

# MYFREEZEASY MEAL PLAN

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# 1. Bacon & Ranch Chicken

*Yield: 4 servings*

*Active Time: 10 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.

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## Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - cup(s) Ranch salad dressing
- 8 - slices bacon
- 2 - cup(s) shredded sharp cheddar cheese
- Side: - tater tots\*\*
- Side: - veggies\*\*
- 1 - 9x13 disposable foil tray(s)

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## Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. Place the chicken breasts to baking dish and sprinkle with salt and pepper. Drizzle ranch salad dressing directly onto the chicken. Place 2 slices of bacon over the ranch dressing, covering each chicken breasts. Sprinkle the shredded cheese over the bacon.
3. Bake in the preheated oven for 50 to 60 minutes, or until chicken is cooked through. Cooking time may vary depending on thickness of the chicken.
4. Cook tater tots, as directed.
5. Prepare veggies.
6. Serve Bacon and Ranch Chicken with tater tots and veggies.

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## Assembly Prep Directions for 2 Meals

To each disposable 9x13-inch tray, add the following ingredients:

- 4 boneless chicken breasts
- Salt and pepper
- Drizzles of ranch salad dressing onto each piece of chicken
- 2 slices of bacon onto each piece of chicken, over the ranch dressing
- 2 cups shredded sharp cheddar, sprinkled over all the chicken

Cover with foil or lid. Add label to tray and freeze.

**Freeze & Thaw Instructions:** *Pull out the tray the night before and thaw overnight in the fridge. Cook as directed. If only partially thawed, keep covered and bake for an additional 20-30 minutes or until chicken is cooked through.*

**Dairy-Free Modifications:** *Unfortunately, there isn't a simple way to make this dairy-free.*

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

## 2. Brown Sugar & Balsamic Pork Chops

Yield: 4 servings

Active Time: 10 minutes\* . Cook Time: 40 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.

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### Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 2 - Tbsp balsamic vinegar
- 4 - tsp brown sugar
- Side: - mashed potatoes\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the pork chops in the bottom of a glass baking dish. Sprinkle some salt and pepper onto both sides of the pork chops. Then drizzle the balsamic vinegar over the top. Add 1 tsp of brown sugar on top of each pork chop and spread into the vinegar. \*Let marinate in the fridge for at least 30 minutes.
2. Preheat oven to 350 F, while pork chops marinate.
3. Bake the pork chops in the preheated oven for 30 to 40 minutes, or until cooked through. Cooking time will depend on the thickness of the pork chops.
4. Serve Brown Sugar & Balsamic Pork Chops with preferred potatoes and veggies.

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### Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp balsamic vinegar
- 4 tsp brown sugar

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 baking dish 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.

## 3. Pesto Chicken Bake

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 50 to 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.

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### Ingredients for Single Meal

- 4 - small boneless chicken breasts
- - Salt and pepper
- 8 - oz. pesto
- 1 - 15 oz. can(s) diced tomatoes
- 1 - Tbsp Italian seasoning
- 2 - cup(s) shredded mozzarella cheese
- Garnish: - fresh basil\*\*
- Side: - salad\*\*
- Side: - pasta\*\*
- 1 - 9x13 disposable foil tray(s)

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### Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Spread a dollop of pesto onto each chicken breast. Pour the diced tomatoes over the top of all the chicken, then sprinkle the Italian seasoning over the top. Add the shredded mozzarella cheese on top.
3. Bake in the preheated oven for 50 to 60 minutes, or until chicken is cooked through. Cooking time may vary depending on thickness of the chicken.
4. Prepare the salad.
5. Prepare the pasta as directed on package.
6. Serve Pesto Chicken Bake over pasta with salad.

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### Assembly Prep Directions for 2 Meals

Open 2 cans of diced tomatoes.

