

ALL CHICKEN MEAL PLAN

MARCH 2018

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1. Slow Cooker Teriyaki 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
- - Salt and pepper
- 12 - oz. julienned carrots
- 2 - cup(s) teriyaki sauce
- 1 - Tbsp cornstarch**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Add 1 cup of water to the base of the slow cooker. Place chicken breasts into the base of the slow cooker and season with salt and pepper. Add the shredded carrots over the top, then pour the teriyaki sauce over the chicken and carrots. Set on low and cook for 8 hours.
2. With 30 minutes left in the cooking cycle, remove the chicken breasts and most of the shredded carrots. Place on plate or bowl to shred or slice. Stir 1 Tbsp of cornstarch in small bowl with 2 tsp water. Stir the water-cornstarch mixture into the sauce in the slow cooker and let the cooking cycle finish and the sauce will thicken.
3. Cook rice, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Teriyaki Chicken over rice with veggies.

Assembly Prep Directions for 2 Meals

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

- 3 large boneless, skinless chicken breasts
- Salt and pepper
- 12 oz. julienned carrots or "matchstick" carrots
- 2 cups teriyaki sauce
- Note: Do NOT add cornstarch to the freezer bag.

Remove as much as air as possible and seal.

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 with 1 cup of water and cooking on low for 8 hours. Thicken sauce after cooking, as directed.*

Special Notes: *You might need to add more cornstarch depending on how much sauce is left in the slow cooker.*

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

Gluten-Free Modifications: *Use gluten-free teriyaki sauce for gluten-free meal.*

2. Slow Cooker Italian Chicken & Vegetables

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
- - Salt and pepper
- 6 - whole carrots
- 2 - lb(s) baby potatoes
- 1 - small white onion(s)
- 2 - Tbsp Italian seasoning
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel the whole carrots. Slice the white onion.
2. Place the chicken breasts into the base of the slow cooker and season with salt and pepper. Add the whole carrots, baby potatoes, and sliced onion around the chicken. Sprinkle the Italian seasoning over the top.
3. Set the slow cooker on low and cook for 8 hours.
4. Prepare the salad.
5. Serve Slow Cooker Italian Chicken & Vegetables with side salad.

Assembly Prep Directions for 2 Meals

Peel 12 whole carrots. Slice 2 white onions.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the peeled carrots
- 2 lb. bag baby potatoes
- Half of the onion slices
- 2 Tbsp Italian seasoning

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 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 when served with gluten-free sides.*

3. Slow Cooker Hoisin Chicken Wraps

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
- 1/4 - cup(s) hoisin sauce
- 1 - Tbsp rice vinegar
- 1 - Tbsp honey
- 2 - tsp minced garlic
- 1 - tsp ground ginger
- 2 - Tbsp cornstarch**
- 16 - large lettuce leaves**
- Garnish: - sliced green onions**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the hoisin sauce, honey, rice vinegar, minced garlic, and ground ginger.
2. Place the chicken breasts in the base of the slow cooker and pour the Hoisin sauce over the top.
3. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, make a slurry with the cornstarch and equal amount of water, and then stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Shred the chicken with 2 forks and mix into the thickened sauce. Spoon the shredded chicken into large lettuce leaves. Add sliced green onions, and then wrap up the lettuce leaves.
5. Cook the rice, as directed.
6. Serve Slow Cooker Hoisin Chicken Wraps with rice.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 1/4 cup hoisin sauce
- 1 Tbsp honey
- 1 Tbsp rice vinegar
- 2 tsp minced garlic
- 1 tsp ground ginger
- Do NOT add the cornstarch

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. Thicken with cornstarch at the end of the cooking cycle as directed. Assemble lettuce wraps 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 hoisin sauce.

