s) chicken stock
- - Salt and pepper
- Side: - French loaf bread**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the white beans. Open the can of diced tomatoes.
2. Chop the onion. Seed and chop the green bell pepper. Chop the celery.
3. Slice the andouille sausage.
4. To a Dutch oven or large saucepan, add the white beans, diced tomatoes, onion, bell peppers, celery, sliced sausage, minced garlic, Cajun seasoning and 2 cups chicken stock. Bring to bubbling and simmer for 15 minutes. Season with salt and pepper.
5. Warm the French loaf.
6. Serve Andouille Cajun Soup with French loaf slices.

Assembly Prep Directions for 2 Meals

Slice 24 oz. andouille sausage.

Chop 2 small white onions. Seed and chop 4 green bell peppers. Chop 4 celery stalks.

Open and drain 4 cans of white beans. Open 2 cans of diced tomatoes.

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

- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- Half of the chopped onion
- Half of the chopped green peppers
- Half of the chopped celery
- 2 tsp minced garlic
- Half of the sliced andouille sausage
- 1 Tbsp Cajun seasoning
- 2 cups chicken 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 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 like rice or roasted potatoes.*

3. Beef Stew with White Wine

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

*** 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) stew beef
- 2 - Tbsp canola oil
- 2 - lb(s) baby potatoes
- 4 - whole carrots
- 1 - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 2 - tsp garlic powder
- 1/2 - cup(s) white cooking wine
- 3 - cup(s) beef broth
- - Salt and pepper
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and slice the carrots into 1/2-inch chunks.
2. Open the crushed tomatoes.
3. In a large Dutch oven or saucepan, add the canola oil and brown the stew beef on all sides. Then add the baby potatoes, carrot chunks, crushed tomatoes, Italian seasoning, garlic powder, white cooking wine and beef broth. Bring to rolling boil, then cover and reduce heat to medium low and cook for 30 minutes.
4. Warm the dinner rolls.
5. Serve Beef Stew with White Wine and side of dinner rolls.

Assembly Prep Directions for 2 Meals

Peel and slice 8 whole carrots into 1/2-inch chunks.

Open 2 cans of crushed tomatoes.

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- Half of the carrot chunks
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 1/2 cup white cooking wine
- 3 cups beef broth

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 all the contents of the baggie to a Dutch oven or large saucepan and bringing to boil, then simmering as directed.*

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

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

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. 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. 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. Beef Stew with White Wine

- 4 - lb(s) stew beef
- 4 - Tbsp canola oil
- 4 - lb(s) baby potatoes
- 8 - whole carrots
- 2x1 - 15 oz. can(s) crushed tomatoes
- 4 - Tbsp Italian seasoning
- 4 - tsp garlic powder
- 1 - cup(s) white cooking wine
- 6 - cup(s) beef broth
- Salt and pepper
- dinner rolls
- 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
- Foil

2. Andouille Cajun Soup

- 4 - 15 oz. can(s) white beans
- 2 - 15 oz. can(s) diced tomatoes
- 2 - small white onion(s)
- 4 - small green bell pepper(s)
- 4 - celery stalk(s)
- 24 - oz. andouille sausage
- 4 - tsp minced garlic
- 2 - Tbsp Cajun seasoning
- 4 - cup(s) chicken stock
- Salt and pepper
- French loaf bread
- 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
- 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

- 16 small boneless chicken breasts
- 24 oz. andouille sausage
- 4 lb(s) stew beef
- 8 small salmon fillet

Pantry Staples - Canned, Boxed

- Side:** rice
- 4 15 oz. can(s) white beans
- 2 15 oz. can(s) diced tomatoes
- 4 cup(s) chicken stock
- 2x1 15 oz. can(s) crushed tomatoes
- 6 cup(s) beef broth
- 2 cup(s) red salsa

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 4 Tbsp olive oil
- 4 Tbsp canola oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- 1 cup(s) sour cream
- Side:** 2 cup(s) shredded cheese
- 8 Tbsp butter

Produce

- Side:** veggies
- 2 small white onion(s)
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- 4 lb(s) baby potatoes
- 8 whole carrots
- Side:** salad
- 2 lemon(s)
- 2 lb(s) asparagus spears

Starchy Sides

- Side:** French loaf bread
- Side:** dinner rolls

Spices

- Salt and pepper
- 4 tsp dried basil
- 6 tsp minced garlic
- 2 Tbsp Cajun seasoning
- 6 Tbsp Italian seasoning
- 4 tsp garlic powder
- 4 Tbsp taco seasoning

Supplies

- Side:** 10 gallon-size freezer baggie(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. 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. Andouille Cajun Soup

- 4 15 oz. can(s) white beans
- 2 15 oz. can(s) diced tomatoes
- 2 small white onion(s)
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- 24 oz. andouille sausage
- 4 tsp minced garlic
- 2 Tbsp Cajun seasoning
- 4 cup(s) chicken stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Beef Stew with White Wine

- 4 lb(s) stew beef
- 4 Tbsp canola oil
- 4 lb(s) baby potatoes
- 8 whole carrots
- 2x1 15 oz. can(s) crushed tomatoes
- 4 Tbsp Italian seasoning
- 4 tsp garlic powder
- 1 cup(s) white cooking wine
- 6 cup(s) beef broth
- 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. 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)

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
- 24 oz. andouille sausage
- 4 lb(s) stew beef
- 8 small salmon fillet

Pantry Staples - Canned, Boxed

- 4 15 oz. can(s) white beans
- 2 15 oz. can(s) diced tomatoes
- 4 cup(s) chicken stock
- 2x1 15 oz. can(s) crushed tomatoes
- 6 cup(s) beef broth
- 2 cup(s) red salsa

Spices

- Salt and pepper
- 4 tsp dried basil
- 6 tsp minced garlic
- 2 Tbsp Cajun seasoning
- 6 Tbsp Italian seasoning
- 4 tsp garlic powder
- 4 Tbsp taco seasoning

Supplies

- 10x gallon-size freezer baggie(s)
- Foil

Produce

- 2 small white onion(s)
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- 4 lb(s) baby potatoes
- 8 whole carrots
- 2 lemon(s)
- 2 lb(s) asparagus spears

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 4 Tbsp olive oil
- 4 Tbsp canola oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- 8 Tbsp butter

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

- Slice 24 oz. andouille sausage.
- Chop 2 small white onions. Seed and chop 4 green bell peppers. Chop 4 celery stalks.
- Peel and slice 8 whole carrots into 1/2-inch chunks.
- 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.
- Open and drain 4 cans of white beans. Open 2 cans of diced tomatoes.
- Open 2 cans of crushed tomatoes.
- 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.

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.

Andouille Cajun Soup

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

- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- Half of the chopped onion
- Half of the chopped green peppers
- Half of the chopped celery
- 2 tsp minced garlic
- Half of the sliced andouille sausage
- 1 Tbsp Cajun seasoning
- 2 cups chicken stock

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

Beef Stew with White Wine

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- Half of the carrot chunks
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 1/2 cup white cooking wine
- 3 cups beef broth

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.

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.