

THE 20 MEALS PLAN

MARCH 2018

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Meal Assembly Instructions

1. Brown Sugar & Balsamic Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 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 balsamic vinegar
- 4 - tsp brown sugar
- Side: - mashed potatoes**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops in the bottom of a glass baking dish. Sprinkle some salt and pepper onto both sides of the pork chops. Then drizzle the balsamic vinegar over the top. Add 1 tsp of brown sugar on top of each pork chop and spread into the vinegar. *Let marinate in the fridge for at least 30 minutes.
2. Preheat oven to 350 F, while pork chops marinate.
3. Bake the pork chops in the preheated oven for 30 to 40 minutes, or until cooked through. Cooking time will depend on the thickness of the pork chops.
4. Serve Brown Sugar & Balsamic Pork Chops with preferred potatoes and veggies.

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 balsamic vinegar
- 4 tsp brown sugar

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 baking dish 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.*

2. Slow Cooker Hoisin Chicken Wraps

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
- 1/4 - cup(s) hoisin sauce
- 1 - Tbsp rice vinegar
- 1 - Tbsp honey
- 2 - tsp minced garlic
- 1 - tsp ground ginger
- 2 - Tbsp cornstarch**
- 16 - large lettuce leaves**
- Garnish: - sliced green onions**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the hoisin sauce, honey, rice vinegar, minced garlic, and ground ginger.
2. Place the chicken breasts in the base of the slow cooker and pour the Hoisin sauce over the top.
3. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, make a slurry with the cornstarch and equal amount of water, and then stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Shred the chicken with 2 forks and mix into the thickened sauce. Spoon the shredded chicken into large lettuce leaves. Add sliced green onions, and then wrap up the lettuce leaves.
5. Cook the rice, as directed.
6. Serve Slow Cooker Hoisin Chicken Wraps with rice.

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 hoisin sauce
- 1 Tbsp honey
- 1 Tbsp rice vinegar
- 2 tsp minced garlic
- 1 tsp ground ginger
- Do NOT add the cornstarch

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. Thicken with cornstarch at the end of the cooking cycle as directed. Assemble lettuce wraps as directed.

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

Gluten-Free Modifications: Recipe is gluten-free if you use gluten-free hoisin sauce.

3. Slow Cooker Lemon Garlic 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
- 1 - small white onion(s)
- 1 - cup(s) chicken stock
- 1/4 - cup(s) lemon juice
- 2 - tsp minced garlic
- 2 - tsp dried thyme
- Side: - salad**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the small onion. In a mixing bowl, whisk together the chicken stock, lemon juice, minced garlic and dried thyme.
2. Place the chicken breasts and sliced onion in the base of the slow cooker and pour the lemon juice mixture over the chicken.
3. Set on low and cook for 8 hours. Once cooked, spoon chicken out whole, or shred into the sauce. Strain before serving.
4. Prepare the salad and veggies.
5. Serve Slow Cooker Lemon Garlic Chicken with veggies and salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 4 small boneless chicken breasts
- Half of the onion slices
- 1 cup chicken stock
- 1/4 cup lemon juice
- 2 tsp minced garlic
- 2 tsp dried thyme

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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: Recipe is dairy-free when served with dairy-free sides.

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

4. Chicken & Black Bean Enchiladas

Yield: 4 servings

Active Time: 15 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

- 3 - cup(s) shredded rotisserie chicken
- 1 - 15 oz. can(s) black beans
- 4 - cup(s) shredded Monterey Jack cheese
- 1 - cup(s) red salsa
- - Salt and pepper
- 1 - 10 oz. can(s) enchilada sauce
- 12 - corn tortillas
- Garnish: - chopped cilantro**
- Side: - salad**
- Side: - rice**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open, drain and rinse the black beans.
3. In a mixing bowl, toss together the rotisserie chicken, black beans, half of the shredded Monterey Jack cheese with the red salsa and a pinch of salt and pepper.
4. Roll the chicken-cheese mixture into each of the corn tortillas and nestle them into the prepared baking dish, seam side down. Once all 12 are made, pour the red enchilada sauce over the top of the tortillas and top with the other half of the shredded Monterey Jack cheese.
5. Bake in the preheated oven for 25 minutes, or until cheese has melted.
6. Cook the rice, as directed.
7. Prepare salad.
8. Serve Chicken & Black Bean Enchiladas with rice and salad.