4. Slow Cooker Lemon Garlic 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 - small white onion(s)
- 1 - cup(s) chicken stock
- 1/4 - cup(s) lemon juice
- 2 - tsp minced garlic
- 2 - tsp dried thyme
- Side: - salad**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the small onion. In a mixing bowl, whisk together the chicken stock, lemon juice, minced garlic and dried thyme.
2. Place the chicken breasts and sliced onion in the base of the slow cooker and pour the lemon juice mixture over the chicken.
3. Set on low and cook for 8 hours. Once cooked, spoon chicken out whole, or shred into the sauce. Strain before serving.
4. Prepare the salad and veggies.
5. Serve Slow Cooker Lemon Garlic Chicken with veggies and salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 4 small boneless chicken breasts
- Half of the onion slices
- 1 cup chicken stock
- 1/4 cup lemon juice
- 2 tsp minced garlic
- 2 tsp dried thyme

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 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 when served with dairy-free sides.*

5. Chicken & Black Bean Enchiladas

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 25 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

- 3 - cup(s) shredded rotisserie chicken
- 1 - 15 oz. can(s) black beans
- 4 - cup(s) shredded Monterey Jack cheese
- 1 - cup(s) red salsa
- - Salt and pepper
- 1 - 10 oz. can(s) enchilada sauce
- 12 - corn tortillas
- Garnish: - chopped cilantro**
- Side: - salad**
- Side: - rice**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open, drain and rinse the black beans.
3. In a mixing bowl, toss together the rotisserie chicken, black beans, half of the shredded Monterey Jack cheese with the red salsa and a pinch of salt and pepper.
4. Roll the chicken-cheese mixture into each of the corn tortillas and nestle them into the prepared baking dish, seam side down. Once all 12 are made, pour the red enchilada sauce over the top of the tortillas and top with the other half of the shredded Monterey Jack cheese.
5. Bake in the preheated oven for 25 minutes, or until cheese has melted.
6. Cook the rice, as directed.
7. Prepare salad.
8. Serve Chicken & Black Bean Enchiladas with rice and salad.

Assembly Prep Directions for 2 Meals

Open, drain and rinse 2 cans of black beans.

In a mixing bowl, toss together 6 cups of rotisserie chicken, the drained black beans, and 4 cups shredded Monterey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.

Open 2 cans of red enchilada sauce.

To each disposable tray, layer the following ingredients:

- Half of the enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterey cheese

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 isn't a great dairy-free option for this meal.*

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

Complete Shopping List by Recipe

1. Slow Cooker Teriyaki Chicken

- 6 - large boneless chicken breasts
- Salt and pepper
- 24 - oz. julienned carrots
- 4 - cup(s) teriyaki sauce
- 2 - Tbsp cornstarch
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Hoisin Chicken Wraps

- 8 - small boneless chicken breasts
- 1/2 - cup(s) hoisin sauce
- 2 - Tbsp rice vinegar
- 2 - Tbsp honey
- 4 - tsp minced garlic
- 2 - tsp ground ginger
- 4 - Tbsp cornstarch
- 32 - large lettuce leaves
- sliced green onions
- rice
- 2 - gallon-size freezer baggie(s)

5. Chicken & Black Bean Enchiladas

- 6 - cup(s) shredded rotisserie chicken
- 2 - 15 oz. can(s) black beans
- 8 - cup(s) shredded Monterey Jack cheese
- 2 - cup(s) red salsa
- Salt and pepper
- 2 - 10 oz. can(s) enchilada sauce
- 24 - corn tortillas
- chopped cilantro
- salad
- rice
- 2 - 9x13 disposable foil tray(s)

2. Slow Cooker Italian Chicken & Vegetables

- 8 - small boneless chicken breasts
- Salt and pepper
- 12 - whole carrots
- 4 - lb(s) baby potatoes
- 2 - small white onion(s)
- 4 - Tbsp Italian seasoning
- salad
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Lemon Garlic Chicken

- 8 - small boneless chicken breasts
- 2 - small white onion(s)
- 2 - cup(s) chicken stock
- 1/2 - cup(s) lemon juice
- 4 - tsp minced garlic
- 4 - tsp dried thyme
- salad
- veggies
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 6 large boneless chicken breasts
- 24 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- Side:** rice
- 2 cup(s) chicken stock
- 2 15 oz. can(s) black beans
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce

Sauces/Condiments

- 4 cup(s) teriyaki sauce
- 1/2 cup(s) hoisin sauce
- 2 Tbsp rice vinegar
- 2 Tbsp honey

