

CLEAN EATS MEAL PLAN

MAY 2018

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1. Grilled Pork Chops, Peaches & Red Onions

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

- 4 - small boneless pork chops
 - 1/2 - tsp garlic powder
 - 1/2 - tsp onion powder
 - - Salt and pepper
 - 3 - large peach(es)
 - 1 - medium red onion(s)
 - Side: - dinner rolls**
 - Side: - salad**
 - 1 - gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. Season the pork chops with garlic powder, onion powder and salt and pepper. Grill the pork chops for 5 to 6 minutes on each side, or until internal temperature reaches 145 F. Grilling time will vary depending on heat of the grill and thickness of the chop.
2. Halve the peaches and lay them flesh side down on the grill. Lay the red onion rings on the grill and grill peaches and red onions for 6 to 8 minutes, flipping the red onions once.
3. Warm the rolls.
4. Prepare salad.
5. Serve Grilled Pork Chops, Peaches & Red Onions with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

Slice 2 red onions into onion-ring like circles.

Seed and halve 6 peaches.

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

- 4 boneless pork chops
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper
- Half of the peach halves
- Half of the red onion slices

Remove as much as air as possible and seal.

Freeze & Thaw Instructions: *Thaw completely before grilling pork chops alongside the peaches and red onions. Grill 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. 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. Cuban Style 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
- 1/4 - cup(s) orange juice
- 3 - Tbsp lime juice
- 2 - tsp minced garlic
- 2 - tsp paprika
- 1 - tsp dried oregano
- 1 - tsp onion powder
- 1 - tsp ground cumin
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Lightly spray a 9x13-inch baking dish with non-stick cooking spray. Place the pork chops into the baking dish and season both sides with salt and pepper.
2. In a small mixing bowl, whisk together the orange juice, lime juice, minced garlic, paprika, dried oregano, onion powder and ground cumin. Pour the marinade over the pork chops and marinate in the fridge for at least 30 minutes.
3. Cook the rice, as directed.
4. Preheat oven to 375 F.
5. Once marinated, bake the pork chops in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
6. Prepare veggies.
7. Serve Cuban Style Pork Chops over rice with veggies.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1/2 cup orange juice, 6 Tbsp lime juice, 4 tsp minced garlic, 4 tsp paprika, 2 tsp dried oregano, 2 tsp onion powder, and 2 tsp ground cumin.

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

- 4 boneless pork chops
- 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 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. Serve with cauliflower rice for a Paleo meal.

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. Vegetable & 3-Bean Chili

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) red kidney beans
- 1 - can(s) pinto beans
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - green bell pepper(s)
- 1 - small zucchini
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 2 - Tbsp chili powder
- 1 - tsp ground cumin
- 2 - cup(s) vegetable stock
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the cans of pinto, black and red kidney beans.
2. Open and drain the can of crushed tomatoes.
3. Seed and chop the green bell pepper. Slice the zucchini. Chop the onion.
4. In a large saucepan or Dutch oven, saute the green bell peppers and onions for 2 to 3 minutes. Stir in the crushed tomatoes, pinto beans, black beans, red kidney beans, sliced zucchini, minced garlic, chili powder, ground cumin, dried oregano and vegetable stock. Bring to bubbling and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Warm the dinner rolls.
6. Serve Vegetable & 3-Bean Chili with shredded cheese garnish and dinner rolls.

Assembly Prep Directions for 2 Meals

Seed and chop 2 green bell peppers.

Slice 2 zucchini.

Chop 2 onions.

Open, drain and rinse the 2 cans of pinto beans, black beans, and red kidney beans.

Open and drain 2 cans of crushed tomatoes.

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

- Half of the chopped bell peppers
- Half of the chopped onions
- Half of the sliced zucchini
- Half of the black beans
- Half of the red kidney beans
- Half of the pinto beans
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 cups vegetable stock
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.

Dairy-Free Modifications: Recipe is dairy-free when omit



the cheese garnish.

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

Complete Shopping List by Recipe

1. Grilled Pork Chops, Peaches & Red Onions

- ☐ 8 - small boneless pork chops
- ☐ 1 - tsp garlic powder
- ☐ 1 - tsp onion powder
- ☐ - Salt and pepper
- ☐ 6 - large peach(es)
- ☐ 2 - medium red onion(s)
- ☐ - dinner rolls
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Cuban Style Pork Chops

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 1/2 - cup(s) orange juice
- ☐ 6 - Tbsp lime juice
- ☐ 4 - tsp minced garlic
- ☐ 4 - tsp paprika
- ☐ 2 - tsp dried oregano
- ☐ 2 - tsp onion powder
- ☐ 2 - tsp ground cumin
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

5. Vegetable & 3-Bean Chili

- ☐ 2 - 15 oz. can(s) black beans
- ☐ 2x1 - 15 oz. can(s) red kidney beans
- ☐ 2x1 - can(s) pinto beans
- ☐ 2x1 - 15 oz. can(s) crushed tomatoes
- ☐ 2 - green bell pepper(s)
- ☐ 2 - small zucchini
- ☐ 2 - small white onion(s)
- ☐ 4 - tsp minced garlic
- ☐ 4 - Tbsp chili powder
- ☐ 2 - tsp ground cumin

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)



- ☐ 4 - cup(s) vegetable stock
- ☐ - Salt and pepper
- ☐ - shredded cheddar cheese
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 small boneless pork chops
- ☐ 8 small boneless chicken breasts
- ☐ 8 boneless pork chops
- ☐ 8 large boneless chicken breasts