Assembly Prep Directions for 2 Meals

Open, drain and rinse 2 cans of black beans.

In a mixing bowl, toss together 6 cups of rotisserie chicken, the drained black beans, and 4 cups shredded Monterey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.

Open 2 cans of red enchilada sauce.

To each disposable tray, layer the following ingredients:

- Half of the enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterey cheese

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: *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. Greek Beef Pita-chos

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 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/2 - cup(s) lemon juice
- 1/4 - cup(s) red wine vinegar
- 2 - tsp minced garlic
- 1 - tsp dried oregano
- 2 - cup(s) shredded mozzarella cheese**
- 1 - bag(s) pita chips**
- Garnish: - red onion slices**
- Garnish: - cucumber slices**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the lemon juice, red wine vinegar, minced garlic and oregano. Let simmer over low heat for 5 minutes, to allow flavors to mingle and marry.
3. Spread the pita chips onto lined baking sheet, then sprinkle the Greek-flavored ground beef over the pita chips and sprinkle the shredded mozzarella cheese over the top. Bake in the preheated oven for 10 minutes, or until cheese has melted. Top with sliced red onion and cucumber.
4. Serve Greek Pita-chos with side salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 4 Tbsp minced onion and 4 tsp garlic powder. Drain and set aside to cool.

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

- Half of the browned ground beef
- 1/2 cup lemon juice
- 1/4 cup red wine vinegar
- 2 tsp minced garlic
- 1 tsp dried oregano

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 skillet to reheat and then assemble "pita-chos" as directed with pita chips, the warmed ground beef and shredded mozzarella cheese. Bake as directed.

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

Gluten-Free Modifications: Unfortunately, there is not a great gluten-free option for this meal.

6. Skillet Nacho Dip

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 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can pinto beans
- 1 - 10 oz diced tom & green chile
- 1 packet - taco seasoning
- 2 - cup(s) shredded cheddar cheese**
- 1 - bag(s) tortilla chips**
- Garnish: - red bell pepper(s)**
- Garnish: - avocado(s)**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the pinto beans. Open the diced tomatoes with green chiles.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the rinsed pinto beans, diced tomatoes with green chilies, and taco seasoning. Combine well and bring to bubbling over medium low heat.
3. Just before serving, sprinkle the shredded cheddar cheese over the top and let melt. Top with bite size pieces of red bell pepper and avocado. Use tortilla chips to scoop up and eat the "nacho dip."
4. Prepare the salad.
5. Serve Skillet Nacho Dip with salad.

Assembly Prep Directions for 2 Meals

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

Open, drain and rinse 2 cans of pinto beans.

Open 2 cans of diced tomatoes with green chiles.

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

- Half of the browned ground beef
- 1 - 15 oz. can pinto beans
- 1 - 10 oz. can diced tomatoes with green chiles
- 1 packet taco seasoning
- 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 to the skillet to reheat and then top with shredded cheese and red pepper and avocado garnishes.

Special Notes: Use 2 Tbsp homemade taco seasoning in place of the packet of taco seasoning.

Dairy-Free Modifications: Omit cheese for dairy-free meal.

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

7. Ground Beef Gyros

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 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/2 - cup(s) lemon juice
- 1/4 - cup(s) red wine vinegar
- 2 - tsp minced garlic
- 1 - tsp dried oregano
- Garnish: - red onion slices**
- Garnish: - cucumber slices**
- Side: - naan bread**
- Side: - tzatziki sauce**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the lemon juice, red wine vinegar, minced garlic and oregano. Let simmer over low heat for 5 minutes, to allow flavors to mingle and marry.
2. Prepare the garnishes.
3. Serve Ground Beef Gyros in pita or naan bread with red onion slices, cucumber slices and tzatziki sauce.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 4 Tbsp minced onion and 4 tsp garlic powder. Drain and set aside to cool.

