

# TRADITIONAL MEAL PLAN

**MARCH 2018**

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# 1. 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.*

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## 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)

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## 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.

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## 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.

## 2. 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.

### 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. 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.*

## 5. 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.

# Complete Shopping List by Recipe

## 1. 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)

## 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. 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. 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)

## 4. 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)



☐ 2 - 9x13 disposable foil tray(s)



# Complete Shopping List by Store Section/Category

## Meat

- ☐ 8 small boneless chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 4 lb(s) ground beef
- ☐ 8 boneless pork chops

## 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
- ☐ **Side:** rice

## Sauces/Condiments

- ☐ 1 cup(s) red wine vinegar
- ☐ **Side:** tzatziki sauce
- ☐ 4 Tbsp balsamic vinegar
- ☐ 2 Tbsp olive oil

## Dairy/Frozen

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

## Produce

- ☐ 2 small white onion(s)
- ☐ 2 1/2 cup(s) lemon juice
- ☐ **Side:** salad
- ☐ **Side:** veggies
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** red onion slices
- ☐ **Garnish:** cucumber slices
- ☐ 2 Tbsp lemon juice

## Starchy Sides

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

## Spices

- ☐ 12 tsp minced garlic
- ☐ 4 tsp dried thyme
- ☐ Salt and pepper
- ☐ 8 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 4 tsp dried oregano

## Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ **Side:** 4 9x13 disposable foil tray(s)
- ☐ 2 bag(s) pita 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 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)

## 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. 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)

## 2. 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)

## 4. 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)



# Freezer Meal Prep Day Shopping List by Store Section/Category

**Note:** This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

## Meat

- ☐ 8 small boneless chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 4 lb(s) ground beef
- ☐ 8 boneless pork chops

## 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

## Sauces/Condiments

- ☐ 1 cup(s) red wine vinegar
- ☐ 4 Tbsp balsamic vinegar
- ☐ 2 Tbsp olive oil

## Dairy/Frozen

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

## Produce

- ☐ 2 small white onion(s)
- ☐ 2 1/2 cup(s) lemon juice
- ☐ 2 Tbsp lemon juice

## Starchy Sides

- ☐ 24 corn tortillas

## Spices

- ☐ 12 tsp minced garlic
- ☐ 4 tsp dried thyme
- ☐ Salt and pepper
- ☐ 8 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 4 tsp dried oregano

## Supplies

- ☐ 6x 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 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.
- ☐ 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.
- ☐ Open 2 cans of red enchilada sauce.

*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 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.

### 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.

### 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.

### 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.

### 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.