

TRADITIONAL MEAL PLAN

APRIL 2018

Table of Contents

Recipes

1. Slow Cooker Chicken Ropa Vieja
2. Coconut Lime Chicken Skillet
3. Tex Mex Tater Tot Bake
4. Slow Cooker Mushroom Pot Roast
5. Pesto Meatballs

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. 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.

2. 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.*

3. Tex Mex Tater Tot Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 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) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) corn
- 1 - cup(s) red salsa
- 28 - oz. frozen tater tots
- 1 - 10 oz. can(s) enchilada sauce
- 3 - cup(s) shredded cheddar cheese
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open, drain and rinse the black beans. Open and drain the corn.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the black beans, corn, red salsa and half of the shredded cheese. Spoon the ground beef mixture into the base of baking dish.
4. Add the tater tots over top of the beef mixture in the tray and then pour the enchilada sauce over the top. Bake in the preheated oven for 30 to 35 minutes, and then add the remaining shredded cheese on the top and bake another 5 to 10 minutes, or until cheese is melted.
5. Prepare the salad.
6. Serve Tex Mex Tater Tot Bake with side salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn.

In a large mixing bowl, toss together the browned ground beef, the black beans, the corn, 2 cups of red salsa and 3 cups shredded cheese.

To each disposable tray, add the following ingredients:

- Half of the ground beef mixture
- 1 - 28 oz. bag frozen tater tots
- 1 - 10 oz. can red enchilada sauce
- Do not add the remaining cheese over the top, that can be kept in the freezer near the disposable dish and thawed just before adding to the casserole during cooking.

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. Add remaining shredded cheese with 5 to 10 minutes left of cooking.*

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

Gluten-Free Modifications: *This meal is gluten-free if tater tots are gluten-free.*

4. Slow Cooker Mushroom Pot Roast

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) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 8 - oz. sliced white mushrooms
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) white cooking wine
- 2 - Tbsp Worcestershire sauce
- Side: - veggies**
- Side: - mashed potatoes**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion into half-moons.
2. Place the beef roast into the base of the slow cooker and season with salt and pepper.
3. In a large mixing bowl, whisk together the cream of mushroom soup, white cooking wine and Worcestershire sauce. Then fold in the sliced onion and sliced mushrooms. Pour over the beef roast in the slow cooker.
4. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce.
5. Prepare the veggies.
6. Prepare the mashed potatoes.
7. Serve Slow Cooker Mushroom Pot Roast over mashed potatoes with side of veggies.

Assembly Prep Directions for 2 Meals

Slice 2 small onions into half-moons.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onion
- 8 oz. sliced white mushrooms
- 1 - 10 oz. can cream of mushroom soup
- 1 cup white cooking wine
- 2 Tbsp Worcestershire sauce

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.*

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).*

5. Pesto Meatballs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 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 1/2 - lb(s) ground beef
- 1 - egg(s)
- 1/4 - cup(s) breadcrumbs
- 2/3 - cup(s) pesto
- 1/2 - cup(s) grated Parmesan cheese
- 1 - tsp minced onion
- 1 - tsp garlic powder
- - Salt and pepper
- 1 - 26 oz. jar(s) marinara sauce
- Side: - pasta**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. In a large mixing bowl, combine the ground beef, egg, breadcrumbs, pesto, grated Parmesan cheese, minced onion, garlic powder and pinch of salt and pepper. Using an ice cream scoop, form beef mixture into balls and place them in a single layer into a baking dish. Pour the marinara sauce over the tops of the meatballs.
3. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
4. While the meatballs are baking, cook the pasta and prepare the salad.
5. Serve Pesto Meatballs over pasta with side salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1/2 cup breadcrumbs, 1 1/3 cups pesto, 1 cup grated Parmesan cheese, 2 tsp minced onion, 2 tsp garlic powder and pinch of salt and pepper. Using an ice cream scoop, form beef mixture into balls and place them in a single layer into the disposable baking tray.

To each disposable tray, add the following ingredients:

- Half of the premade pesto meatballs
- 1 - 26 oz. jar marinara sauce, drizzled evenly over the meatballs

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put trays 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 tray/pan of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

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 breadcrumbs and gluten-free pasta.*

Complete Shopping List by Recipe

1. 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. Tex Mex Tater Tot Bake

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. can(s) corn
- 2 - cup(s) red salsa
- 56 - oz. frozen tater tots
- 2 - 10 oz. can(s) enchilada sauce
- 6 - cup(s) shredded cheddar cheese
- salad
- 2 - 9x13 disposable foil tray(s)