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

- Half of the browned ground beef
- 1/2 cup lemon juice
- 1/4 cup red wine vinegar
- 2 tsp minced garlic
- 1 tsp dried oregano

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 skillet to reheat and then wrap up in pita or naan bread with garnishes.*

Dairy-Free Modifications: *Unfortunately, omitting the tzatziki sauce isn't a great option for these gyros.*

Gluten-Free Modifications: *Unfortunately, there isn't a great gluten-free option for this meal.*

8. Cajun Style Steak

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 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) sirloin steak
- - Salt and pepper
- 1/4 - cup(s) orange juice
- 2 - Tbsp lime juice
- 2 - Tbsp canola oil
- 2 - Tbsp steak seasoning
- 2 - tsp dried oregano
- 1 - tsp ground cumin
- Garnish: - sliced oranges**
- Side: - rice**
- Side: - black beans**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the orange juice, lime juice, canola oil, steak seasoning, dried oregano, and ground cumin.
2. Place the flank steak in baking dish and pour the prepared marinade over the top. Cover with plastic wrap and marinate in the fridge overnight, ideally.
3. Cook the rice, as directed.
4. Heat a large skillet or grill pan on the stovetop, then sear both sides of the marinated steak for 30 seconds each side. Pour a little of the marinade on top, then flip and pour a little more over the top. Sear-saute for 1 to 2 more minutes per side, until cooked to your liking. Discard extra marinade.
5. Let rest for a few minutes, then slice against the grain and garnish with sliced oranges.
6. Warm the black beans.
7. Serve Cajun Style Steak with rice and black beans.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 1/2 cup orange juice, 4 Tbsp lime juice, 4 Tbsp canola oil, 4 Tbsp steak seasoning, 4 tsp dried oregano, and 2 tsp ground cumin.

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

- 1 1/2 lb. sirloin steak
- Half of the prepared marinade

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 skillet or grill pan and searing and grilling as directed. Discard excess marinade.

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.

9. Cream Cheese Pork Chops

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

- 4 - boneless pork chops
- 4 - oz. cream cheese
- 1/2 - cup(s) chicken stock
- 1/4 - cup(s) grated Parmesan cheese
- 2 - Tbsp balsamic vinegar
- 1 - Tbsp lemon juice
- - Salt and pepper
- 1 - Tbsp olive oil
- Side: - salad**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Soften the cream cheese and cut into cubes.
2. In a mixing bowl, whisk together the softened cream cheese, chicken stock, Parmesan cheese, balsamic vinegar and lemon juice.
3. In a large skillet, heat the olive oil and brown both sides of the pork chops over high heat. Reduce heat to low and pour the cream cheese sauce over the pork chops. Let simmer for 7 to 9 minutes, or until pork chops are cooked through. Remove from heat and let rest 5 minutes before serving.
4. Prepare veggies and salad.
5. Serve Cream Cheese Pork Chops with veggies and salad.

Assembly Prep Directions for 2 Meals

Soften and cube the cream cheese.

In a mixing bowl, whisk together 8 oz. softened cream cheese, 1 cup chicken stock, 1/2 cup Parmesan cheese, 4 Tbsp balsamic vinegar and 2 Tbsp lemon juice.

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

- 4 boneless pork chops
- Half of the prepared cream cheese sauce

Remove as much air as possible and seal. Add label to baggie 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 skillet and simmering the pork chops and sauce all together. You don't need to brown the pork chops first, since the pork chops and sauce are already combined in the freezer bag. Simmer until pork chops are cooked through.

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.

