

WORKSHOP SAMPLE MEAL PLAN

2018

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1. Slow Cooker Caribbean 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

- 3 - large boneless chicken breasts
 - 1 - cup(s) BBQ sauce
 - 1 - 20 oz. can(s) pineapple chunks
 - 1 - red bell pepper(s)
 - 1 - orange bell pepper(s)
 - Side: - dinner rolls or rice**
 - 1 - gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. Place the chicken breasts into the base of the slow cooker with $\frac{1}{2}$ cup of water. (I like to add water to the slow cooker when using BBQ sauce to keep the sauce from burning on the edges of the slow cooker insert.)
2. Pour the BBQ sauce over the chicken breasts in the slow cooker. Top with the pineapple chunks and bell pepper pieces. Sprinkle in a little salt and pepper.
3. Set the slow cooker on low and cook for 8 hours.
4. Serve Slow Cooker Caribbean Chicken with side of dinner rolls or rice.

Assembly Prep Directions for 2 Meals

Slice 2 red bell peppers and 2 orange bell peppers.

Open and drain 2 cans pineapple chunks.

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

- 3 large boneless, skinless chicken breasts
- 1 cup BBQ sauce
- 20 oz. can pineapple chunks, drained
- Half of the diced red bell pepper
- Half of the diced orange bell 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 the slow cooker and cooking on low for 8 hours.

Special Notes: This meal can also be cooked in a large saucepan or Dutch oven. Place all thawed ingredients to Dutch Oven and cook over medium heat with lid on for 30 minutes, or until chicken is cooked.

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

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

2. Slow Cooker Taco Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours

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 - green bell pepper(s)
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) corn
- 2 - 15 oz. can(s) diced tomatoes
- 2 - cup(s) beef broth**
- 2 - packet(s) taco seasoning **
- Garnish: - crushed tortilla chips**
- Garnish: - shredded Mexican blend cheese**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the ground beef with the minced onion and garlic powder. Drain.
2. Seed and chop the green bell pepper.
3. Open, drain and rinse the black beans. Open and drain the can of corn.
4. To a 6 qt or larger slow cooker, add the browned ground beef, chopped bell pepper, drained and rinsed black beans, drained corn, 2 cans of diced tomatoes, and beef broth. Stir in the taco seasoning. Set on low and cook for 8 hours.
5. Prepare veggies.
6. Ladle soup into bowls. Top with crushed tortilla chips and cheese.
7. Serve Slow Cooker Taco Soup with veggies.

Assembly Prep Directions for 2 Meals

Brown the ground beef with the minced onion and garlic powder. Drain.

Seed and chop the green bell pepper(s).

Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn. Open 4 cans of diced tomatoes.

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- Half of the canned black beans
- Half of the canned corn
- Half of the canned diced tomatoes
- Salt and pepper

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

Freeze & Thaw Instructions: Place 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, adding 2 cups of beef broth and taco seasoning and cooking on low for 8 hours.

Dairy-Free Modifications: Omit cheese garnish for dairy-free meal.

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

3. Teriyaki Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 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 - boneless pork chops
- 2 - Tbsp olive oil
- 1 - cup(s) teriyaki sauce
- 1 - Tbsp lime juice
- 1/2 - tsp pepper
- 1/2 - tsp salt
- Side: - veggies**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops in a shallow baking dish and pour the teriyaki sauce on top. Squeeze the lime juice over the top and sprinkle the salt and pepper onto the sauce/pork chops. *Cover with plastic wrap and let marinate in the refrigerator for at least 30 minutes, or overnight.
2. Heat the olive oil in skillet over medium high heat and saute the pork chops and marinade together for a few minutes on each side. Flip two or three times, or until pork chops are cooked through. Reduce heat to low if the sauce begins to caramelize or burn on the edges of the skillet. Let rest for 5 minutes before slicing and serving.
3. Prepare veggies.
4. Cook the rice, as directed.
5. Serve Teriyaki Pork Chops with rice and veggies.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- 1 cup teriyaki sauce
- 1 Tbsp lime juice
- 1/2 tsp pepper
- 1/2 tsp salt

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 adding olive oil to skillet and transferring the pork chops and marinade for sauteing.

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

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free teriyaki sauce.

