

# ALL PORK MEAL PLAN

**MARCH 2018**

## Table of Contents

### *Recipes*

1. Brown Sugar & Balsamic Pork Chops
2. Firecracker Pork Chops
3. Slow Cooker Salsa Verde Pork Tacos
4. Cream Cheese Pork Chops
5. Pork Medallions with Dijon Sauce

### *Shopping Lists*

Complete Shopping List by Recipe  
Complete Shopping List by Store Section/Category  
Freezer Meal Prep Day Shopping List by Recipe  
Freezer Meal Prep Day Shopping List by Store Section/Category

### *Assembly of Meals*

Assembly Prep Instructions  
Meal Assembly Instructions

# 1. 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.*

---

## 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)

---

## 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.

---

## 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.*

## 2. 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 9×13-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.

### 3. 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.*

## 4. Cream Cheese Pork Chops

*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

- 4 - boneless pork chops
- 4 - oz. cream cheese
- 1/2 - cup(s) chicken stock
- 1/4 - cup(s) grated Parmesan cheese
- 2 - Tbsp balsamic vinegar
- 1 - Tbsp lemon juice
- - Salt and pepper
- 1 - Tbsp olive oil
- Side: - salad\*\*
- Side: - veggies\*\*
- 1 - 9x13 disposable foil tray(s)

### Cooking Directions for Single Meal

1. Soften the cream cheese and cut into cubes.
2. In a mixing bowl, whisk together the softened cream cheese, chicken stock, Parmesan cheese, balsamic vinegar and lemon juice.
3. In a large skillet, heat the olive oil and brown both sides of the pork chops over high heat. Reduce heat to low and pour the cream cheese sauce over the pork chops. Let simmer for 7 to 9 minutes, or until pork chops are cooked through. Remove from heat and let rest 5 minutes before serving.
4. Prepare veggies and salad.
5. Serve Cream Cheese Pork Chops with veggies and salad.

### Assembly Prep Directions for 2 Meals

Soften and cube the cream cheese.

In a mixing bowl, whisk together 8 oz. softened cream cheese, 1 cup chicken stock, 1/2 cup Parmesan cheese, 4 Tbsp balsamic vinegar and 2 Tbsp lemon juice.

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

- 4 boneless pork chops
- Half of the prepared cream cheese sauce

Remove as much air as possible and seal. Add label to baggie 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 shallow dish of warm water for about 20 minutes, before transferring to the skillet and simmering the pork chops and sauce all together. You don't need to brown the pork chops first, since the pork chops and sauce are already combined in the freezer bag. Simmer until pork chops are cooked through.

**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. Pork Medallions with Dijon Sauce

*Yield: 4 servings*

*Active Time: 5 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 tenderloin
- - Salt and pepper
- 1 - small white onion(s)
- 1 - 8 oz. box(es) sliced mushrooms
- 1 - 10 oz can(s) cream of mushroom
- 1/4 - cup(s) white cooking wine
- 2 - Tbsp Dijon mustard
- 1/4 - cup(s) sour cream\*\*
- Side: - mashed potatoes\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Cut the pork tenderloin into 1-inch slices.
2. Slice the white onion into half-moons.
3. In a mixing bowl, whisk together the mushroom soup, white cooking wine, and Dijon mustard. Gently toss in the onion slices and sliced mushrooms.
4. Place the pork pieces into the base of the slow cooker and season with salt and pepper. Pour the mushroom-onion mixture over the top.
5. Set the slow cooker on low and cook for 8 hours. Once finished cooking, stir in the sour cream to make the sauce creamier.
6. Prepare mashed potatoes and veggies.
7. Serve Pork Medallions with Dijon Sauce with mashed potatoes and veggies.

### Assembly Prep Directions for 2 Meals

Cut 2 pork tenderloins into 1-inch slices.

Slice 2 white onions into half-moons.

In a mixing bowl, whisk together 2 cans of mushroom soup, 1/2 cup white cooking wine, 4 Tbsp Dijon mustard. Gently toss in the onion slices and sliced mushrooms.

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

- Half of the pork pieces
- Half of the mushroom-onion mixture

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. Swirl in the sour cream at the end of the cooking cycle.

**Dairy-Free Modifications:** Unfortunately, there is not a great dairy-free option for this meal.

**Gluten-Free Modifications:** Recipe is gluten-free when made with gluten-free cream of mushroom soup (Pacific brand) and served with gluten-free sides.