10. Pork Medallions with Dijon Sauce

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 tenderloin
- - Salt and pepper
- 1 - small white onion(s)
- 1 - 8 oz. box(es) sliced mushrooms
- 1 - 10 oz can(s) cream of mushroom
- 1/4 - cup(s) white cooking wine
- 2 - Tbsp Dijon mustard
- 1/4 - cup(s) sour cream**
- Side: - mashed potatoes**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the pork tenderloin into 1-inch slices.
2. Slice the white onion into half-moons.
3. In a mixing bowl, whisk together the mushroom soup, white cooking wine, and Dijon mustard. Gently toss in the onion slices and sliced mushrooms.
4. Place the pork pieces into the base of the slow cooker and season with salt and pepper. Pour the mushroom-onion mixture over the top.
5. Set the slow cooker on low and cook for 8 hours. Once finished cooking, stir in the sour cream to make the sauce creamier.
6. Prepare mashed potatoes and veggies.
7. Serve Pork Medallions with Dijon Sauce with mashed potatoes and veggies.

Assembly Prep Directions for 2 Meals

Cut 2 pork tenderloins into 1-inch slices.

Slice 2 white onions into half-moons.

In a mixing bowl, whisk together 2 cans of mushroom soup, 1/2 cup white cooking wine, 4 Tbsp Dijon mustard. Gently toss in the onion slices and sliced mushrooms.

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

- Half of the pork pieces
- Half of the mushroom-onion 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. Swirl in the sour cream at the end of the cooking cycle.

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) and served with gluten-free sides.

Complete Shopping List by Recipe

1. Brown Sugar & Balsamic Pork Chops

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 4 - Tbsp balsamic vinegar
- ☐ 8 - tsp brown sugar
- ☐ - mashed potatoes
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Lemon Garlic Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - small white onion(s)
- ☐ 2 - cup(s) chicken stock
- ☐ 1/2 - cup(s) lemon juice
- ☐ 4 - tsp minced garlic
- ☐ 4 - tsp dried thyme
- ☐ - salad
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

5. Greek Beef Pita-chos

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 1 - cup(s) lemon juice
- ☐ 1/2 - cup(s) red wine vinegar
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp dried oregano
- ☐ 4 - cup(s) shredded mozzarella cheese
- ☐ 2 - bag(s) pita chips
- ☐ - red onion slices
- ☐ - cucumber slices
- ☐ - salad

2. Slow Cooker Hoisin Chicken Wraps

- ☐ 8 - small boneless chicken breasts
- ☐ 1/2 - cup(s) hoisin sauce
- ☐ 2 - Tbsp rice vinegar
- ☐ 2 - Tbsp honey
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp ground ginger
- ☐ 4 - Tbsp cornstarch
- ☐ 32 - large lettuce leaves
- ☐ - sliced green onions
- ☐ - rice
- ☐ 2 - gallon-size freezer baggie(s)

4. Chicken & Black Bean Enchiladas

- ☐ 6 - cup(s) shredded rotisserie chicken
- ☐ 2 - 15 oz. can(s) black beans
- ☐ 8 - cup(s) shredded Monterey Jack cheese
- ☐ 2 - cup(s) red salsa
- ☐ - Salt and pepper
- ☐ 2 - 10 oz. can(s) enchilada sauce
- ☐ 24 - corn tortillas
- ☐ - chopped cilantro
- ☐ - salad
- ☐ - rice
- ☐ 2 - 9x13 disposable foil tray(s)

6. Skillet Nacho Dip

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - 15 oz. can pinto beans
- ☐ 2x1 - 10 oz diced tom & green chile
- ☐ 2 - taco seasoning
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ 2 - bag(s) tortilla chips
- ☐ - red bell pepper(s)
- ☐ - avocado(s)
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 2 - gallon-size freezer baggie(s)

7. Ground Beef Gyros

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 1 - cup(s) lemon juice
- ☐ 1/2 - cup(s) red wine vinegar
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp dried oregano
- ☐ - red onion slices
- ☐ - cucumber slices
- ☐ - naan bread
- ☐ - tzatziki sauce
- ☐ 2 - gallon-size freezer baggie(s)

9. Cream Cheese Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 8 - oz. cream cheese
- ☐ 1 - cup(s) chicken stock
- ☐ 1/2 - cup(s) grated Parmesan cheese
- ☐ 4 - Tbsp balsamic vinegar
- ☐ 2 - Tbsp lemon juice
- ☐ - Salt and pepper
- ☐ 2 - Tbsp olive oil
- ☐ - salad
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

