

ALL BEEF MEAL PLAN

MARCH 2018

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1. Slow Cooker Korean Beef

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) stew beef
- 1 - cup(s) beef stock
- 1/4 - cup(s) soy sauce
- 3 - Tbsp sesame oil
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - tsp ground ginger
- - Salt and pepper
- 1 - tsp cornstarch**
- Garnish: - sliced green onions**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the stew beef pieces into the base of the slow cooker.
2. In a small bowl, whisk together the beef stock, soy sauce, sesame oil, minced onion, garlic powder, ground ginger and salt and pepper. Pour over the beef in the slow cooker and set on low. Cook for 8 hours.
3. With 30 minutes left in the cooking cycle, stir the 1 tsp cornstarch with 3 Tbsp water in a small bowl, then swirl it into the sauce in the slow cooker and finish cooking. It will thicken as it finishes cooking.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Korean Beef with green onion garnish over rice with salad.

Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 tsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.

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

- 2 lbs. Stew beef
- Half of the prepared 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. Stir in cornstarch as directed, with 30 minutes left in cooking cycle.

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 soy sauce.

2. Thai Beef Red Curry

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

- 2 - lb(s) beef for stirfry
- 1 - Tbsp canola oil
- 2 - Tbsp lime juice
- - Salt and pepper
- 1 - 15 oz. can light coconut milk**
- 1 - cup(s) beef broth
- 1 - red bell pepper(s)
- 2 - tsp minced garlic
- 3 - Tbsp red curry paste
- 1/2 - lb(s) bag matchstick carrots
- 1 - cup(s) frozen peas
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the red bell pepper(s).
2. Open the coconut milk, and reheat it over low heat if it has separated.
3. In a large saucepan, saute beef for stirfry strips in the oil and lime juice. Season with salt and pepper. Stir in the coconut milk, beef broth, red bell pepper slices, minced garlic, and red curry paste and bring to bubbling. Stir in the matchstick carrots and frozen peas. Return to bubbling over medium low heat.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Thai Beef Red Curry over rice with salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers.

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 1 cup beef broth
- Half of the red bell pepper slices
- 2 tsp minced garlic
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Do NOT add the coconut milk at this time. Store in the pantry.

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 saucepan and reheating. Once bubbling, stir in the canned coconut milk and return to bubbling.

Special Notes: Omit oil and serve over cauli-rice for Paleo/Whole30 meal.

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

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

3. 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.

4. 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.

5. 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.*

Complete Shopping List by Recipe

1. Slow Cooker Korean Beef

- ☐ 4 - lb(s) stew beef
- ☐ 2 - cup(s) beef stock
- ☐ 1/2 - cup(s) soy sauce
- ☐ 6 - Tbsp sesame oil
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp ground ginger
- ☐ - Salt and pepper
- ☐ 2 - tsp cornstarch
- ☐ - sliced green onions
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. 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 - gallon-size freezer baggie(s)

5. 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

2. Thai Beef Red Curry

- ☐ 4 - lb(s) beef for stirfry
- ☐ 2 - Tbsp canola oil
- ☐ 4 - Tbsp lime juice
- ☐ - Salt and pepper
- ☐ 2x1 - 15 oz. can light coconut milk
- ☐ 2 - cup(s) beef broth
- ☐ 2 - red bell pepper(s)
- ☐ 4 - tsp minced garlic
- ☐ 6 - Tbsp red curry paste
- ☐ 1 - lb(s) bag matchstick carrots
- ☐ 2 - cup(s) frozen peas
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

4. 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)



- ☐ - red onion slices
- ☐ - cucumber slices
- ☐ - naan bread
- ☐ - tzatziki sauce
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 4 lb(s) stew beef
- ☐ 4 lb(s) beef for stirfry
- ☐ 6 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) beef stock
- ☐ **Side:** rice
- ☐ 2x1 15 oz. can light coconut milk
- ☐ 2 cup(s) beef broth
- ☐ 2 15 oz. can pinto beans
- ☐ 2x1 10 oz diced tom & green chile

Sauces/Condiments

- ☐ 1/2 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 2 Tbsp canola oil
- ☐ 6 Tbsp red curry paste
- ☐ 1 cup(s) red wine vinegar
- ☐ **Side:** tzatziki sauce

Dairy/Frozen

- ☐ 2 cup(s) frozen peas
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 4 cup(s) shredded cheddar cheese

Produce

- ☐ **Garnish:** sliced green onions
- ☐ **Side:** salad
- ☐ 4 Tbsp lime juice
- ☐ **Garnish:** red bell pepper(s)
- ☐ 1 lb(s) bag matchstick carrots
- ☐ 2 cup(s) lemon juice
- ☐ **Side:** red onion slices
- ☐ **Garnish:** cucumber slices
- ☐ **Garnish:** avocado(s)

Starchy Sides

- ☐ **Side:** naan bread

Spices

- ☐ 14 Tbsp minced onion
- ☐ 8 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 2 tsp cornstarch
- ☐ 12 tsp minced garlic
- ☐ 4 tsp dried oregano
- ☐ 2 taco seasoning

Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(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. Slow Cooker Korean Beef

- ☐ 4 lb(s) stew beef
- ☐ 2 cup(s) beef stock
- ☐ 1/2 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. 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)

5. 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
- ☐ 2 gallon-size freezer baggie(s)

2. Thai Beef Red Curry

- ☐ 4 lb(s) beef for stirfry
- ☐ 2 Tbsp canola oil
- ☐ 4 Tbsp lime juice
- ☐ Salt and pepper
- ☐ 2 cup(s) beef broth
- ☐ 2 red bell pepper(s)
- ☐ 4 tsp minced garlic
- ☐ 6 Tbsp red curry paste
- ☐ 1 lb(s) bag matchstick carrots
- ☐ 2 cup(s) frozen peas
- ☐ 2 gallon-size freezer baggie(s)

4. 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)



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) stew beef
- ☐ 4 lb(s) beef for stirfry
- ☐ 6 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) beef stock
- ☐ 2 cup(s) beef broth
- ☐ 2 15 oz. can pinto beans
- ☐ 2x1 10 oz diced tom & green chile

Spices

- ☐ 14 Tbsp minced onion
- ☐ 8 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 12 tsp minced garlic
- ☐ 4 tsp dried oregano
- ☐ 2 taco seasoning

Supplies

- ☐ 10x gallon-size freezer baggie(s)

Produce

- ☐ 4 Tbsp lime juice
- ☐ 2 red bell pepper(s)
- ☐ 1 lb(s) bag matchstick carrots
- ☐ 2 cup(s) lemon juice

Sauces/Condiments

- ☐ 1/2 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 2 Tbsp canola oil
- ☐ 6 Tbsp red curry paste
- ☐ 1 cup(s) red wine vinegar

Dairy/Frozen

- ☐ 2 cup(s) frozen peas



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

- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 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.
- ☐ Brown 2 lbs. ground beef with 4 Tbsp minced onion and 4 tsp garlic powder. Drain and set aside to cool.
- ☐ Seed and slice 2 red bell peppers.
- ☐ In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 tsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.
- ☐ 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.

Slow Cooker Korean Beef

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

- 2 lbs. Stew beef
- Half of the prepared sauce

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

Thai Beef Red Curry

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 1 cup beef broth
- Half of the red bell pepper slices
- 2 tsp minced garlic
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Do NOT add the coconut milk at this time. Store in the pantry.

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