

CLEAN EATS MEAL PLAN

MARCH 2018

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1. Firecracker 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.

Ingredients for Single Meal

- 1 - tsp paprika
- 1 - Tbsp chili powder
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1/2 - tsp crushed red pepper
- 4 - boneless pork chops
- - Salt and pepper
- 2 - Tbsp honey
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly spray a 9x13-inch glass baking dish with non-stick cooking spray.
2. In a small mixing bowl, combine the paprika, chili powder, garlic powder, onion powder and crushed red pepper. Sprinkle a little of the dry rub into the base of the prepared baking dish and place the pork chops and rub into the dry rub in the baking dish. Then sprinkle a little salt and pepper over the pork chops and drizzle a little honey onto each of the pork chops.
3. Press the rest of the dry rub onto the top of the pork chops, coating them well.
4. Bake in the preheated oven for 25 to 40 minutes, depending on the thickness of the chops. Let rest 5 minutes before serving. (Thinner chops can take as little as 25 minutes, and thicker chops up to 40 minutes. Bake until internal temperature reaches 145 F.)
5. Cook the rice, as directed.
6. Prepare veggies.
7. Serve Firecracker Pork Chops with rice and veggies.

Assembly Prep Directions for 2 Meals

In a small bowl, mix up the rub for both meals by combining 2 tsp paprika, 2 Tbsp chili powder, 2 tsp garlic powder, 2 tsp onion powder and 1 tsp crushed red pepper.

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp honey
- Half of the rub into each bag

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 a warm bowl of water for about 20 minutes, before transferring to the baking dish and baking as directed.*

Special Notes: *Alternative cooking method: Grill the marinated pork chops for 5 to 8 minutes per side, or until 145 F internal temp. Let rest for 5 minutes before slicing and serving. Cooking time will vary depending on thickness of the pork chop.*

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. 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. Baked Lemon & Dill Salmon

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

- 1 - lb(s) salmon fillet
- - Salt and pepper
- 2 - small lemon(s)
- 2 - tsp fresh dill
- Side: - veggies**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease a 7x11 or 9x13-inch baking dish with non-stick cooking spray.
2. Slice lemons in half. Finely chop the fresh dill.
3. Place the 4 salmon fillets into the baking dish, skin side down. Sprinkle each with little salt and pepper over the top. Drizzle juice from the lemon halves over the salmon pieces. Then, slice the squeezed lemon halves and place on top of the salmon. Place fresh chopped dill sprigs on salmon.
4. Bake in the preheated oven for 15 to 20 minutes, or until salmon is cooked through. Cooking time will vary depending on thickness of the salmon fillets.
5. Cook rice as directed on package.
6. Prepare veggies.
7. Serve Lemon & Dill Salmon with rice and veggies.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. salmon into 8 - 1/4 lb. fillets.

Slice 4 lemons.

Finely chop 4 tsp fresh dill.

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

- Half of the salmon fillets
- Salt and pepper
- Half of the lemon slices
- Half of the chopped dill

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 baking dish and baking at 350 F for 20 minutes, or until salmon is cooked through.*

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.*

4. Thai Beef Red Curry

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 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) beef for stirfry
- 1 - Tbsp canola oil
- 2 - Tbsp lime juice
- - Salt and pepper
- 1 - 15 oz. can light coconut milk**
- 1 - cup(s) beef broth
- 1 - red bell pepper(s)
- 2 - tsp minced garlic
- 3 - Tbsp red curry paste
- 1/2 - lb(s) bag matchstick carrots
- 1 - cup(s) frozen peas
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the red bell pepper(s).
2. Open the coconut milk, and reheat it over low heat if it has separated.
3. In a large saucepan, saute beef for stirfry strips in the oil and lime juice. Season with salt and pepper. Stir in the coconut milk, beef broth, red bell pepper slices, minced garlic, and red curry paste and bring to bubbling. Stir in the matchstick carrots and frozen peas. Return to bubbling over medium low heat.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Thai Beef Red Curry over rice with salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers.

