

DUMP DINNERS - MEAL PLAN 2

FEBRUARY 2018

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1. New Mexican Chicken Lettuce Wraps {Filling}

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

- 3 - large boneless chicken breasts
- 1 - cup(s) red salsa
- 1 - 4 oz. can(s) green chiles
- 1 - Tbsp minced onion
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- Garnish: - chopped cilantro**
- Side: - lettuce leaves**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts into the base of the slow cooker and add the red salsa, green chiles, minced onion, ground cumin, garlic powder and salt and pepper.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
3. Spoon the shredded chicken into lettuce leaves and make lettuce wraps.
4. Prepare veggies.
5. Serve New Mexican Chicken Lettuce Wraps with veggies.

Assembly Prep Directions for 2 Meals

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

- 3 large boneless chicken breasts
- 1 cup red salsa
- 1 - 4 oz. can green chiles
- 1 Tbsp minced onion
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- 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 to a slow cooker and 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. Buffalo Chicken Nachos

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 - packet(s) ranch dressing mix
- 1 - cup(s) buffalo wing sauce
- 1 - bag(s) tortilla chips**
- 2 - cup(s) shredded mozzarella cheese**
- Garnish: - crumbled blue cheese**
- Garnish: - chopped celery**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and sprinkle the ranch dressing mix over the top. Pour the buffalo wing sauce over the top.
2. Set on low and cook for 8 hours. Once the chicken is cooked, shred with 2 forks and combine with the sauce.
3. Preheat the oven to 400 F.
4. Assemble the nachos on baking sheet with tortilla chips, shredded buffalo chicken and shredded mozzarella cheese on top. Bake in the preheated oven for 10-15 minutes, or until cheese has melted.
5. Prepare fruit.
6. Serve Buffalo Chicken Nachos with crumbled blue cheese and chopped celery garnish, and side of fruit.

Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1 packet Ranch dressing mix
- 1 cup buffalo wing 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 to the slow cooker and cooking on low for 8 hours. Shred the chicken once it is cooked, and then assemble the nachos as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free Ranch dressing mix.*

3. Balsamic & Brown Sugar Pulled 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
- - Salt and pepper
- 1/4 - cup(s) brown sugar
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/4 - cup(s) balsamic vinegar
- Side: - fruit**
- Side: - potato chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small bowl, whisk together the brown sugar, minced onion, garlic powder and balsamic vinegar.
2. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the sauce on and around the pork.
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 before serving.
4. Prepare fruit.
5. Serve Balsamic & Brown Sugar Pulled Pork with chips and fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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.*

Special Notes: *Substitute balsamic glaze for the balsamic vinegar for a thicker sauce.*

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. New Mexican Chicken Lettuce Wraps {Filling}

- 6 - large boneless chicken breasts
- 2 - cup(s) red salsa
- 2 - 4 oz. can(s) green chiles
- 2 - Tbsp minced onion
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- chopped cilantro
- lettuce leaves
- veggies
- 2 - gallon-size freezer baggie(s)

2. Buffalo Chicken Nachos

- 8 - small boneless chicken breasts
- 2 - packet(s) ranch dressing mix
- 2 - cup(s) buffalo wing sauce
- 2 - bag(s) tortilla chips
- 4 - cup(s) shredded mozzarella cheese
- crumbled blue cheese
- chopped celery
- fruit
- 2 - gallon-size freezer baggie(s)

3. Balsamic & Brown Sugar Pulled Pork

- 4 - lb(s) pork roast
- Salt and pepper
- 1/2 - cup(s) brown sugar
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 1/2 - cup(s) balsamic vinegar
- fruit
- potato chips
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 6 large boneless chicken breasts
- 8 small boneless chicken breasts
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- 2 4 oz. can(s) green chiles

Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 1/2 cup(s) balsamic vinegar

Dairy/Frozen

- 4 cup(s) shredded mozzarella cheese
- Garnish:** crumbled blue cheese

Produce

- Garnish:** chopped cilantro
- Side:** lettuce leaves
- Side:** veggies
- Garnish:** chopped celery
- Side:** fruit

Starchy Sides

- Side:** potato chips

Spices

- 6 Tbsp minced onion
- 2 Tbsp ground cumin
- 4 tsp garlic powder
- Salt and pepper
- 2 packet(s) ranch dressing mix
- 1/2 cup(s) brown sugar

Supplies

- Side:** 6 gallon-size freezer baggie(s)
- 2 bag(s) tortilla chips

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. New Mexican Chicken Lettuce Wraps {Filling}

- 6 large boneless chicken breasts
- 2 cup(s) red salsa
- 2 4 oz. can(s) green chiles
- 2 Tbsp minced onion
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Buffalo Chicken Nachos

- 8 small boneless chicken breasts
- 2 packet(s) ranch dressing mix
- 2 cup(s) buffalo wing sauce
- 2 gallon-size freezer baggie(s)

3. Balsamic & Brown Sugar Pulled Pork

- 4 lb(s) pork roast
- Salt and pepper
- 1/2 cup(s) brown sugar
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 cup(s) balsamic vinegar
- 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

- 6 large boneless chicken breasts
- 8 small boneless chicken breasts
- 4 lb(s) pork roast

Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 1/2 cup(s) balsamic vinegar

Supplies

- 6x gallon-size freezer baggie(s)

Pantry Staples - Canned, Boxed

- 2 cup(s) red salsa
- 2 4 oz. can(s) green chiles

Spices

- 6 Tbsp minced onion
- 2 Tbsp ground cumin
- 4 tsp garlic powder
- Salt and pepper
- 2 packet(s) ranch dressing mix
- 1/2 cup(s) brown sugar

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

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.

New Mexican Chicken Lettuce Wraps

{Filling}

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

- 3 large boneless chicken breasts
- 1 cup red salsa
- 1 - 4 oz. can green chiles
- 1 Tbsp minced onion
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

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

Balsamic & Brown Sugar Pulled Pork

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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

Buffalo Chicken Nachos

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

- 4 boneless chicken breasts
- 1 packet Ranch dressing mix
- 1 cup buffalo wing sauce

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