

CLEAN EATS MEAL PLAN

APRIL 2018

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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. Sheet Pan Beef Fajitas

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

- 1 - lb(s) beef for stirfry
- 2 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 2 - lime(s)
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- Garnish: - sour cream and guacamole**
- Side: - flour tortillas**
- Side: - refried beans**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Seed and slice the bell peppers. Slice the onions. Halve the limes.
3. Place the beef for stirfry into one half of the baking dish. Arrange the sliced onions and peppers into the other half of the baking dish. Squeeze the lime juice all over the beef and veggies. Sprinkle the ground cumin, garlic powder, salt and pepper over the top.
4. Bake in the preheated oven for 20 to 25 minutes, or until beef is cooked through and veggies have softened.
5. Assemble the beef and veggies into tortillas and add garnishes.
6. Heat the refried beans.
7. Serve Sheet Pan Fajitas with refried beans.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.

To each disposable tray, add the following ingredients:

- Half of the beef for stirfry
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

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.*

Special Notes: *Use skirt steak or flank steak instead of beef for stirfry. Slice against the grain before cooking.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides and garnishes.*

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

3. 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.*

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. Four Bean Chili

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 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - 15 oz. can pinto beans
- 1 - 15 oz. can(s) red kidney beans
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) ranch beans
- 1 - 28 oz. can(s) crushed tomatoes
- 3 - Tbsp chili powder
- 1 - tsp garlic powder
- 2 - cup(s) vegetable broth
- - Salt and pepper
- Garnish: - shredded Mexican blend cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of crushed tomatoes. Open, drain and rinse all of the cans of beans.
2. Chop the small white onion. Seed and chop the green bell pepper.
3. In a large saucepan, add all the ingredients and bring to boiling over medium high heat. Let cook at rolling boil for about 10 minutes, stirring often. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Four Bean Chili with shredded cheese garnish and side salad.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions. Seed and chop 2 green bell peppers.

Open, drain and rinse 2 cans of each type of beans.

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

- Half of the chopped white onion
- Half of the chopped green bell peppers
- Half of each of the rinsed beans
- 1 - 28 oz. can crushed tomatoes
- 3 Tbsp chili powder
- 1 tsp garlic powder
- 2 cups vegetable broth

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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.

Dairy-Free Modifications: Recipe is dairy-free when the shredded cheese garnish is omitted.

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

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. Sheet Pan Beef Fajitas

- 2 - lb(s) beef for stirfry
- 4 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 4 - lime(s)
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- sour cream and guacamole
- flour tortillas
- refried beans
- 2 - 9x13 disposable foil tray(s)

3. 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)

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. Four Bean Chili

- 2 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - 15 oz. can pinto beans
- 2x1 - 15 oz. can(s) red kidney beans
- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. can(s) ranch beans
- 2x1 - 28 oz. can(s) crushed tomatoes
- 6 - Tbsp chili powder
- 2 - tsp garlic powder
- 4 - cup(s) vegetable broth



- Salt and pepper
- shredded Mexican blend cheese
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 2 lb(s) beef for stirfry
- 24 boneless chicken thighs
- 4 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- Side:** rice
- Side:** refried beans
- 2x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- 2 cup(s) chicken stock
- 2 cup(s) coconut milk
- 2 15 oz. can pinto beans
- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) ranch beans
- 2x1 28 oz. can(s) crushed tomatoes
- 4 cup(s) vegetable broth

Sauces/Condiments

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

Dairy/Frozen

- Garnish:** sour cream and guacamole
- Garnish:** shredded Mexican blend cheese

Produce

- 1/2 cup(s) lime juice
- Side:** salad
- 8 small white onion(s)
- 6 green bell pepper(s)
- 6 red bell pepper(s)
- 4 lime(s)
- 1 small red onion(s)
- 4 Tbsp lime juice
- Garnish:** chopped cilantro

Starchy Sides

- Side:** flour tortillas

Spices

- 2 Tbsp minced garlic
- Salt and pepper
- 2 Tbsp ground cumin
- 4 tsp garlic powder
- 2 Tbsp cumin
- Garnish:** crushed red pepper
- 6 Tbsp chili powder

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. 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. Sheet Pan Beef Fajitas

- 2 lb(s) beef for stirfry
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 9x13 disposable foil tray(s)

3. 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)

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. Four Bean Chili

- 2 small white onion(s)
- 2 green bell pepper(s)
- 2 15 oz. can pinto beans
- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) ranch beans
- 2x1 28 oz. can(s) crushed tomatoes
- 6 Tbsp chili powder
- 2 tsp garlic powder
- 4 cup(s) vegetable broth
- Salt and pepper
- 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 small boneless chicken breasts
- 2 lb(s) beef for stirfry
- 24 boneless chicken thighs
- 4 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- 2 cup(s) chicken stock
- 2 15 oz. can pinto beans
- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) ranch beans
- 2x1 28 oz. can(s) crushed tomatoes
- 4 cup(s) vegetable broth

Spices

- 2 Tbsp minced garlic
- Salt and pepper
- 2 Tbsp ground cumin
- 4 tsp garlic powder
- 2 Tbsp cumin
- 6 Tbsp chili powder

Produce

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

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

- Cut 4 chicken breasts into bite-size pieces.
- Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.
- Slice 2 onions.
- Seed and slice 2 green bell peppers and 2 red bell peppers.
- Seed and finely chop 2 red bell peppers. Chop 1 red onion.
- Chop 2 small white onions. Seed and chop 2 green bell peppers.
- Open, drain and rinse 2 cans of each type of beans.

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.

Four Bean Chili

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

- Half of the chopped white onion
- Half of the chopped green bell peppers
- Half of each of the rinsed beans
- 1 - 28 oz. can crushed tomatoes
- 3 Tbsp chili powder
- 1 tsp garlic powder
- 2 cups vegetable broth

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

Sheet Pan Beef Fajitas

To each disposable tray, add the following ingredients:

- Half of the beef for stirfry
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

Cover with foil or lid, add label 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.



baggie and freeze.