

ALL PORK MEAL PLAN

APRIL 2018

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1. Slow Cooker Herbed Pork Tenderloin

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 tenderloin
- - Salt and pepper
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- 1 - tsp dried oregano
- 1 - tsp dried basil
- 1 - tsp dried rosemary
- Side: - veggies**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper.
2. In a small bowl, toss together the minced onion, minced garlic, dried oregano, dried basil and dried rosemary. Add the herb mixture directly onto the pork roast, pressing lightly. If your slow cooker tends to run hot and dry out food, add 1/2 to 1 cup of water around the pork roast.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, slice the pork roast. Season with salt and pepper to taste.
4. Prepare veggies.
5. Warm the dinner rolls.
6. Serve Slow Cooker Herb Pork Tenderloin with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

In a small bowl, toss together 2 Tbsp minced onion, 2 tsp minced garlic, 2 tsp dried oregano, 2 tsp dried basil, and 2 tsp dried rosemary.

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the herb 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. Add 1/2 to 1 cup hot water to slow cooker, if your slow cooker runs hot.

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, like rice or mashed potatoes.

2. Skillet Pork Chops with Mushrooms and Pearled Onions

Yield: 4 servings

Active Time: 10 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

- 4 - boneless pork chops
- - Salt and pepper
- 2 - Tbsp olive oil
- 8 - oz. baby bella mushrooms
- 10 - oz. bag(s) frozen pearled onions
- 1 - tsp dried thyme
- 1 - tsp dried basil
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Heat the olive oil in skillet and saute the baby bella mushrooms and frozen pearled onions for 4 to 5 minutes. Pour them out into a bowl and set aside.
2. In the same skillet, brown the pork chops for 2 minutes on each side. Add the sauteed mushrooms and pearled onions back into the skillet and add the dried thyme and basil. Stir to combine, reduce heat and simmer for 5 to 8 minutes, or until pork chops are cooked through.
3. Prepare the salad.
4. Warm the dinner rolls.
5. Serve Skillet Pork Chops with Mushrooms and Pearled Onions with salad and dinner rolls.

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 olive oil
- 8 oz. baby bella sliced mushrooms
- 1 - 10 oz. bag frozen pearled onions
- 1 tsp dried thyme
- 1 tsp dried basil

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 the veggies to a skillet and sauteeing. Remove veggies from pan. Then brown the pork chops on both sides, add the veggies back into the pan, and saute until the pork chops are cooked through.*

Special Notes: *Serve with 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 Pork Carnitas Nachos

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 roast
- - Salt and pepper
- 1 - packet(s) taco seasoning
- 1/4 - cup(s) lime juice
- 1 - bag(s) corn tortilla chips**
- 2 - cup(s) shredded mozzarella cheese**
- Garnish: - chopped cilantro**
- 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. Season with salt and pepper. Sprinkle the taco seasoning and lime juice over the top. If your slow cooker "runs hot" and dries out meals, add 1/4 to 1/2 cup of water.
2. Set the slow cooker on low and cook for 8 hours. Shred the pork roast when it's finished cooking.
3. Assemble nachos with corn tortillas chips, shredded pork and shredded cheese. Top with chopped cilantro garnish. If needed, place in the microwave or oven to melt the cheese.
4. Prepare veggies.
5. Serve Slow Cooker Pork Carnitas Nachos with side of veggies.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning
- 1/4 cup lime juice

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, adding 1/4 to 1/2 cup of water and cooking on low for 8 hours.

Dairy-Free Modifications: Recipe is dairy-free when you omit the shredded cheese.

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

4. Cheesy Garlic Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 35 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 melted butter
- 2 - tsp minced garlic
- 1 - tsp onion powder
- 1 - cup(s) shredded mild cheddar cheese
- Side: - dinner rolls**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray. Place the pork chops into the baking dish and season with salt and pepper.
2. In a small bowl, stir the melted butter, minced garlic, and onion powder. Brush it onto the pork chops. Add a few pinchfuls of shredded mild cheddar cheese onto each pork chops.
3. Bake in the preheated oven for 25 to 35 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Prepare veggies.
5. Warm the dinner rolls.
6. Serve Cheesy Garlic Pork Chops with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

In a small bowl, stir 4 Tbsp melted butter, 4 tsp minced garlic, and 2 tsp onion powder.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Melted butter mixture, brushed onto each pork chop
- Pinchfuls of shredded mild cheddar, onto each pork chop

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 shallow dish of warm 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. Ginger Peach Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 35 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
- 1 - cup(s) peach preserves
- 1 - Tbsp sesame oil
- 1 - tsp ground ginger
- Side: - veggies**
- Side: - mashed potatoes**
- 1 - 9x9-inch disposable tray

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly spray a 9x9-inch baking dish with non-stick cooking spray.
2. Place the pork chops into the baking dish and season with salt and pepper.
3. In a small bowl, mix together the peach preserves, sesame oil and ground ginger. Evenly divide and coat each pork chops.
4. Bake in the preheated oven for 25 to 35 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
5. Prepare veggies.
6. Prepare mashed potatoes.
7. Serve Ginger Peach Pork Chops with veggies and mashed potatoes.

