

ALL CHICKEN MEAL PLAN

MAY 2018

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1. Slow Cooker Honey Mustard Shredded Chicken Sandwiches

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 - large boneless chicken breasts
- 1/4 - cup(s) honey
- 3 - Tbsp Dijon mustard
- 1 - tsp vinegar
- 4 - sliced Provolone cheese**
- 4 - sandwich buns**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker. Whisk together honey, Dijon mustard and vinegar in a small bowl and pour over chicken breasts.
2. Set the slow cooker on low and cook for 8 hours.
3. Note: if your slow cooker "runs hot" and has dried out meat in the past, you might want to add 1/2 to 1 cup of water or chicken stock to keep the inside of the slow cooker humid and prevent the meat from drying out.)
4. Once cooked, use 2 forks to shred the chicken before serving on buns with slice of cheese.
5. Serve Slow Cooker Honey Mustard Shredded Chicken Sandwiches with veggies.

Assembly Prep Directions for 2 Meals

Whisk together 1/2 cup honey, 6 Tbsp Dijon mustard and 2 tsp vinegar.

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

- 2 lbs. boneless, skinless chicken breasts
- Salt and pepper
- Half of the prepared marinade into each 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, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: The chicken can also be cooked on the grill and served in large pieces instead of shredded for the sandwiches. The chicken could also be cooked in a saucepan or Dutch oven and then shredded. Cook for about 30 minutes, or until chicken is cooked through. Also, if you prefer darker meat, you can use boneless, skinless chicken thighs in place of the chicken breasts.

Dairy-Free Modifications: Omit the Provolone cheese.

Gluten-Free Modifications: Use gluten-free buns or large pieces of lettuce to make lettuce wrapped chicken sandwiches. You could also serve the shredded chicken over rice.

2. Greek Chicken Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 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 - small boneless chicken breasts
- - Salt and pepper
- 2 - cup(s) cherry tomatoes
- 1 - cup(s) can(s) artichoke hearts
- 1 - cup(s) green olives
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 2 - tsp minced garlic
- 2 - tsp dried oregano
- Garnish: - feta cheese crumbles**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Drain the artichoke hearts, pat dry, and then quarter them.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, minced garlic and oregano.
4. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Add the cherry tomatoes, quartered artichoke hearts and olives around the chicken pieces. Pour the lemon juice marinade over the top.
5. Bake in the preheated oven for 45 minutes, or until chicken is cooked through. Sprinkle Feta cheese crumbles onto warm chicken bake, so they soften up.
6. Prepare the salad.
7. Serve Greek Chicken Bake with salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.

Drain 2 cups artichoke hearts, pat dry and then quarter them.

To each disposable foil tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the cherry tomatoes
- Half of the quartered artichoke hearts
- Half of the green olives
- Half of the prepared Greek lemon marinade

Cover tightly with foil or lid, add label to tray 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: *Omit the Feta cheese crumbles for dairy-free & Paleo meal.*

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

3. Slow Cooker Chicken & Spinach Stroganoff

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
- 2 - cup(s) frozen spinach
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) chicken broth
- 1 - tsp paprika
- 1 - 10 oz can(s) cream of mushroom
- - Salt and pepper
- 1 - cup(s) sour cream**
- Side: - egg noodles**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. To the slow cooker insert, add the chicken breasts, frozen spinach, minced onion, garlic powder, chicken broth, paprika, cream of mushroom soup, salt and pepper.
2. Set the slow cooker on low and cook for 8 hours. Just before serving, stir in 1 cup sour cream into the chicken mixture.
3. Cook the egg noodles, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Chicken & Spinach Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 2 cups frozen spinach
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 1 - 10 oz. can cream of mushroom soup

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. Just before serving, stir in 1 cup of sour cream.*

Special Notes: *If you wish to make your own cream of mushroom soup, visit 5dollardinners.com and search "homemade cream of mushroom sauce."*

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

Gluten-Free Modifications: *Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.*

4. Chicken Green Curry

Yield: 4 servings

Active Time: 15 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

- 2 - 15 oz. can light coconut milk
- 3 - Tbsp green curry paste
- 1 - Tbsp curry powder
- 1 - tsp ground ginger
- 1 - tsp garlic powder
- 1/2 - orange bell pepper(s)
- 1/2 - yellow bell pepper(s)
- 4 - large boneless chicken breasts
- 1 - 15 oz. can(s) sweet peas
- 2 - cilantro and green onion
- Garnish: - rice**
- - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice as directed on package.
2. Slice the bell peppers into strips.
3. Open and drain the can(s) of peas.
4. In a large saucepan or skillet, whisk the coconut milk, curry paste, curry powder, ginger, and garlic powder. If your coconut milk has separated in the can, it will become smooth again when it heats up.
5. Stir in the bell pepper slices, pieces of chicken and peas. Let cook over medium low heat for about 15 minutes, allowing the chicken to cook through and the flavors to mingle.
6. Prepare the cilantro and green onion garnish.
7. Serve Chicken Green Curry over rice with cilantro and green onion garnish.