8. Cajun Style Steak

- ☐ 3 - lb(s) sirloin steak
- ☐ - Salt and pepper
- ☐ 1/2 - cup(s) orange juice
- ☐ 4 - Tbsp lime juice
- ☐ 4 - Tbsp canola oil
- ☐ 4 - Tbsp steak seasoning
- ☐ 4 - tsp dried oregano
- ☐ 2 - tsp ground cumin
- ☐ - sliced oranges
- ☐ - rice
- ☐ - black beans
- ☐ 2 - gallon-size freezer baggie(s)

10. Pork Medallions with Dijon Sauce

- ☐ 4 - lb(s) pork tenderloin
- ☐ - Salt and pepper
- ☐ 2 - small white onion(s)
- ☐ 2x1 - 8 oz. box(es) sliced mushrooms
- ☐ 2x1 - 10 oz can(s) cream of mushroom
- ☐ 1/2 - cup(s) white cooking wine
- ☐ 4 - Tbsp Dijon mustard
- ☐ 1/2 - cup(s) sour cream
- ☐ - mashed potatoes
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 16 boneless pork chops
- ☐ 16 small boneless chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 6 lb(s) ground beef
- ☐ 3 lb(s) sirloin steak
- ☐ 4 lb(s) pork tenderloin

Produce

- ☐ **Side:** mashed potatoes
- ☐ **Side:** veggies
- ☐ 32 large lettuce leaves
- ☐ **Garnish:** sliced green onions
- ☐ 4 small white onion(s)
- ☐ 2 1/2 cup(s) lemon juice
- ☐ **Side:** salad
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** red onion slices
- ☐ **Garnish:** cucumber slices
- ☐ **Garnish:** red bell pepper(s)
- ☐ **Garnish:** avocado(s)
- ☐ 4 Tbsp lime juice
- ☐ **Garnish:** sliced oranges
- ☐ 2 Tbsp lemon juice
- ☐ 2x1 8 oz. box(es) sliced mushrooms

Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 3 cup(s) chicken stock
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 cup(s) red salsa
- ☐ 2 10 oz. can(s) enchilada sauce
- ☐ 2 15 oz. can pinto beans
- ☐ 2x1 10 oz diced tom & green chile
- ☐ **Side:** black beans
- ☐ 2x1 10 oz can(s) cream of mushroom

Starchy Sides

- ☐ 24 corn tortillas
- ☐ **Side:** naan bread

Sauces/Condiments

- ☐ 8 Tbsp balsamic vinegar
- ☐ 1/2 cup(s) hoisin sauce
- ☐ 2 Tbsp rice vinegar
- ☐ 2 Tbsp honey
- ☐ 1 cup(s) red wine vinegar
- ☐ **Side:** tzatziki sauce
- ☐ 4 Tbsp canola oil
- ☐ 2 Tbsp olive oil
- ☐ 1/2 cup(s) white cooking wine

Spices

- ☐ Salt and pepper
- ☐ 8 tsp brown sugar
- ☐ 16 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 4 Tbsp cornstarch
- ☐ 4 tsp dried thyme
- ☐ 12 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 8 tsp dried oregano



☐ 4 Tbsp Dijon mustard

☐ 2 taco seasoning

☐ 4 Tbsp steak seasoning

☐ 2 tsp ground cumin

Dairy/Frozen

☐ 8 cup(s) shredded Monterey Jack cheese

☐ 4 cup(s) shredded mozzarella cheese

☐ 4 cup(s) shredded cheddar cheese

☐ 1/2 cup(s) orange juice

☐ 8 oz. cream cheese

☐ 1/2 cup(s) grated Parmesan cheese

☐ 1/2 cup(s) sour cream

Supplies

☐ **Side:** 16 gallon-size freezer baggie(s)

☐ **Side:** 4 9x13 disposable foil tray(s)

☐ 2 bag(s) pita chips

☐ 2 bag(s) tortilla chips

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. Brown Sugar & Balsamic Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 Tbsp balsamic vinegar
- ☐ 8 tsp brown sugar
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Lemon Garlic Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 small white onion(s)
- ☐ 2 cup(s) chicken stock
- ☐ 1/2 cup(s) lemon juice
- ☐ 4 tsp minced garlic
- ☐ 4 tsp dried thyme
- ☐ 2 gallon-size freezer baggie(s)