Produce

- ☐ 6 large peach(es)
- ☐ 2 medium red onion(s)
- ☐ **Side:** salad
- ☐ 2x2 cup(s) cherry tomatoes
- ☐ 4 Tbsp lemon juice
- ☐ 6 Tbsp lime juice
- ☐ **Side:** veggies
- ☐ 1 orange bell pepper(s)
- ☐ 1 yellow bell pepper(s)
- ☐ **Side:** 2 cilantro and green onion
- ☐ 2 green bell pepper(s)
- ☐ 2 small zucchini
- ☐ 2 small white onion(s)

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) can(s) artichoke hearts
- ☐ 2 cup(s) green olives
- ☐ **Side:** rice
- ☐ 2x2 15 oz. can light coconut milk
- ☐ 2 15 oz. can(s) sweet peas
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) red kidney beans
- ☐ 2x1 can(s) pinto beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 4 cup(s) vegetable stock

Starchy Sides

- ☐ **Side:** dinner rolls

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 6 Tbsp green curry paste

Spices

- ☐ 3 tsp garlic powder
- ☐ 3 tsp onion powder
- ☐ Salt and pepper
- ☐ 12 tsp minced garlic
- ☐ 6 tsp dried oregano
- ☐ 4 tsp paprika
- ☐ 4 tsp ground cumin
- ☐ 2 Tbsp curry powder
- ☐ 2 tsp ground ginger
- ☐ 4 Tbsp chili powder

Dairy/Frozen

Supplies



- ☐ **Garnish:** feta cheese crumbles
- ☐ 1/2 cup(s) orange juice
- ☐ **Garnish:** shredded cheddar cheese

- ☐ **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. Grilled Pork Chops, Peaches & Red Onions

- ☐ 8 small boneless pork chops
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ Salt and pepper
- ☐ 6 large peach(es)
- ☐ 2 medium red onion(s)
- ☐ 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. Cuban Style Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1/2 cup(s) orange juice
- ☐ 6 Tbsp lime juice
- ☐ 4 tsp minced garlic
- ☐ 4 tsp paprika
- ☐ 2 tsp dried oregano
- ☐ 2 tsp onion powder
- ☐ 2 tsp ground cumin
- ☐ 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. Vegetable & 3-Bean Chili

- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) red kidney beans
- ☐ 2x1 can(s) pinto beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2 green bell pepper(s)
- ☐ 2 small zucchini
- ☐ 2 small white onion(s)
- ☐ 4 tsp minced garlic
- ☐ 4 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 4 cup(s) vegetable stock



- ☐ 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

- ☐ 8 small boneless pork chops
- ☐ 8 small boneless chicken breasts
- ☐ 8 boneless pork chops
- ☐ 8 large boneless chicken breasts

Produce

- ☐ 6 large peach(es)
- ☐ 2 medium red onion(s)
- ☐ 2x2 cup(s) cherry tomatoes
- ☐ 4 Tbsp lemon juice
- ☐ 6 Tbsp lime juice
- ☐ 1 orange bell pepper(s)
- ☐ 1 yellow bell pepper(s)
- ☐ 4x cilantro and green onion
- ☐ 2 green bell pepper(s)
- ☐ 2 small zucchini
- ☐ 2 small white onion(s)

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) can(s) artichoke hearts
- ☐ 2 cup(s) green olives
- ☐ 2x2 15 oz. can light coconut milk
- ☐ 2 15 oz. can(s) sweet peas
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) red kidney beans
- ☐ 2x1 can(s) pinto beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 4 cup(s) vegetable stock

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 6 Tbsp green curry paste

Spices

- ☐ 3 tsp garlic powder
- ☐ 3 tsp onion powder
- ☐ Salt and pepper
- ☐ 12 tsp minced garlic
- ☐ 6 tsp dried oregano
- ☐ 4 tsp paprika
- ☐ 4 tsp ground cumin
- ☐ 2 Tbsp curry powder
- ☐ 2 tsp ground ginger
- ☐ 4 Tbsp chili powder

Dairy/Frozen

- ☐ 1/2 cup(s) orange juice



Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 2x 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

- ☐ Cut 8 boneless, skinless chicken breasts into 1/2-inch pieces.
- ☐ Slice 2 red onions into onion-ring like circles.
- ☐ Seed and halve 6 peaches.
- ☐ Seed and chop 2 green bell peppers.
- ☐ Slice 2 zucchini.
- ☐ Chop 2 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.
- ☐ In a small mixing bowl, whisk together 1/2 cup orange juice, 6 Tbsp lime juice, 4 tsp minced garlic, 4 tsp paprika, 2 tsp dried oregano, 2 tsp onion powder, and 2 tsp ground cumin.
- ☐ 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, drain and rinse the 2 cans of pinto beans, black beans, and red kidney beans.
- ☐ Open and drain 2 cans of crushed tomatoes.
- ☐ 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.

Grilled Pork Chops, Peaches & Red Onions

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

- 4 boneless pork chops
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper
- Half of the peach halves
- Half of the red onion slices

Remove as much as air as possible and seal.

Cuban Style Pork Chops

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

- 4 boneless pork chops
- 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.

Vegetable & 3-Bean Chili

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

- Half of the chopped bell peppers
- Half of the chopped onions
- Half of the sliced zucchini
- Half of the black beans
- Half of the red kidney beans
- Half of the pinto beans
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano

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.



- 2 cups vegetable stock
- Salt and pepper

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