# Complete Shopping List by Recipe

## 1. 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)

## 2. 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. 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)

## 4. Cream Cheese Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 8 - oz. cream cheese
- ☐ 1 - cup(s) chicken stock
- ☐ 1/2 - cup(s) grated Parmesan cheese
- ☐ 4 - Tbsp balsamic vinegar
- ☐ 2 - Tbsp lemon juice
- ☐ - Salt and pepper
- ☐ 2 - Tbsp olive oil
- ☐ - salad
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

## 5. Pork Medallions with Dijon Sauce

- ☐ 4 - lb(s) pork tenderloin
- ☐ - Salt and pepper
- ☐ 2 - small white onion(s)
- ☐ 2x1 - 8 oz. box(es) sliced mushrooms
- ☐ 2x1 - 10 oz can(s) cream of mushroom
- ☐ 1/2 - cup(s) white cooking wine
- ☐ 4 - Tbsp Dijon mustard
- ☐ 1/2 - cup(s) sour cream
- ☐ - mashed potatoes
- ☐ - veggies



☐ 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- ☐ 24 boneless pork chops
- ☐ 4 lb(s) pork shoulder roast
- ☐ 4 lb(s) pork tenderloin

## Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 1 cup(s) chicken stock
- ☐ 2x1 10 oz can(s) cream of mushroom

## Sauces/Condiments

- ☐ 8 Tbsp balsamic vinegar
- ☐ 4 Tbsp honey
- ☐ 3 cup(s) salsa verde sauce
- ☐ 2 Tbsp olive oil
- ☐ 1/2 cup(s) white cooking wine
- ☐ 4 Tbsp Dijon mustard

## Dairy/Frozen

- ☐ **Garnish:** crumbled goat cheese
- ☐ **Garnish:** sour cream
- ☐ 8 oz. cream cheese
- ☐ 1/2 cup(s) grated Parmesan cheese
- ☐ 1/2 cup(s) sour cream

## Produce

- ☐ **Side:** mashed potatoes
- ☐ **Side:** veggies
- ☐ 2 large jalapeño(s)
- ☐ jalapeño(s)
- ☐ **Side:** cilantro or avocado chunks
- ☐ 2 Tbsp lemon juice
- ☐ **Side:** salad
- ☐ 2 small white onion(s)
- ☐ 2x1 8 oz. box(es) sliced mushrooms

## Starchy Sides

- ☐ 24 corn tortillas

## Spices

- ☐ Salt and pepper
- ☐ 8 tsp brown sugar
- ☐ 2 tsp paprika
- ☐ 2 Tbsp chili powder
- ☐ 4 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 1 tsp crushed red pepper
- ☐ 2 tsp ground cumin

## 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. 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)

## 2. 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. 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)

## 4. Cream Cheese Pork Chops

- ☐ 8 boneless pork chops
- ☐ 8 oz. cream cheese
- ☐ 1 cup(s) chicken stock
- ☐ 1/2 cup(s) grated Parmesan cheese
- ☐ 4 Tbsp balsamic vinegar
- ☐ 2 Tbsp lemon juice
- ☐ Salt and pepper
- ☐ 2 Tbsp olive oil
- ☐ 2 9x13 disposable foil tray(s)

## 5. Pork Medallions with Dijon Sauce

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2x1 8 oz. box(es) sliced mushrooms
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 1/2 cup(s) white cooking wine
- ☐ 4 Tbsp Dijon mustard
- ☐ 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

- ☐ 24 boneless pork chops
- ☐ 4 lb(s) pork shoulder roast
- ☐ 4 lb(s) pork tenderloin

## Pantry Staples - Canned, Boxed

- ☐ 1 cup(s) chicken stock
- ☐ 2x1 10 oz can(s) cream of mushroom

## Sauces/Condiments

- ☐ 8 Tbsp balsamic vinegar
- ☐ 4 Tbsp honey
- ☐ 3 cup(s) salsa verde sauce
- ☐ 2 Tbsp olive oil
- ☐ 1/2 cup(s) white cooking wine
- ☐ 4 Tbsp Dijon mustard

## Dairy/Frozen

- ☐ 8 oz. cream cheese
- ☐ 1/2 cup(s) grated Parmesan cheese

## Produce

- ☐ 2 large jalapeño(s)
- ☐ 2 Tbsp lemon juice
- ☐ 2 small white onion(s)
- ☐ 2x1 8 oz. box(es) sliced mushrooms

## Starchy Sides

- ☐ 24 corn tortillas

## Spices

- ☐ Salt and pepper
- ☐ 8 tsp brown sugar
- ☐ 2 tsp paprika
- ☐ 2 Tbsp chili powder
- ☐ 4 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 1 tsp crushed red pepper
- ☐ 2 tsp ground cumin

## 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

- ☐ Soften and cube the cream cheese.
- ☐ Cut 2 pork tenderloins into 1-inch slices.
- ☐ Remove the seeds and dice 2 jalapenos.
- ☐ Slice 2 white onions into half-moons.
- ☐ 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 mixing bowl, whisk together 8 oz. softened cream cheese, 1 cup chicken stock, 1/2 cup Parmesan cheese, 4 Tbsp balsamic vinegar and 2 Tbsp lemon juice.
- ☐ In a mixing bowl, whisk together 2 cans of mushroom soup, 1/2 cup white cooking wine, 4 Tbsp Dijon mustard. Gently toss in the onion slices and sliced mushrooms.

*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.

### 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.

### 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.

### 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.

### Cream Cheese Pork Chops

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

- 4 boneless pork chops
- Half of the prepared cream cheese sauce

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

### Pork Medallions with Dijon Sauce

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

- Half of the pork pieces
- Half of the mushroom-onion mixture

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