5. Greek Beef Pita-chos

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 1 cup(s) lemon juice
- ☐ 1/2 cup(s) red wine vinegar
- ☐ 4 tsp minced garlic
- ☐ 2 tsp dried oregano
- ☐ 2 gallon-size freezer baggie(s)

7. Ground Beef Gyros

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 1 cup(s) lemon juice
- ☐ 1/2 cup(s) red wine vinegar
- ☐ 4 tsp minced garlic

2. Slow Cooker Hoisin Chicken Wraps

- ☐ 8 small boneless chicken breasts
- ☐ 1/2 cup(s) hoisin sauce
- ☐ 2 Tbsp rice vinegar
- ☐ 2 Tbsp honey
- ☐ 4 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 2 gallon-size freezer baggie(s)

4. Chicken & Black Bean Enchiladas

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 2 15 oz. can(s) black beans
- ☐ 8 cup(s) shredded Monterey Jack cheese
- ☐ 2 cup(s) red salsa
- ☐ Salt and pepper
- ☐ 2 10 oz. can(s) enchilada sauce
- ☐ 24 corn tortillas
- ☐ 2 9x13 disposable foil tray(s)

6. Skillet Nacho Dip

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 15 oz. can pinto beans
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 2 taco seasoning
- ☐ 2 gallon-size freezer baggie(s)

8. Cajun Style Steak

- ☐ 3 lb(s) sirloin steak
- ☐ Salt and pepper
- ☐ 1/2 cup(s) orange juice
- ☐ 4 Tbsp lime juice
- ☐ 4 Tbsp canola oil
- ☐ 4 Tbsp steak seasoning

- ☐ 2 tsp dried oregano
- ☐ 2 gallon-size freezer baggie(s)

9. Cream Cheese Pork Chops

- ☐ 8 boneless pork chops
- ☐ 8 oz. cream cheese
- ☐ 1 cup(s) chicken stock
- ☐ 1/2 cup(s) grated Parmesan cheese
- ☐ 4 Tbsp balsamic vinegar
- ☐ 2 Tbsp lemon juice
- ☐ Salt and pepper
- ☐ 2 Tbsp olive oil
- ☐ 2 9x13 disposable foil tray(s)

- ☐ 4 tsp dried oregano
- ☐ 2 tsp ground cumin
- ☐ 2 gallon-size freezer baggie(s)

10. Pork Medallions with Dijon Sauce

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2x1 8 oz. box(es) sliced mushrooms
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 1/2 cup(s) white cooking wine
- ☐ 4 Tbsp Dijon mustard
- ☐ 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 boneless pork chops
- ☐ 16 small boneless chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 6 lb(s) ground beef
- ☐ 3 lb(s) sirloin steak
- ☐ 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- ☐ 3 cup(s) chicken stock
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 cup(s) red salsa
- ☐ 2 10 oz. can(s) enchilada sauce
- ☐ 2 15 oz. can pinto beans
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 2x1 10 oz can(s) cream of mushroom

Sauces/Condiments

- ☐ 8 Tbsp balsamic vinegar
- ☐ 1/2 cup(s) hoisin sauce
- ☐ 2 Tbsp rice vinegar
- ☐ 2 Tbsp honey
- ☐ 1 cup(s) red wine vinegar
- ☐ 4 Tbsp canola oil
- ☐ 2 Tbsp olive oil
- ☐ 1/2 cup(s) white cooking wine
- ☐ 4 Tbsp Dijon mustard

Dairy/Frozen

- ☐ 8 cup(s) shredded Monterey Jack cheese
- ☐ 1/2 cup(s) orange juice
- ☐ 8 oz. cream cheese
- ☐ 1/2 cup(s) grated Parmesan cheese