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 1 cup beef broth
- Half of the red bell pepper slices
- 2 tsp minced garlic
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Do NOT add the coconut milk at this time. Store in the pantry.

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 saucepan and reheating. Once bubbling, stir in the canned coconut milk and return to bubbling.*

Special Notes: *Omit oil and serve over cauli-rice for Paleo/Whole30 meal.*

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. Cajun Style Steak

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

- 1 1/2 - lb(s) sirloin steak
- - Salt and pepper
- 1/4 - cup(s) orange juice
- 2 - Tbsp lime juice
- 2 - Tbsp canola oil
- 2 - Tbsp steak seasoning
- 2 - tsp dried oregano
- 1 - tsp ground cumin
- Garnish: - sliced oranges**
- Side: - rice**
- Side: - black beans**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the orange juice, lime juice, canola oil, steak seasoning, dried oregano, and ground cumin.
2. Place the flank steak in baking dish and pour the prepared marinade over the top. Cover with plastic wrap and marinate in the fridge overnight, ideally.
3. Cook the rice, as directed.
4. Heat a large skillet or grill pan on the stovetop, then sear both sides of the marinated steak for 30 seconds each side. Pour a little of the marinade on top, then flip and pour a little more over the top. Sear-saute for 1 to 2 more minutes per side, until cooked to your liking. Discard extra marinade.
5. Let rest for a few minutes, then slice against the grain and garnish with sliced oranges.
6. Warm the black beans.
7. Serve Cajun Style Steak with rice and black beans.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 1/2 cup orange juice, 4 Tbsp lime juice, 4 Tbsp canola oil, 4 Tbsp steak seasoning, 4 tsp dried oregano, and 2 tsp ground cumin.

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

- 1 1/2 lb. sirloin steak
- Half of the prepared 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 skillet or grill pan and searing and grilling as directed. Discard excess marinade.*

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. Firecracker Pork Chops

- 2 - tsp paprika
- 2 - Tbsp chili powder
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 1 - tsp crushed red pepper
- 8 - boneless pork chops
- Salt and pepper
- 4 - Tbsp honey
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

3. Baked Lemon & Dill Salmon

- 2 - lb(s) salmon fillet
- Salt and pepper
- 4 - small lemon(s)
- 4 - tsp fresh dill
- veggies
- rice
- 2 - gallon-size freezer baggie(s)

5. Cajun Style Steak

- 3 - lb(s) sirloin steak
- Salt and pepper
- 1/2 - cup(s) orange juice
- 4 - Tbsp lime juice
- 4 - Tbsp canola oil
- 4 - Tbsp steak seasoning
- 4 - tsp dried oregano
- 2 - tsp ground cumin
- sliced oranges

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. Thai Beef Red Curry

- 4 - lb(s) beef for stirfry
- 2 - Tbsp canola oil
- 4 - Tbsp lime juice
- Salt and pepper
- 2x1 - 15 oz. can light coconut milk
- 2 - cup(s) beef broth
- 2 - red bell pepper(s)
- 4 - tsp minced garlic
- 6 - Tbsp red curry paste
- 1 - lb(s) bag matchstick carrots
- 2 - cup(s) frozen peas
- rice
- salad
- 2 - gallon-size freezer baggie(s)



- rice
- black beans
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 boneless pork chops
- 8 small boneless chicken breasts
- 2 lb(s) salmon fillet
- 4 lb(s) beef for stirfry
- 3 lb(s) sirloin steak

Pantry Staples - Canned, Boxed

- Side:** rice
- 2x1 15 oz. can light coconut milk
- 2 cup(s) beef broth
- Side:** black beans

Spices

- 2 tsp paprika
- 2 Tbsp chili powder
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp crushed red pepper
- Salt and pepper
- 4 Tbsp Italian seasoning
- 4 tsp minced garlic
- 4 Tbsp steak seasoning
- 4 tsp dried oregano
- 2 tsp ground cumin

Supplies

- Side:** 10 gallon-size freezer baggie(s)

