

GLUTEN FREE MEAL PLAN

MARCH 2018

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1. Slow Cooker Salsa Verde Pork Tacos

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

- 2 - lb(s) pork shoulder roast
- 1 - tsp garlic powder
- 1 - tsp ground cumin
- - Salt and pepper
- 1 1/2 - cup(s) salsa verde sauce
- 1 - large jalapeño(s)
- 12 - corn tortillas
- Garnish: - crumbled goat cheese**
- Garnish: - sour cream**
- Topping: - jalapeño(s)**
- Topping: - cilantro or avocado chunks**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and sprinkle the garlic powder, ground cumin, salt and pepper on top of the pork roast. Pour the salsa verde and add the diced jalapenos on top.
2. Set the slow cooker on low and cook for 8 hours.
3. Once the cooking time is complete, shred the pork with 2 forks and remove from the slow cooker with slotted spoon when ready to serve. Spoon the shredded pork into the corn tortillas and add preferred toppings.
4. Prepare veggies.
5. Serve Salsa Verde Shredded Pork Tacos with veggies and preferred toppings.

Assembly Prep Directions for 2 Meals

Remove the seeds and dice 2 jalapenos.

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

- 2 lb. pork shoulder roast
- 1 tsp garlic powder
- 1 tsp ground cumin
- Salt and pepper
- 1 1/2 cups salsa verde sauce
- Half of the diced jalapeno 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 slow cooker and cooking on low for 8 hours.*

Dairy-Free Modifications: *Omit cheese or sour cream garnish.*

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

2. 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.*

3. 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.

4. 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.*

5. Skillet Nacho Dip

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) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can pinto beans
- 1 - 10 oz diced tom & green chile
- 1 packet - taco seasoning
- 2 - cup(s) shredded cheddar cheese**
- 1 - bag(s) tortilla chips**
- Garnish: - red bell pepper(s)**
- Garnish: - avocado(s)**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the pinto beans. Open the diced tomatoes with green chiles.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the rinsed pinto beans, diced tomatoes with green chilies, and taco seasoning. Combine well and bring to bubbling over medium low heat.
3. Just before serving, sprinkle the shredded cheddar cheese over the top and let melt. Top with bite size pieces of red bell pepper and avocado. Use tortilla chips to scoop up and eat the "nacho dip."
4. Prepare the salad.
5. Serve Skillet Nacho Dip with salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open, drain and rinse 2 cans of pinto beans.

Open 2 cans of diced tomatoes with green chiles.

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

- Half of the browned ground beef
- 1 - 15 oz. can pinto beans
- 1 - 10 oz. can diced tomatoes with green chiles
- 1 packet taco seasoning
- 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 the skillet to reheat and then top with shredded cheese and red pepper and avocado garnishes.*

Special Notes: *Use 2 Tbsp homemade taco seasoning in place of the packet of taco seasoning.*

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

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

Complete Shopping List by Recipe

1. Slow Cooker Salsa Verde Pork Tacos

- 4 - lb(s) pork shoulder roast
- 2 - tsp garlic powder
- 2 - tsp ground cumin
- Salt and pepper
- 3 - cup(s) salsa verde sauce
- 2 - large jalapeño(s)
- 24 - corn tortillas
- crumbled goat cheese
- sour cream
- jalapeño(s)
- cilantro or avocado chunks
- veggies
- 2 - gallon-size freezer baggie(s)

3. 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)

5. Skillet Nacho Dip

- 2 - lb(s) ground beef
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can pinto beans
- 2x1 - 10 oz diced tom & green chile
- 2 - taco seasoning
- 4 - cup(s) shredded cheddar cheese
- 2 - bag(s) tortilla chips
- red bell pepper(s)

2. 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)

4. 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)



- avocado(s)
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) pork shoulder roast
- 4 lb(s) beef for stirfry
- 8 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can light coconut milk
- 2 cup(s) beef broth
- 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
- 2 15 oz. can pinto beans
- 2x1 10 oz diced tom & green chile

Sauces/Condiments

- 3 cup(s) salsa verde sauce
- 2 Tbsp canola oil
- 6 Tbsp red curry paste

Dairy/Frozen

- Garnish:** crumbled goat cheese
- Garnish:** sour cream
- 2 cup(s) frozen peas
- 8 cup(s) shredded Monterey Jack cheese
- 4 cup(s) shredded cheddar cheese

Produce

- 2 large jalapeño(s)
- jalapeño(s)
- Side:** cilantro or avocado chunks
- Side:** veggies
- 4 Tbsp lime juice
- Garnish:** red bell pepper(s)
- 1 lb(s) bag matchstick carrots
- Side:** salad
- 2 small white onion(s)
- 1/2 cup(s) lemon juice
- Garnish:** chopped cilantro
- Garnish:** avocado(s)

Starchy Sides

- 48 corn tortillas

Spices

- 4 tsp garlic powder
- 2 tsp ground cumin
- Salt and pepper
- 8 tsp minced garlic
- 4 tsp dried thyme
- 4 Tbsp minced onion
- 2 taco seasoning

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray(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. Slow Cooker Salsa Verde Pork Tacos

- 4 lb(s) pork shoulder roast
- 2 tsp garlic powder
- 2 tsp ground cumin
- Salt and pepper
- 3 cup(s) salsa verde sauce
- 2 large jalapeño(s)
- 24 corn tortillas
- 2 gallon-size freezer baggie(s)

3. 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. Skillet Nacho Dip

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can pinto beans
- 2x1 10 oz diced tom & green chile
- 2 taco seasoning
- 2 gallon-size freezer baggie(s)

2. 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)

4. 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

- 4 lb(s) pork shoulder roast
- 4 lb(s) beef for stirfry
- 8 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2 cup(s) beef broth
- 2 cup(s) chicken stock
- 2 15 oz. can(s) black beans
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce
- 2 15 oz. can pinto beans
- 2x1 10 oz diced tom & green chile

Sauces/Condiments

- 3 cup(s) salsa verde sauce
- 2 Tbsp canola oil
- 6 Tbsp red curry paste

Dairy/Frozen

- 2 cup(s) frozen peas
- 8 cup(s) shredded Monterey Jack cheese

Produce

- 2 large jalapeño(s)
- 4 Tbsp lime juice
- 2 red bell pepper(s)
- 1 lb(s) bag matchstick carrots
- 2 small white onion(s)
- 1/2 cup(s) lemon juice

Starchy Sides

- 48 corn tortillas

Spices

- 4 tsp garlic powder
- 2 tsp ground cumin
- Salt and pepper
- 8 tsp minced garlic
- 4 tsp dried thyme
- 4 Tbsp minced onion
- 2 taco seasoning

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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Open, drain and rinse 2 cans of black beans.
- Remove the seeds and dice 2 jalapenos.
- Seed and slice 2 red bell peppers.
- 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, drain and rinse 2 cans of pinto beans.
- Open 2 cans of diced tomatoes with green chiles.
- 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 Salsa Verde Pork Tacos

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

- 2 lb. pork shoulder roast
- 1 tsp garlic powder
- 1 tsp ground cumin
- Salt and pepper
- 1 1/2 cups salsa verde sauce
- Half of the diced jalapeno into each bag

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.

Skillet Nacho Dip

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

- Half of the browned ground beef
- 1 - 15 oz. can pinto beans
- 1 - 10 oz. can diced tomatoes with green chiles

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.

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.



- 1 packet taco seasoning
- Salt and pepper

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