

# GLUTEN FREE MEAL PLAN

APRIL 2018

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# 1. 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.

## 2. Slow Cooker Tuscan Ham & Bean Soup

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 8 hours on low*

*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 - cup(s) chopped ham
- 1 - small white onion(s)
- 4 - whole carrots
- 1 - tsp minced garlic
- 1 - 15 oz. can(s) Cannellini beans
- 1 - 15 oz. can(s) red kidney beans
- 4 - cup(s) vegetable stock
- 10 - oz. box(es) frozen spinach
- 1 - tsp dried basil
- 1 - tsp dried thyme
- - Salt and pepper
- Garnish: - shredded Parmesan cheese\*\*
- Side: - loaf bread\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Chop the white onion(s). Peel and chop the carrots.
2. Open and drain the cans of beans.
3. Thaw the frozen spinach.
4. Add all ingredients except garnish and side to slow cooker. Set on low and cook for 8 hours. Ladle into bowls and top with Parmesan cheese garnish.
5. Warm the loaf bread.
6. Serve Slow Cooker Tuscan Ham & Bean Soup with warm loaf bread and butter.

### Assembly Prep Directions for 2 Meals

Partially thaw 2 boxes of frozen spinach.

Chop 2 white onions. Peel and chop 8 whole carrots.

Open and drain 2 cans of red kidney beans and the 2 cans of cannellini beans.

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

- 2 cups chopped ham
- Half of the chopped onion
- Half of the chopped carrots
- 1 tsp minced garlic
- 1 - 15 oz. can cannellini beans, drained
- 1 - 15 oz. can red kidney beans, drained
- 4 cups vegetable stock
- 1 - 10 oz. box frozen spinach
- 1 tsp dried basil
- 1 tsp dried thyme
- 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 all of the contents of the baggie to slow cooker. Set on low and cook for 8 hours.*

**Dairy-Free Modifications:** *Recipe is dairy-free when omit the Parmesan cheese.*

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

## 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. 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.*

## 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. 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)

## 2. Slow Cooker Tuscan Ham & Bean Soup

- 4 - cup(s) chopped ham
- 2 - small white onion(s)
- 8 - whole carrots
- 2 - tsp minced garlic
- 2 - 15 oz. can(s) Cannellini beans
- 2x1 - 15 oz. can(s) red kidney beans
- 8 - cup(s) vegetable stock
- 2x10 - oz. box(es) frozen spinach
- 2 - tsp dried basil
- 2 - tsp dried thyme
- Salt and pepper
- shredded Parmesan cheese
- loaf bread
- 2 - gallon-size freezer baggie(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. 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)

## 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

- 4 lb(s) pork roast
- 4 cup(s) chopped ham
- 24 boneless chicken thighs
- 8 large boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) Cannellini beans
- 4x1 15 oz. can(s) red kidney beans
- 8 cup(s) vegetable stock
- 2x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- Side:** rice
- 2 15 oz. can(s) tomato sauce
- 2x1 15 oz can(s) petite diced tom
- 4 cup(s) chicken or vegetable stock
- 2 15 oz. can pinto 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

- 2 Tbsp apple cider vinegar

## Produce

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

## Starchy Sides

- Side:** 1 bag(s) corn tortilla chips
- Side:** loaf bread

## Spices

- Salt and pepper
- 2 packet(s) taco seasoning
- 2 tsp minced garlic
- 2 tsp dried basil
- 2 tsp dried thyme
- 2 Tbsp cumin
- 8 Tbsp chili powder
- 2 tsp ground cumin
- 4 tsp garlic powder
- 2 tsp onion powder

### Dairy/Frozen

- 4 cup(s) shredded mozzarella cheese
- 2x10 oz. box(es) frozen spinach
- Garnish:** shredded Parmesan cheese
- Garnish:** shredded Mexican blend cheese

### 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. 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)

## 2. Slow Cooker Tuscan Ham & Bean Soup

- 4 cup(s) chopped ham
- 2 small white onion(s)
- 8 whole carrots
- 2 tsp minced garlic
- 2 15 oz. can(s) Cannellini beans
- 2x1 15 oz. can(s) red kidney beans
- 8 cup(s) vegetable stock
- 2x10 oz. box(es) frozen spinach
- 2 tsp dried basil
- 2 tsp dried thyme
- Salt and pepper
- 2 gallon-size freezer baggie(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. 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)

## 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

- 4 lb(s) pork roast
- 4 cup(s) chopped ham
- 24 boneless chicken thighs
- 8 large boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) Cannellini beans
- 4x1 15 oz. can(s) red kidney beans
- 8 cup(s) vegetable stock
- 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 15 oz. can pinto 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

- Salt and pepper
- 2 packet(s) taco seasoning
- 2 tsp minced garlic
- 2 tsp dried basil
- 2 tsp dried thyme
- 2 Tbsp cumin
- 8 Tbsp chili powder
- 2 tsp ground cumin
- 4 tsp garlic powder
- 2 tsp onion powder

## Supplies

- 10x gallon-size freezer baggie(s)

## Produce

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

## Sauces/Condiments

- 2 Tbsp apple cider vinegar

## Dairy/Frozen

- 2x10 oz. box(es) frozen spinach

## 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

- Partially thaw 2 boxes of frozen spinach.
- Chop 2 white onions. Peel and chop 8 whole carrots.
- Slice 2 onions.
- Seed and slice 2 green bell peppers and 2 red bell peppers.
- Seed and dice 2 red bell peppers.
- Chop 2 small white onions. Seed and chop 2 green bell peppers.
- Open and drain 2 cans of red kidney beans and the 2 cans of cannellini beans.
- Open 2 cans of tomato sauce.
- Open 2 cans of diced tomatoes.
- 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.

### 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.

### Slow Cooker Tuscan Ham & Bean Soup

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

- 2 cups chopped ham
- Half of the chopped onion
- Half of the chopped carrots
- 1 tsp minced garlic
- 1 - 15 oz. can cannellini beans, drained
- 1 - 15 oz. can red kidney beans, drained
- 4 cups vegetable stock
- 1 - 10 oz. box frozen spinach
- 1 tsp dried basil
- 1 tsp dried thyme
- 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.

### 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 baggie and freeze.