Assembly Prep Directions for 2 Meals

Cut 8 boneless, skinless chicken breasts into 1/2-inch pieces.

Slice 1 orange & 1 yellow bell pepper.

Whisk together 4 – 15 oz. cans light coconut milk, 6 Tbsp red curry paste, 2 Tbsp curry powder, 2 tsp ground ginger, and 2 tsp garlic powder.

Open & drain 2 cans sweet peas.

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

- Half of the sweet peas
- Half of the sliced orange bell peppers
- Half of the sliced yellow bell peppers
- Chicken pieces, half into each bag
- Prepared curry sauce, half into each 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.*

Special Notes: *If you wish to make a thicker and creamier curry sauce, you could use a 15 oz. can of coconut milk and a 15 oz. can of coconut cream (near the coconut milk). This is NOT the same coconut cream that is on the alcohol aisle.*

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

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

5. Chicken Jambalaya Skillet

Yield: 4 servings

Active Time: 10 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

- 2 - large boneless chicken breasts
- 1 - Tbsp olive oil
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 2 - Tbsp Cajun seasoning
- 2 - cup(s) white rice**
- 3 - cup(s) chicken stock**
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into thin strips.
2. Seed and finely chop the red and green bell peppers. Chop the white 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 and green bell peppers, the chopped onion and let saute for 2 to 3 minutes. Add the diced tomatoes, Cajun seasoning and then sprinkle in the rice. Pour in the chicken stock and bring to bubbling. The cover with tight fitting lid and reduce heat to low. Simmer for 18 to 20 minutes, or until rice is cooked. Gently fluff with fork before serving. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Chicken Jambalaya Skillet with side salad.

Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into thin strips.

Seed and finely chop 2 red and 2 green bell peppers. Chop 2 white onions.

Open 2 cans of diced tomatoes. Do not drain.

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

- Half of the chicken breast strips
- Half of the chopped red and green bell peppers
- Half of the chopped white onion
- Half of the can(s) of diced tomatoes with juices
- 2 Tbsp Cajun seasoning
- Do NOT add the rice or chicken stock to freezer meal 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, add the rice and chicken stock and return to bubbling. Cover with lid and let simmer on low for 18 to 20 minutes, or until rice is cooked. Season with salt and pepper.*

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.*

Complete Shopping List by Recipe

1. Slow Cooker Honey Mustard Shredded Chicken

Sandwiches

- 4 - large boneless chicken breasts
- 1/2 - cup(s) honey
- 6 - Tbsp Dijon mustard
- 2 - tsp vinegar
- 8 - sliced Provolone cheese
- 4 - sandwich buns
- veggies
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Chicken & Spinach Stroganoff

- 8 - small boneless chicken breasts
- 2x2 - cup(s) frozen spinach
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) chicken broth
- 2 - tsp paprika
- 2x1 - 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 - cup(s) sour cream
- egg noodles
- veggies
- 2 - gallon-size freezer baggie(s)

5. Chicken Jambalaya Skillet

- 4 - large boneless chicken breasts
- 2 - Tbsp olive oil
- 2 - red bell pepper(s)
- 2 - green bell pepper(s)
- 2 - small white onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 4 - Tbsp Cajun seasoning
- 4 - cup(s) white rice
- 6 - cup(s) chicken stock
- Salt and pepper

2. Greek Chicken Bake

- 8 - small boneless chicken breasts
- Salt and pepper
- 2x2 - cup(s) cherry tomatoes
- 2 - cup(s) can(s) artichoke hearts
- 2 - cup(s) green olives
- 4 - Tbsp olive oil
- 4 - Tbsp lemon juice
- 4 - tsp minced garlic
- 4 - tsp dried oregano
- feta cheese crumbles
- salad
- 2 - 9x13 disposable foil tray(s)

4. Chicken Green Curry

- 2x2 - 15 oz. can light coconut milk
- 6 - Tbsp green curry paste
- 2 - Tbsp curry powder
- 2 - tsp ground ginger
- 2 - tsp garlic powder
- 1 - orange bell pepper(s)
- 1 - yellow bell pepper(s)
- 8 - large boneless chicken breasts
- 2 - 15 oz. can(s) sweet peas
- 2 - cilantro and green onion
- rice
- gallon-size freezer baggie(s)



- salad

2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 16 large boneless chicken breasts
- 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2 cup(s) can(s) artichoke hearts
- 2 cup(s) green olives
- 2 cup(s) chicken broth
- 2x1 10 oz can(s) cream of mushroom
- 2x2 15 oz. can light coconut milk
- 2 15 oz. can(s) sweet peas
- Side:** rice
- 2 15 oz. can(s) diced tomatoes
- 4 cup(s) white rice
- 6 cup(s) chicken stock

Sauces/Condiments

- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- 6 Tbsp olive oil
- 6 Tbsp green curry paste

Dairy/Frozen

- 8 sliced Provolone cheese
- Garnish:** feta cheese crumbles
- 2x2 cup(s) frozen spinach
- 2 cup(s) sour cream