Complete Shopping List by Recipe

1. Slow Cooker Caribbean Chicken

- ☐ 6 - large boneless chicken breasts
- ☐ 2 - cup(s) BBQ sauce
- ☐ 2x1 - 20 oz. can(s) pineapple chunks
- ☐ 2 - red bell pepper(s)
- ☐ 2 - orange bell pepper(s)
- ☐ - dinner rolls or rice
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Taco Soup

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - green bell pepper(s)
- ☐ 2 - 15 oz. can(s) black beans
- ☐ 2 - 15 oz. can(s) corn
- ☐ 4 - 15 oz. can(s) diced tomatoes
- ☐ 4 - cup(s) beef broth
- ☐ 4 - packet(s) taco seasoning
- ☐ - crushed tortilla chips
- ☐ - shredded Mexican blend cheese
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Teriyaki Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 4 - Tbsp olive oil
- ☐ 2 - cup(s) teriyaki sauce
- ☐ 2 - Tbsp lime juice
- ☐ 1 - tsp pepper
- ☐ 1 - tsp salt
- ☐ - veggies
- ☐ - rice
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 6 large boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 8 boneless pork chops

Pantry Staples - Canned, Boxed

- ☐ 2x1 20 oz. can(s) pineapple chunks
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 15 oz. can(s) corn
- ☐ 4 15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ **Side:** rice

Sauces/Condiments

- ☐ 2 cup(s) BBQ sauce
- ☐ 4 Tbsp olive oil
- ☐ 2 cup(s) teriyaki sauce

Dairy/Frozen

- ☐ **Garnish:** shredded Mexican blend cheese

Produce

- ☐ 2 red bell pepper(s)
- ☐ 2 orange bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ **Side:** veggies
- ☐ 2 Tbsp lime juice

Starchy Sides

- ☐ **Side:** dinner rolls or rice
- ☐ **Garnish:** crushed tortilla chips

Spices

- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 packet(s) taco seasoning
- ☐ 1 tsp pepper
- ☐ 1 tsp salt

Supplies

- ☐ **Side:** 6 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. Slow Cooker Caribbean Chicken

- ☐ 6 large boneless chicken breasts
- ☐ 2 cup(s) BBQ sauce
- ☐ 2x1 20 oz. can(s) pineapple chunks
- ☐ 2 red bell pepper(s)
- ☐ 2 orange bell pepper(s)
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Taco Soup

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 green bell pepper(s)
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 15 oz. can(s) corn
- ☐ 4 15 oz. can(s) diced tomatoes
- ☐ 2 gallon-size freezer baggie(s)

3. Teriyaki Pork Chops

- ☐ 8 boneless pork chops
- ☐ 4 Tbsp olive oil
- ☐ 2 cup(s) teriyaki sauce
- ☐ 2 Tbsp lime juice
- ☐ 1 tsp pepper
- ☐ 1 tsp salt
- ☐ 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
- ☐ 2 lb(s) ground beef
- ☐ 8 boneless pork chops

Pantry Staples - Canned, Boxed

- ☐ 2x1 20 oz. can(s) pineapple chunks
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 15 oz. can(s) corn
- ☐ 4 15 oz. can(s) diced tomatoes

Spices

- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 1 tsp pepper
- ☐ 1 tsp salt

Produce

- ☐ 2 red bell pepper(s)
- ☐ 2 orange bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 Tbsp lime juice

Sauces/Condiments

- ☐ 2 cup(s) BBQ sauce
- ☐ 4 Tbsp olive oil
- ☐ 2 cup(s) teriyaki sauce

Supplies

- ☐ 6x 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

- ☐ Brown the ground beef with the minced onion and garlic powder. Drain.
- ☐ Slice 2 red bell peppers and 2 orange bell peppers.
- ☐ Seed and chop the green bell pepper(s).
- ☐ Open and drain 2 cans pineapple chunks.
- ☐ Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn. Open 4 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.

Slow Cooker Caribbean Chicken

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

- 3 large boneless, skinless chicken breasts
- 1 cup BBQ sauce
- 20 oz. can pineapple chunks, drained
- Half of the diced red bell pepper
- Half of the diced orange bell pepper

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

Slow Cooker Taco Soup

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- Half of the canned black beans
- Half of the canned corn
- Half of the canned diced tomatoes
- Salt and pepper

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

Teriyaki Pork Chops

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

- 4 boneless pork chops
- 1 cup teriyaki sauce
- 1 Tbsp lime juice
- 1/2 tsp pepper
- 1/2 tsp salt

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