To each disposable tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Dollop of pesto to each chicken
- 15 oz. can diced tomatoes
- 1 Tbsp Italian seasoning
- 2 cups shredded mozzarella cheese

Cover tightly with foil or lid, add label to tray 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:** *Omit the shredded Mozzarella cheese dairy-free meal.*

**Gluten-Free Modifications:** *Substitute gluten free pasta for gluten free meal.*

## Complete Shopping List by Recipe

### 1. Bacon & Ranch Chicken

- 8 - small boneless chicken breasts
- 2 - cup(s) Ranch salad dressing
- 16 - slices bacon
- 4 - cup(s) shredded sharp cheddar cheese
- tater tots
- veggies
- 2 - 9x13 disposable foil tray(s)

### 2. Brown Sugar & Balsamic Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 4 - Tbsp balsamic vinegar
- 8 - tsp brown sugar
- mashed potatoes
- veggies
- 2 - gallon-size freezer baggie(s)

### 3. Pesto Chicken Bake

- 8 - small boneless chicken breasts
- Salt and pepper
- 16 - oz. pesto
- 2 - 15 oz. can(s) diced tomatoes
- 2 - Tbsp Italian seasoning
- 4 - cup(s) shredded mozzarella cheese
- fresh basil
- salad
- pasta
- 2 - 9x13 disposable foil tray(s)

# Complete Shopping List by Store Section/Category

## Meat

- 16 small boneless chicken breasts
- 16 slices bacon
- 8 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes

## Sauces/Condiments

- 2 cup(s) Ranch salad dressing
- 4 Tbsp balsamic vinegar
- 16 oz. pesto

## Dairy/Frozen

- 4 cup(s) shredded sharp cheddar cheese
- Side:** tater tots
- 4 cup(s) shredded mozzarella cheese

## Produce

- Side:** veggies
- Side:** mashed potatoes
- Side:** fresh basil
- Side:** salad

## Starchy Sides

- Side:** pasta

## Spices

- Salt and pepper
- 8 tsp brown sugar
- 2 Tbsp Italian seasoning

## Supplies

- Side:** 4 9x13 disposable foil tray(s)
- Side:** 2 gallon-size freezer baggie(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. Bacon & Ranch Chicken

- 8 small boneless chicken breasts
- 2 cup(s) Ranch salad dressing
- 16 slices bacon
- 4 cup(s) shredded sharp cheddar cheese
- 2 9x13 disposable foil tray(s)

## 2. Brown Sugar & Balsamic Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 4 Tbsp balsamic vinegar
- 8 tsp brown sugar
- 2 gallon-size freezer baggie(s)

## 3. Pesto Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 16 oz. pesto
- 2 15 oz. can(s) diced tomatoes
- 2 Tbsp Italian seasoning
- 4 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(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
- 16 slices bacon
- 8 boneless pork chops

## Sauces/Condiments

- 2 cup(s) Ranch salad dressing
- 4 Tbsp balsamic vinegar
- 16 oz. pesto

## Dairy/Frozen

- 4 cup(s) shredded sharp cheddar cheese
- 4 cup(s) shredded mozzarella cheese

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes

## Spices

- Salt and pepper
- 8 tsp brown sugar
- 2 Tbsp Italian seasoning

## Supplies

- 4x 9x13 disposable foil tray(s)
- 2x gallon-size freezer baggie(s)



## 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

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- Open 2 cans of diced tomatoes.

*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.

### Bacon & Ranch Chicken

To each disposable 9x13-inch tray, add the following ingredients:

- 4 boneless chicken breasts
- Salt and pepper
- Drizzles of ranch salad dressing onto each piece of chicken
- 2 slices of bacon onto each piece of chicken, over the ranch dressing
- 2 cups shredded sharp cheddar, sprinkled over all the chicken

Cover with foil or lid. Add label to tray and freeze.

### Brown Sugar & Balsamic Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp balsamic vinegar
- 4 tsp brown sugar

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

### Pesto Chicken Bake

To each disposable tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Dollop of pesto to each chicken
- 15 oz. can diced tomatoes
- 1 Tbsp Italian seasoning
- 2 cups shredded mozzarella cheese

Cover tightly with foil or lid, add label to tray and freeze.