

ALL CHICKEN MEAL PLAN

APRIL 2018

Table of Contents

Recipes

1. Garlic Lime Chicken
2. Slow Cooker Chicken Ropa Vieja
3. Slow Cooker Chicken No-Tortilla Soup
4. Coconut Lime Chicken Skillet
5. Slow Cooker Crack Chicken

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. Garlic Lime Chicken

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 - small boneless chicken breasts
 - 1/4 - cup(s) lime juice
 - 1/4 - cup(s) olive oil
 - 1 - Tbsp minced garlic
 - - Salt and pepper
 - Side: - rice**
 - Side: - salad**
 - 1 - gallon-size freezer baggie(s)
-

Cooking Directions for Single Meal

1. In a mixing bowl, whisk together the lime juice, olive oil, minced garlic, salt and pepper. Add the chicken breasts and coat with the marinade. *Place in the fridge and let marinate for at least 2 hours.
2. Preheat oven to 350 F.
3. Place the chicken and marinade into baking dish and bake in the preheated oven for 35 minutes, or until chicken is cooked through. If desired, run under the broil for 2 minutes to crisp up the tops of the chicken.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Garlic Lime Chicken over rice with salad.

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 lime juice
- 1/4 cup olive oil
- 1 Tbsp minced garlic
- 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. Transfer the chicken and marinade to baking dish and bake as directed.*

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.*

2. Slow Cooker Chicken Ropa Vieja

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

- 12 - boneless chicken thighs
- - Salt and pepper
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - Tbsp apple cider vinegar
- 1 - Tbsp cumin
- 1/2 - cup(s) green olives
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the bell peppers. Slice the onion.
2. Place the chicken thighs into the base of the slow cooker and season with salt and pepper. Add the sliced bell peppers and onions, crushed tomatoes, vinegar, cumin and green olives.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
4. Cook the rice, as directed.
5. Spoon the shredded chicken over rice.
6. Prepare the salad.
7. Serve Slow Cooker Chicken Ropa Vieja over rice with salad.

Assembly Prep Directions for 2 Meals

Slice 2 onions.

Seed and slice 2 green bell peppers and 2 red bell peppers.

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

- 12 boneless chicken thighs
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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.

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 Chicken No-Tortilla Soup

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 - large boneless chicken breasts
- 1 - red bell pepper(s)
- 1 - 15 oz. can(s) tomato sauce
- 1 - 15 oz can(s) petite diced tom
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 2 - cup(s) chicken or vegetable stock
- - Salt and pepper
- Garnish: - avocado slices**
- Side: - salad or veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and dice the red bell pepper.
2. To the slow cooker, add the chicken, tomato sauce, diced tomatoes, chili powder, cumin, garlic powder, onion powder, red bell pepper, and chicken or vegetable stock. Set slow cooker on low and cook for 8 hours.
3. Before serving, use 2 forks to pull the chicken apart in the soup. Then ladle soup into bowls and add the avocado slices into each bowl.
4. Serve Slow Cooker Chicken No-Tortilla Soup with avocado slices.

Assembly Prep Directions for 2 Meals

Seed and dice 2 red bell peppers.

Open 2 cans of tomato sauce.

Open 2 cans of diced tomatoes.

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

- 4 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp chili powder
- 2 cups chicken or vegetable stock
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder

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. Once cooked, shred the chicken into the soup, ladle into bowls and garnish.

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. Coconut Lime Chicken Skillet

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

- 2 - large boneless chicken breasts
- 1 - Tbsp olive oil
- 1 - red bell pepper(s)
- 1/2 - small red onion(s)
- 1 - cup(s) chicken stock
- 2 - Tbsp lime juice
- 1 - cup(s) coconut milk**
- Garnish: - chopped cilantro**
- Garnish: - crushed red pepper**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Seed and finely chop the red bell pepper. Chop the red onion.
3. In a large skillet, add the olive oil and saute the chicken pieces for 2 to 3 minutes. Stir in the chopped red bell peppers, chopped red onions, chicken stock, lime juice and bring to bubbling. Let simmer for a few minutes and then stir in the coconut milk. Cover with lid, reduce heat to low and let simmer for 10 to 15 minutes, or until chicken is cooked through.
4. Prepare the salad.
5. Serve Coconut Lime Chicken Skillet with garnishes and side salad.

Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite-size pieces.

Seed and finely chop 2 red bell peppers. Chop 1 red onion.

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped red onion
- 1 cup chicken stock
- 2 Tbsp lime juice
- Do NOT add coconut milk to freezer 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 the fridge overnight, or a warm bowl of water for about 20 minutes. Transfer all of the content from the freezer bag to large skillet or saucepan, start to cook over medium low heat. Once the sauce begins to bubble, swirl in the coconut milk, cover with lid and let simmer on low for 10 to 15 minutes, or until chicken is cooked.

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

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

5. Slow Cooker Crack 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
- 16 - oz. cream cheese
- 1 - packet(s) ranch dressing mix
- 4 - slices bacon**
- 1 - cup(s) shredded cheese**
- 4 - hamburger buns**
- Side: - chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and add the cream cheese and ranch dressing mix.
2. Set on low and cook for 8 hours.
3. Just before your meal, cook the bacon in a skillet and then crumble it.
4. Once cooked, shred the chicken into the sauce and mix in the bacon crumbles and shredded cheese. Mix well and then spoon onto buns to make sandwiches.
5. Serve Slow Cooker Crack Chicken on buns with side of fruit and chips.

Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 16 oz. cream cheese
- 1 packet ranch dressing mix
- Do NOT add the bacon or cheese to the freezer baggie.

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. Shred the chicken into the sauce and add the crumbled bacon and shredded cheese, as directed.*

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

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free version of this meal.*

Complete Shopping List by Recipe

1. Garlic Lime Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 1/2 - cup(s) lime juice
- ☐ 1/2 - cup(s) olive oil
- ☐ 2 - Tbsp minced garlic
- ☐ - Salt and pepper
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Chicken Ropa Vieja

- ☐ 24 - boneless chicken thighs
- ☐ - Salt and pepper
- ☐ 2 - red bell pepper(s)
- ☐ 2 - green bell pepper(s)
- ☐ 2 - small white onion(s)
- ☐ 2x1 - 15 oz. can(s) crushed tomatoes
- ☐ 2 - Tbsp apple cider vinegar
- ☐ 2 - Tbsp cumin
- ☐ 1 - cup(s) green olives
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Chicken No-Tortilla Soup

- ☐ 8 - large boneless chicken breasts
- ☐ 2 - red bell pepper(s)
- ☐ 2 - 15 oz. can(s) tomato sauce
- ☐ 2x1 - 15 oz can(s) petite diced tom
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp onion powder
- ☐ 4 - cup(s) chicken or vegetable stock
- ☐ - Salt and pepper
- ☐ - avocado slices
- ☐ - salad or veggies
- ☐ 2 - gallon-size freezer baggie(s)

4. Coconut Lime Chicken Skillet

- ☐ 4 - large boneless chicken breasts
- ☐ 2 - Tbsp olive oil
- ☐ 2 - red bell pepper(s)
- ☐ 1 - small red onion(s)
- ☐ 2 - cup(s) chicken stock
- ☐ 4 - Tbsp lime juice
- ☐ 2 - cup(s) coconut milk
- ☐ - chopped cilantro
- ☐ - crushed red pepper
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

5. Slow Cooker Crack Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 32 - oz. cream cheese
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 8 - slices bacon
- ☐ 1 - cup(s) shredded cheese
- ☐ 8 - hamburger buns
- ☐ - chips
- ☐ - fruit
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 16 small boneless chicken breasts
- ☐ 24 boneless chicken thighs
- ☐ 12 large boneless chicken breasts
- ☐ 8 slices bacon

Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 1 cup(s) green olives
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2 cup(s) chicken stock
- ☐ 2 cup(s) coconut milk

Sauces/Condiments

- ☐ 1/2 cup(s) olive oil
- ☐ 2 Tbsp apple cider vinegar
- ☐ 2 Tbsp olive oil

Dairy/Frozen

- ☐ 32 oz. cream cheese
- ☐ **Side:** 1 cup(s) shredded cheese

Produce

- ☐ 1/2 cup(s) lime juice
- ☐ **Side:** salad
- ☐ 6 red bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ avocado slices
- ☐ **Side:** salad or veggies
- ☐ 1 small red onion(s)
- ☐ 4 Tbsp lime juice
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** fruit

Starchy Sides

- ☐ 8 hamburger buns
- ☐ **Side:** chips

Spices

- ☐ 2 Tbsp minced garlic
- ☐ Salt and pepper
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ **Garnish:** crushed red pepper
- ☐ 2 packet(s) ranch dressing mix

Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(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. Garlic Lime Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 1/2 cup(s) lime juice
- ☐ 1/2 cup(s) olive oil
- ☐ 2 Tbsp minced garlic
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Chicken Ropa Vieja

- ☐ 24 boneless chicken thighs
- ☐ Salt and pepper
- ☐ 2 red bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2 Tbsp apple cider vinegar
- ☐ 2 Tbsp cumin
- ☐ 1 cup(s) green olives
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Chicken No-Tortilla Soup

- ☐ 8 large boneless chicken breasts
- ☐ 2 red bell pepper(s)
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. Coconut Lime Chicken Skillet

- ☐ 4 large boneless chicken breasts
- ☐ 2 Tbsp olive oil
- ☐ 2 red bell pepper(s)
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) chicken stock
- ☐ 4 Tbsp lime juice
- ☐ 2 gallon-size freezer baggie(s)

5. Slow Cooker Crack Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 32 oz. cream cheese
- ☐ 2 packet(s) ranch dressing mix
- ☐ 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

- ☐ 16 small boneless chicken breasts
- ☐ 24 boneless chicken thighs
- ☐ 12 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 1 cup(s) green olives
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2 cup(s) chicken stock

Spices

- ☐ 2 Tbsp minced garlic
- ☐ Salt and pepper
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 packet(s) ranch dressing mix

Supplies

- ☐ 10x gallon-size freezer baggie(s)

Produce

- ☐ 1/2 cup(s) lime juice
- ☐ 6 red bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 1 small red onion(s)
- ☐ 4 Tbsp lime juice

Sauces/Condiments

- ☐ 1/2 cup(s) olive oil
- ☐ 2 Tbsp apple cider vinegar
- ☐ 2 Tbsp olive oil

Dairy/Frozen

- ☐ 32 oz. cream cheese



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

- ☐ Cut 4 chicken breasts into bite-size pieces.
- ☐ Slice 2 onions.
- ☐ Seed and slice 2 green bell peppers and 2 red bell peppers.
- ☐ Seed and dice 2 red bell peppers.
- ☐ Seed and finely chop 2 red bell peppers. Chop 1 red onion.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open 2 cans of diced tomatoes.

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.

Garlic Lime Chicken

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

- 4 small boneless chicken breasts
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 Tbsp minced garlic
- Salt and pepper

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

Slow Cooker Chicken Ropa Vieja

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

- 12 boneless chicken thighs
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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

Slow Cooker Chicken No-Tortilla Soup

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

- 4 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp chili powder
- 2 cups chicken or vegetable stock
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder

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

Coconut Lime Chicken Skillet

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped red onion
- 1 cup chicken stock
- 2 Tbsp lime juice
- Do NOT add coconut milk to freezer bag.

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

Slow Cooker Crack Chicken

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

- 4 boneless chicken breasts
- 16 oz. cream cheese
- 1 packet ranch dressing mix
- Do NOT add the bacon or cheese to the freezer



baggie.

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