Produce

- Side:** veggies
- 2x2 cup(s) cherry tomatoes
- 4 Tbsp lemon juice
- Side:** salad
- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- Side:** 2 cilantro and green onion
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)

Starchy Sides

- Side:** 4 sandwich buns
- Side:** egg noodles

Spices

- Salt and pepper
- 4 tsp minced garlic
- 4 tsp dried oregano
- 2 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp paprika
- 2 Tbsp curry powder
- 2 tsp ground ginger
- 4 Tbsp Cajun seasoning

Supplies

- Side:** 6 gallon-size freezer baggie(s)
- Side:** 2 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 Honey Mustard Shredded Chicken

Sandwiches

- 4 large boneless chicken breasts
- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- 2 gallon-size freezer baggie(s)

2. Greek Chicken Bake

- 8 small boneless chicken breasts
- Salt and pepper
- 2x2 cup(s) cherry tomatoes
- 2 cup(s) can(s) artichoke hearts
- 2 cup(s) green olives
- 4 Tbsp olive oil
- 4 Tbsp lemon juice
- 4 tsp minced garlic
- 4 tsp dried oregano
- 2 9x13 disposable foil tray(s)

3. Slow Cooker Chicken & Spinach Stroganoff

- 8 small boneless chicken breasts
- 2x2 cup(s) frozen spinach
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) chicken broth
- 2 tsp paprika
- 2x1 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Chicken Green Curry

- 2x2 15 oz. can light coconut milk
- 6 Tbsp green curry paste
- 2 Tbsp curry powder
- 2 tsp ground ginger
- 2 tsp garlic powder
- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- 8 large boneless chicken breasts
- 2 15 oz. can(s) sweet peas
- gallon-size freezer baggie(s)

5. Chicken Jambalaya Skillet

- 4 large boneless chicken breasts
- 2 Tbsp olive oil
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 15 oz. can(s) diced tomatoes
- 4 Tbsp Cajun seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

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

Meat

- 16 large boneless chicken breasts
- 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2 cup(s) can(s) artichoke hearts
- 2 cup(s) green olives
- 2 cup(s) chicken broth
- 2x1 10 oz can(s) cream of mushroom
- 2x2 15 oz. can light coconut milk
- 2 15 oz. can(s) sweet peas
- 2 15 oz. can(s) diced tomatoes

Spices

- Salt and pepper
- 4 tsp minced garlic
- 4 tsp dried oregano
- 2 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp paprika
- 2 Tbsp curry powder
- 2 tsp ground ginger
- 4 Tbsp Cajun seasoning

Supplies

- 6x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray(s)

Produce

- 2x2 cup(s) cherry tomatoes
- 4 Tbsp lemon juice
- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- 4x cilantro and green onion
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)

Sauces/Condiments

- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- 6 Tbsp olive oil
- 6 Tbsp green curry paste

Dairy/Frozen

- 2x2 cup(s) frozen spinach

Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- Cut 4 chicken breasts into thin strips.
- Cut 8 boneless, skinless chicken breasts into 1/2-inch pieces.
- Seed and finely chop 2 red and 2 green bell peppers. Chop 2 white onions.
- Slice 1 orange & 1 yellow bell pepper.
- In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice, 4 tsp minced garlic and 4 tsp oregano.
- Whisk together 1/2 cup honey, 6 Tbsp Dijon mustard and 2 tsp vinegar.
- Whisk together 4 – 15 oz. cans light coconut milk, 6 Tbsp red curry paste, 2 Tbsp curry powder, 2 tsp ground ginger, and 2 tsp garlic powder.
- Drain 2 cups artichoke hearts, pat dry and then quarter them.
- Open 2 cans of diced tomatoes. Do not drain.
- Open & drain 2 cans sweet peas.

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 Honey Mustard Shredded

Chicken Sandwiches

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

- 2 lbs. boneless, skinless chicken breasts
- Salt and pepper
- Half of the prepared marinade into each bag

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

Slow Cooker Chicken & Spinach

Stroganoff

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

- 4 small boneless chicken breasts
- 2 cups frozen spinach
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 1 - 10 oz. can cream of mushroom soup

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

Chicken Jambalaya Skillet

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

- Half of the chicken breast strips
- Half of the chopped red and green bell peppers
- Half of the chopped white onion
- Half of the can(s) of diced tomatoes with juices
- 2 Tbsp Cajun seasoning
- Do NOT add the rice or chicken stock to freezer

Greek Chicken Bake

To each disposable foil tray, add the following ingredients:

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the cherry tomatoes
- Half of the quartered artichoke hearts
- Half of the green olives
- Half of the prepared Greek lemon marinade

Cover tightly with foil or lid, add label to tray and freeze.

Chicken Green Curry

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

- Half of the sweet peas
- Half of the sliced orange bell peppers
- Half of the sliced yellow bell peppers
- Chicken pieces, half into each bag
- Prepared curry sauce, half into each bag

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



meal bag.

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