Produce

- ☐ 4 small white onion(s)
- ☐ 2 1/2 cup(s) lemon juice
- ☐ 4 Tbsp lime juice
- ☐ 2 Tbsp lemon juice
- ☐ 2x1 8 oz. box(es) sliced mushrooms

Starchy Sides

- ☐ 24 corn tortillas

Spices

- ☐ Salt and pepper
- ☐ 8 tsp brown sugar
- ☐ 16 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 4 tsp dried thyme
- ☐ 12 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 8 tsp dried oregano
- ☐ 2 taco seasoning
- ☐ 4 Tbsp steak seasoning
- ☐ 2 tsp ground cumin

Supplies

- ☐ 16x gallon-size freezer baggie(s)
- ☐ 4x 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

- ☐ Open, drain and rinse 2 cans of black beans.
- ☐ Soften and cube the cream cheese.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- ☐ Cut 2 pork tenderloins into 1-inch slices.
- ☐ Brown 2 lbs. ground beef with 4 Tbsp minced onion and 4 tsp garlic powder. Drain and set aside to cool.
- ☐ Brown 2 lbs. ground beef with 4 Tbsp minced onion and 4 tsp garlic powder. Drain and set aside to cool.
- ☐ Slice 2 small white onions.
- ☐ In a mixing bowl, toss together 6 cups of rotisserie chicken, the drained black beans, and 4 cups shredded Monterey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.
- ☐ Slice 2 white onions into half-moons.
- ☐ In a mixing bowl, whisk together 8 oz. softened cream cheese, 1 cup chicken stock, 1/2 cup Parmesan cheese, 4 Tbsp balsamic vinegar and 2 Tbsp lemon juice.
- ☐ In a mixing bowl, whisk together 2 cans of mushroom soup, 1/2 cup white cooking wine, 4 Tbsp Dijon mustard. Gently toss in the onion slices and sliced mushrooms.
- ☐ In a large mixing bowl, whisk together 1/2 cup orange juice, 4 Tbsp lime juice, 4 Tbsp canola oil, 4 Tbsp steak seasoning, 4 tsp dried oregano, and 2 tsp ground cumin.
- ☐ Open 2 cans of red enchilada sauce.
- ☐ Open, drain and rinse 2 cans of pinto beans.
- ☐ Open 2 cans of diced tomatoes with green chiles.

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.

Brown Sugar & Balsamic Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 2 Tbsp balsamic vinegar
- 4 tsp brown sugar

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

Slow Cooker Hoisin Chicken Wraps

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

- 4 small boneless chicken breasts
- 1/4 cup hoisin sauce
- 1 Tbsp honey
- 1 Tbsp rice vinegar
- 2 tsp minced garlic
- 1 tsp ground ginger
- Do NOT add the cornstarch

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

Slow Cooker Lemon Garlic Chicken

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

- 4 small boneless chicken breasts
- Half of the onion slices
- 1 cup chicken stock
- 1/4 cup lemon juice
- 2 tsp minced garlic
- 2 tsp dried thyme

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

Chicken & Black Bean Enchiladas

To each disposable tray, layer the following ingredients:

- Half of the enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterey cheese

Cover with foil or lid, add label and freeze.

Greek Beef Pita-chos

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

- Half of the browned ground beef
- 1/2 cup lemon juice
- 1/4 cup red wine vinegar
- 2 tsp minced garlic
- 1 tsp dried oregano

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

Skillet Nacho Dip

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

- Half of the browned ground beef
- 1 - 15 oz. can pinto beans
- 1 - 10 oz. can diced tomatoes with green chiles
- 1 packet taco seasoning
- Salt and pepper

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

Ground Beef Gyros

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

- Half of the browned ground beef
- 1/2 cup lemon juice
- 1/4 cup red wine vinegar
- 2 tsp minced garlic
- 1 tsp dried oregano

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

Cream Cheese Pork Chops

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

- 4 boneless pork chops
- Half of the prepared cream cheese sauce

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

Cajun Style Steak

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

- 1 1/2 lb. sirloin steak
- Half of the prepared marinade

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

Pork Medallions with Dijon Sauce

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

- Half of the pork pieces
- Half of the mushroom-onion mixture

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