5. Pesto Meatballs

- 3 - lb(s) ground beef
- 2 - egg(s)
- 1/2 - cup(s) breadcrumbs
- 1 1/3 - cup(s) pesto
- 1 - cup(s) grated Parmesan cheese
- 2 - tsp minced onion
- 2 - tsp garlic powder
- Salt and pepper
- 2 - 26 oz. jar(s) marinara sauce
- pasta
- salad

2. 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)

4. Slow Cooker Mushroom Pot Roast

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 16 - oz. sliced white mushrooms
- 2x1 - 10 oz can(s) cream of mushroom
- 2 - cup(s) white cooking wine
- 4 - Tbsp Worcestershire sauce
- veggies
- mashed potatoes
- 2 - gallon-size freezer baggie(s)



2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 24 boneless chicken thighs
- 4 large boneless chicken breasts
- 5 lb(s) ground beef
- 4 lb(s) beef chuck roast

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- Side:** rice
- 2 cup(s) chicken stock
- 2 cup(s) coconut milk
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce
- 2x1 10 oz can(s) cream of mushroom
- 1/2 cup(s) breadcrumbs

Sauces/Condiments

- 2 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce
- 1 1/3 cup(s) pesto
- 2 26 oz. jar(s) marinara sauce

Dairy/Frozen

- 56 oz. frozen tater tots
- 6 cup(s) shredded cheddar cheese
- 2 egg(s)
- 1 cup(s) grated Parmesan cheese

Produce

- 4 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- Side:** salad
- 1 small red onion(s)
- 4 Tbsp lime juice
- Garnish:** chopped cilantro
- 16 oz. sliced white mushrooms
- Side:** veggies
- Side:** mashed potatoes

Starchy Sides

- Side:** pasta

Spices

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

Supplies

- Side:** 6 gallon-size freezer baggie(s)
- Side:** 4 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. 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. Tex Mex Tater Tot Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 56 oz. frozen tater tots
- 2 10 oz. can(s) enchilada sauce
- 6 cup(s) shredded cheddar cheese
- 2 9x13 disposable foil tray(s)

5. Pesto Meatballs

- 3 lb(s) ground beef
- 2 egg(s)
- 1/2 cup(s) breadcrumbs
- 1 1/3 cup(s) pesto
- 1 cup(s) grated Parmesan cheese
- 2 tsp minced onion
- 2 tsp garlic powder
- Salt and pepper
- 2 26 oz. jar(s) marinara sauce
- 2 9x13 disposable foil tray(s)

2. 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)

4. Slow Cooker Mushroom Pot Roast

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 small white onion(s)
- 16 oz. sliced white mushrooms
- 2x1 10 oz can(s) cream of mushroom
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce
- 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 chicken thighs
- 4 large boneless chicken breasts
- 5 lb(s) ground beef
- 4 lb(s) beef chuck roast

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(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce
- 2x1 10 oz can(s) cream of mushroom
- 1/2 cup(s) breadcrumbs

Spices

- Salt and pepper
- 2 Tbsp cumin
- 2 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp minced onion

Supplies

- 6x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(s)

Produce

- 4 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- 1 small red onion(s)
- 4 Tbsp lime juice
- 16 oz. sliced white mushrooms

Sauces/Condiments

- 2 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce
- 1 1/3 cup(s) pesto
- 2 26 oz. jar(s) marinara sauce

Dairy/Frozen

- 56 oz. frozen tater tots
- 6 cup(s) shredded cheddar cheese
- 2 egg(s)
- 1 cup(s) grated Parmesan 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.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- 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.
- Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn.
- Slice 2 small onions into half-moons.
- In a large mixing bowl, toss together the browned ground beef, the black beans, the corn, 2 cups of red salsa and 3 cups shredded cheese.
- In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1/2 cup breadcrumbs, 1 1/3 cups pesto, 1 cup grated Parmesan cheese, 2 tsp minced onion, 2 tsp garlic powder and pinch of salt and pepper. Using an ice cream scoop, form beef mixture into balls and place them in a single layer into the disposable baking tray.

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 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.

Tex Mex Tater Tot Bake

To each disposable tray, add the following ingredients:

- Half of the ground beef mixture
- 1 - 28 oz. bag frozen tater tots
- 1 - 10 oz. can red enchilada sauce
- Do not add the remaining cheese over the top, that can be kept in the freezer near the disposable dish and thawed just before adding to the casserole during cooking.

Cover with foil or lid, add label and freeze.

Pesto Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade pesto meatballs
- 1 - 26 oz. jar marinara sauce, drizzled evenly over the meatballs

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.

Slow Cooker Mushroom Pot Roast

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onion
- 8 oz. sliced white mushrooms
- 1 - 10 oz. can cream of mushroom soup
- 1 cup white cooking wine
- 2 Tbsp Worcestershire sauce

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