Assembly Prep Directions for 2 Meals

In a small bowl, mix together 2 cups peach preserves, 2 Tbsp sesame oil and 2 tsp ground ginger.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the peach preserve mixture, onto each of the pork chops

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: *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. Slow Cooker Herbed Pork Tenderloin

- ☐ 4 - lb(s) pork tenderloin
- ☐ - Salt and pepper
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp minced garlic
- ☐ 2 - tsp dried oregano
- ☐ 2 - tsp dried basil
- ☐ 2 - tsp dried rosemary
- ☐ - veggies
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Pork Carnitas Nachos

- ☐ 4 - lb(s) pork roast
- ☐ - Salt and pepper
- ☐ 2 - packet(s) taco seasoning
- ☐ 1/2 - cup(s) lime juice
- ☐ 1 - bag(s) corn tortilla chips
- ☐ 4 - cup(s) shredded mozzarella cheese
- ☐ - chopped cilantro
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

5. Ginger Peach Pork Chops

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 2 - cup(s) peach preserves
- ☐ 2 - Tbsp sesame oil
- ☐ 2 - tsp ground ginger
- ☐ - veggies
- ☐ - mashed potatoes
- ☐ 2 - 9x9-inch disposable tray

2. Skillet Pork Chops with Mushrooms and Pearled Onions

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 4 - Tbsp olive oil
- ☐ 2x8 - oz. baby bella mushrooms
- ☐ 2x10 - oz. bag(s) frozen pearled onions
- ☐ 2 - tsp dried thyme
- ☐ 2 - tsp dried basil
- ☐ - salad
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

4. Cheesy Garlic Pork Chops

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 4 - Tbsp melted butter
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp onion powder
- ☐ 2 - cup(s) shredded mild cheddar cheese
- ☐ - dinner rolls
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

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

Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ **Side:** 1 bag(s) corn tortilla chips

Spices

- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 4 tsp dried basil
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp dried thyme
- ☐ 2 packet(s) taco seasoning
- ☐ 2 tsp onion powder
- ☐ 2 tsp ground ginger

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ 4 Tbsp melted butter
- ☐ **Side:** 2 9x13 disposable foil tray(s)
- ☐ **Side:** 2 9x9-inch disposable tray

Produce

- ☐ **Side:** veggies
- ☐ 2x8 oz. baby bella mushrooms
- ☐ **Side:** salad
- ☐ 1/2 cup(s) lime juice
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** mashed potatoes

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 2 cup(s) peach preserves
- ☐ 2 Tbsp sesame oil

Dairy/Frozen

- ☐ 2x10 oz. bag(s) frozen pearled onions
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2 cup(s) shredded mild cheddar cheese

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 Herbed Pork Tenderloin

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 tsp dried basil
- ☐ 2 tsp dried rosemary
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Pork Carnitas Nachos

- ☐ 4 lb(s) pork roast
- ☐ Salt and pepper
- ☐ 2 packet(s) taco seasoning
- ☐ 1/2 cup(s) lime juice
- ☐ 2 gallon-size freezer baggie(s)

5. Ginger Peach Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 cup(s) peach preserves
- ☐ 2 Tbsp sesame oil
- ☐ 2 tsp ground ginger
- ☐ 2 9x9-inch disposable tray

2. Skillet Pork Chops with Mushrooms and Pearled Onions

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 Tbsp olive oil
- ☐ 2x8 oz. baby bella mushrooms
- ☐ 2x10 oz. bag(s) frozen pearled onions
- ☐ 2 tsp dried thyme
- ☐ 2 tsp dried basil
- ☐ 2 gallon-size freezer baggie(s)

4. Cheesy Garlic Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 Tbsp melted butter
- ☐ 4 tsp minced garlic
- ☐ 2 tsp onion powder
- ☐ 2 cup(s) shredded mild cheddar cheese
- ☐ 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 tenderloin
- ☐ 24 boneless pork chops
- ☐ 4 lb(s) pork roast

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 2 cup(s) peach preserves
- ☐ 2 Tbsp sesame oil

Dairy/Frozen

- ☐ 2x10 oz. bag(s) frozen pearled onions
- ☐ 2 cup(s) shredded mild cheddar cheese

Produce

- ☐ 2x8 oz. baby bella mushrooms
- ☐ 1/2 cup(s) lime juice

Spices

- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 4 tsp dried basil
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp dried thyme
- ☐ 2 packet(s) taco seasoning
- ☐ 2 tsp onion powder
- ☐ 2 tsp ground ginger

Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 4 Tbsp melted butter
- ☐ 2x 9x13 disposable foil tray(s)
- ☐ 2x 9x9-inch disposable tray



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

- ☐ In a small bowl, toss together 2 Tbsp minced onion, 2 tsp minced garlic, 2 tsp dried oregano, 2 tsp dried basil, and 2 tsp dried rosemary.
- ☐ In a small bowl, stir 4 Tbsp melted butter, 4 tsp minced garlic, and 2 tsp onion powder.
- ☐ In a small bowl, mix together 2 cups peach preserves, 2 Tbsp sesame oil and 2 tsp ground ginger.

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 Herbed Pork Tenderloin

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the herb mixture

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

Skillet Pork Chops with Mushrooms and Pearled Onions

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp olive oil
- 8 oz. baby bella sliced mushrooms
- 1 - 10 oz. bag frozen pearled onions
- 1 tsp dried thyme
- 1 tsp dried basil

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

Slow Cooker Pork Carnitas Nachos

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning
- 1/4 cup lime juice

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

Cheesy Garlic Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Melted butter mixture, brushed onto each pork chop
- Pinchfuls of shredded mild cheddar, onto each pork chop

Cover with foil or lid, add label and freeze.

Ginger Peach Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the peach preserve mixture, onto each of the pork chops

Cover with foil or lid, add label and freeze.