

TRADITIONAL MEAL PLAN

FEBRUARY 2018

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1. 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.*

2. 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.*

3. 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.

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

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.

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.*

4. 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.*

5. Tuscan Mac & Cheese

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

- 8 - oz. box(es) elbow pasta noodles
- 2 - Tbsp butter
- 2 - Tbsp all purpose flour
- 2 - cup(s) heavy cream
- 1 - tsp Italian seasoning
- 1 - tsp minced garlic
- 1 - cup(s) shredded mozzarella cheese
- 1 - 12 oz jar(s) roasted peppers
- Garnish: - fresh basil**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cook the pasta, as directed, to al dente. Drain well and add to baking dish or tray.
2. Preheat oven to 350 F.
3. Open and drain the jar of roasted red peppers.
4. In a skillet, melt the butter and whisk in the flour, then the cream. Bring to slow bubble and stir in the Italian seasoning, minced garlic and shredded cheese.
5. Gently add the roasted red peppers in with the cooked pasta in the baking dish. Then pour the cheese sauce over the top and carefully combine in the baking dish.
6. Bake in the preheated oven for 15 to 20 minutes, or until warmed through and cheese is melted on top.
7. Prepare the salad.
8. Serve Tuscan Mac & Cheese with basil garnish and side salad.

Assembly Prep Directions for 2 Meals

Cook the elbow pasta, as directed, to al dente. Drain well.

In a skillet, melt 4 Tbsp butter and whisk in 4 Tbsp flour, then 4 cups of heavy cream. Bring to slow bubble and stir in 2 tsp Italian seasoning, 2 tsp minced garlic and 2 cups of shredded mozzarella cheese.

Open and drain 2 jars of roasted bell peppers.

To each disposable tray, add the following ingredients:

- Half of the drained elbow pasta
- Half of the drained red bell peppers
- Half of the cheese sauce
- Gently combine into the baking dish.

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: *Recipe is gluten-free if you use small shell gluten-free pasta.*

Complete Shopping List by Recipe

1. 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)

3. Ritzy 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
- salad
- mashed potatoes
- 2 - 9x5 disposable foil loaf pans

5. Tuscan Mac & Cheese

- 2x8 - oz. box(es) elbow pasta noodles
- 4 - Tbsp butter
- 4 - Tbsp all purpose flour
- 4 - cup(s) heavy cream
- 2 - tsp Italian seasoning
- 2 - tsp minced garlic
- 2 - cup(s) shredded mozzarella cheese
- 2x1 - 12 oz jar(s) roasted peppers
- fresh basil
- salad
- 2 - 9x13 disposable foil tray(s)

2. 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 - gallon-size freezer baggie(s)

4. 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

- 16 small boneless chicken breasts
- 4 lb(s) lean ground beef
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- Side:** rice
- Side:** black beans
- 2x8 oz. box(es) elbow pasta noodles

Sauces/Condiments

- 1/2 cup(s) red wine vinegar
- Side:** tzatziki sauce
- 1/2 cup(s) ketchup
- Garnish:** ketchup
- 2x1 12 oz jar(s) roasted peppers

Dairy/Frozen

- 1 cup(s) sour cream
- Side:** 2 cup(s) shredded cheese
- 4 egg(s)
- 2 cup(s) milk
- 1 cup(s) shredded sharp cheddar cheese
- 2 cup(s) orange juice
- 4 Tbsp butter
- 4 cup(s) heavy cream
- 2 cup(s) shredded mozzarella cheese

Produce

- Side:** salad
- 4 small white onion(s)
- 1 cup(s) lemon juice
- Garnish:** red onion(s)
- Garnish:** cucumber slices
- Side:** mashed potatoes
- 1/2 cup(s) lime juice
- Garnish:** sliced oranges
- Side:** fresh basil

Starchy Sides

- Side:** pita bread

Spices

- 4 Tbsp taco seasoning
- Salt and pepper
- 14 tsp minced garlic
- 2 tsp oregano
- 4 Tbsp minced onion
- 1 tsp ground cumin
- 4 Tbsp all purpose flour
- 2 tsp Italian seasoning

Supplies

- Side:** 6 gallon-size freezer baggie(s)
- 48 Ritz crackers
- Side:** 2 9x5 disposable foil loaf pans
- Side:** 2 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. 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)

3. Ritzy 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

5. Tuscan Mac & Cheese

- 2x8 oz. box(es) elbow pasta noodles
- 4 Tbsp butter
- 4 Tbsp all purpose flour
- 4 cup(s) heavy cream
- 2 tsp Italian seasoning
- 2 tsp minced garlic
- 2 cup(s) shredded mozzarella cheese
- 2x1 12 oz jar(s) roasted peppers
- 2 9x13 disposable foil tray(s)

2. 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)

4. 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

- 16 small boneless chicken breasts
- 4 lb(s) lean ground beef
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- 2x8 oz. box(es) elbow pasta noodles

Spices

- 4 Tbsp taco seasoning
- Salt and pepper
- 14 tsp minced garlic
- 2 tsp oregano
- 4 Tbsp minced onion
- 1 tsp ground cumin
- 4 Tbsp all purpose flour
- 2 tsp Italian seasoning

Supplies

- 6x gallon-size freezer baggie(s)
- 48 Ritz crackers
- 2x 9x5 disposable foil loaf pans
- 2x 9x13 disposable foil tray(s)

Produce

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

Sauces/Condiments

- 1/2 cup(s) red wine vinegar
- 1/2 cup(s) ketchup
- 2x1 12 oz jar(s) roasted peppers

Dairy/Frozen

- 4 egg(s)
- 2 cup(s) milk
- 1 cup(s) shredded sharp cheddar cheese
- 2 cup(s) orange juice
- 4 Tbsp butter
- 4 cup(s) heavy cream
- 2 cup(s) shredded mozzarella 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

- Slice 2 small white onions into half-moons.
- 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.
- 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.
- Cook the elbow pasta, as directed, to al dente. Drain well.
- In a skillet, melt 4 Tbsp butter and whisk in 4 Tbsp flour, then 4 cups of heavy cream. Bring to slow bubble and stir in 2 tsp Italian seasoning, 2 tsp minced garlic and 2 cups of shredded mozzarella cheese.
- Open and drain 2 jars of roasted bell peppers.

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.

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.

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.

Tuscan Mac & Cheese

To each disposable tray, add the following ingredients:

- Half of the drained elbow pasta
- Half of the drained red bell peppers
- Half of the cheese sauce
- Gently combine into the baking dish.

Cover with foil or lid, add label 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.

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.