Dairy/Frozen

- 8 cup(s) shredded Monterey Jack cheese

Produce

- 24 oz. julienned carrots
- Side:** veggies
- 12 whole carrots
- 4 lb(s) baby potatoes
- 4 small white onion(s)
- Side:** salad
- 32 large lettuce leaves
- Garnish:** sliced green onions
- 1/2 cup(s) lemon juice
- Garnish:** chopped cilantro

Starchy Sides

- 24 corn tortillas

Spices

- Salt and pepper
- 6 Tbsp cornstarch
- 4 Tbsp Italian seasoning
- 8 tsp minced garlic
- 2 tsp ground ginger
- 4 tsp dried thyme

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- 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 Teriyaki Chicken

- 6 large boneless chicken breasts
- Salt and pepper
- 24 oz. julienned carrots
- 4 cup(s) teriyaki sauce
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Italian Chicken & Vegetables

- 8 small boneless chicken breasts
- Salt and pepper
- 12 whole carrots
- 4 lb(s) baby potatoes
- 2 small white onion(s)
- 4 Tbsp Italian seasoning
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Hoisin Chicken Wraps

- 8 small boneless chicken breasts
- 1/2 cup(s) hoisin sauce
- 2 Tbsp rice vinegar
- 2 Tbsp honey
- 4 tsp minced garlic
- 2 tsp ground ginger
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Lemon Garlic Chicken

- 8 small boneless chicken breasts
- 2 small white onion(s)
- 2 cup(s) chicken stock
- 1/2 cup(s) lemon juice
- 4 tsp minced garlic
- 4 tsp dried thyme
- 2 gallon-size freezer baggie(s)

5. Chicken & Black Bean Enchiladas

- 6 cup(s) shredded rotisserie chicken
- 2 15 oz. can(s) black beans
- 8 cup(s) shredded Monterey Jack cheese
- 2 cup(s) red salsa
- Salt and pepper
- 2 10 oz. can(s) enchilada sauce
- 24 corn tortillas
- 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

- 6 large boneless chicken breasts
- 24 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- 2 cup(s) chicken stock
- 2 15 oz. can(s) black beans
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce

Sauces/Condiments

- 4 cup(s) teriyaki sauce
- 1/2 cup(s) hoisin sauce
- 2 Tbsp rice vinegar
- 2 Tbsp honey

Dairy/Frozen

- 8 cup(s) shredded Monterey Jack cheese

Produce

- 24 oz. julienned carrots
- 12 whole carrots
- 4 lb(s) baby potatoes
- 4 small white onion(s)
- 1/2 cup(s) lemon juice

Starchy Sides

- 24 corn tortillas

Spices

- Salt and pepper
- 4 Tbsp Italian seasoning
- 8 tsp minced garlic
- 2 tsp ground ginger
- 4 tsp dried thyme

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray(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

- Peel 12 whole carrots. Slice 2 white onions.
- Open, drain and rinse 2 cans of black beans.
- In a mixing bowl, toss together 6 cups of rotisserie chicken, the drained black beans, and 4 cups shredded Monterey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.
- Slice 2 small white onions.
- Open 2 cans of red enchilada sauce.

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 Teriyaki Chicken

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

- 3 large boneless, skinless chicken breasts
- Salt and pepper
- 12 oz. julienned carrots or “matchstick” carrots
- 2 cups teriyaki sauce
- Note: Do NOT add cornstarch to the freezer bag.

Remove as much air as possible and seal.

Slow Cooker Italian Chicken & Vegetables

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the peeled carrots
- 2 lb. bag baby potatoes
- Half of the onion slices
- 2 Tbsp Italian seasoning

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.

Slow Cooker Hoisin Chicken Wraps

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

- 4 small boneless chicken breasts
- 1/4 cup hoisin sauce
- 1 Tbsp honey
- 1 Tbsp rice vinegar
- 2 tsp minced garlic
- 1 tsp ground ginger
- Do NOT add the cornstarch

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

Slow Cooker Lemon Garlic Chicken

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

- 4 small boneless chicken breasts
- Half of the onion slices
- 1 cup chicken stock
- 1/4 cup lemon juice
- 2 tsp minced garlic
- 2 tsp dried thyme

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.

Chicken & Black Bean Enchiladas

To each disposable tray, layer the following ingredients:

- Half of the enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterey cheese

Cover with foil or lid, add label and freeze.