Produce

- Side:** veggies
- 12 whole carrots
- 4 lb(s) baby potatoes
- 2 small white onion(s)
- Side:** salad
- 4 small lemon(s)
- 4 tsp fresh dill
- 8 Tbsp lime juice
- 2 red bell pepper(s)
- 1 lb(s) bag matchstick carrots
- Garnish:** sliced oranges

Sauces/Condiments

- 4 Tbsp honey
- 6 Tbsp canola oil
- 6 Tbsp red curry paste

Dairy/Frozen

- 2 cup(s) frozen peas
- 1/2 cup(s) orange juice

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. Firecracker Pork Chops

- 2 tsp paprika
- 2 Tbsp chili powder
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp crushed red pepper
- 8 boneless pork chops
- Salt and pepper
- 4 Tbsp honey
- 2 gallon-size freezer baggie(s)

3. Baked Lemon & Dill Salmon

- 2 lb(s) salmon fillet
- Salt and pepper
- 4 small lemon(s)
- 4 tsp fresh dill
- 2 gallon-size freezer baggie(s)

5. Cajun Style Steak

- 3 lb(s) sirloin steak
- Salt and pepper
- 1/2 cup(s) orange juice
- 4 Tbsp lime juice
- 4 Tbsp canola oil
- 4 Tbsp steak seasoning
- 4 tsp dried oregano
- 2 tsp ground cumin
- 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)

4. Thai Beef Red Curry

- 4 lb(s) beef for stirfry
- 2 Tbsp canola oil
- 4 Tbsp lime juice
- Salt and pepper
- 2 cup(s) beef broth
- 2 red bell pepper(s)
- 4 tsp minced garlic
- 6 Tbsp red curry paste
- 1 lb(s) bag matchstick carrots
- 2 cup(s) frozen peas
- 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

- 8 boneless pork chops
- 8 small boneless chicken breasts
- 2 lb(s) salmon fillet
- 4 lb(s) beef for stirfry
- 3 lb(s) sirloin steak

Pantry Staples - Canned, Boxed

- 2 cup(s) beef broth

Spices

- 2 tsp paprika
- 2 Tbsp chili powder
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp crushed red pepper
- Salt and pepper
- 4 Tbsp Italian seasoning
- 4 tsp minced garlic
- 4 Tbsp steak seasoning
- 4 tsp dried oregano
- 2 tsp ground cumin

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 12 whole carrots
- 4 lb(s) baby potatoes
- 2 small white onion(s)
- 4 small lemon(s)
- 4 tsp fresh dill
- 8 Tbsp lime juice
- 2 red bell pepper(s)
- 1 lb(s) bag matchstick carrots

Sauces/Condiments

- 4 Tbsp honey
- 6 Tbsp canola oil
- 6 Tbsp red curry paste

Dairy/Frozen

- 2 cup(s) frozen peas
- 1/2 cup(s) orange juice

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.
- Cut 2 lbs. salmon into 8 - 1/4 lb. fillets.
- Seed and slice 2 red bell peppers.
- Slice 4 lemons.
- Finely chop 4 tsp fresh dill.
- In a small bowl, mix up the rub for both meals by combining 2 tsp paprika, 2 Tbsp chili powder, 2 tsp garlic powder, 2 tsp onion powder and 1 tsp crushed red pepper.
- In a large mixing bowl, whisk together 1/2 cup orange juice, 4 Tbsp lime juice, 4 Tbsp canola oil, 4 Tbsp steak seasoning, 4 tsp dried oregano, and 2 tsp ground cumin.

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.

Firecracker Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp honey
- Half of the rub into each bag

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

Baked Lemon & Dill Salmon

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

- Half of the salmon fillets
- Salt and pepper
- Half of the lemon slices
- Half of the chopped dill

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

Cajun Style Steak

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

- 1 1/2 lb. sirloin steak
- Half of the prepared marinade

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

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.

Thai Beef Red Curry

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 1 cup beef broth
- Half of the red bell pepper slices
- 2 tsp minced garlic
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Do NOT add the coconut milk at this time. Store in the pantry.

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



baggie and freeze.