

# GLUTEN FREE MEAL PLAN

**MAY 2018**

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# 1. Slow Cooker Salsa Verde Beef Tacos

*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

- 2 - lb(s) beef roast
- 1 - tsp ground cumin
- - Salt and pepper
- 1 1/2 - cup(s) salsa verde sauce
- 12 - oz. Coleslaw mix with dressing\*\*
- 12 - corn tortillas\*\*
- Garnish: - cotija cheese\*\*
- Garnish: - avocado(s)\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Place the beef in the base of the slow cooker and season with the ground cumin, salt and pepper. Pour the salsa verde over the beef. Set on low and cook for 8 hours. Once cooked, shred the beef for the tacos.
2. Before serving, prepare the slaw in a mixing bowl.
3. Assemble tacos by placing some shredded beef in the middle of the tortilla, and top with the slaw and optional garnishes.
4. Prepare fresh fruit.
5. Serve Slow Cooker Salsa Verde Beef Tacos with Coleslaw and fruit.

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## Assembly Prep Directions for 2 Meals

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

- 2 lbs. beef roast
- 1 tsp ground cumin
- Salt and pepper
- 1 1/2 cups salsa verde

Remove as much as air as possible and seal.

**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:** *Omit cheese garnish for dairy-free meal.*

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

## 2. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

*Yield: 8 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

- 2 - lb(s) ground beef
- 1/2 - small white onion(s)
- 1/4 - cup(s) bacon crumbles
- - Salt and pepper
- 1/4 - cup(s) blue cheese crumbles\*\*
- 8 - large lettuce leaves
- Side: - fruit\*\*
- Side: - potato chips\*\*
- 1 - pieces Foil
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Peel and grate 1/2 small white onion.
2. Mix ground beef, grated onion, and bacon crumbles. Make 8 burger patties and season both sides with salt and pepper.
3. Grill burgers to desired temperature. Set patties onto large lettuce leaves and top with blue cheese crumbles.
4. Prepare fruit.
5. Serve Grilled Bacon & Blue Burgers {Lettuce Wraps} with fruit and chips.

### Assembly Prep Directions for 2 Meals

Peel and grate 1 small white onion.

Mix 4 lbs. ground beef, grated onion, and 1/2 cup bacon crumbles. Form 16 burger patties.

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

- Half of the burger patties
- Small piece of foil between patties to prevent sticking

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 completely in the fridge before grilling the burgers.*

**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. Hashbrown Beef Bake

*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 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 30 - oz. frozen shredded hash browns
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) milk
- 2 - cup(s) shredded cheddar cheese
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

### Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the can of cream of mushroom soup.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the shredded hash browns, cream of mushroom soup, milk plus half of the shredded cheese.
4. Pour into a baking dish and top with remaining shredded cheese. Bake in the preheated oven for 30 minutes, or until warmed through and cheese on top is melted.
5. Prepare the salad.
6. Serve Hashbrown Beef Bake 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 let cool.

Open 2 cans of cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.

Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup mixture.

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the shredded cheese on top

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 is not a great dairy-free option for this meal.*

**Gluten-Free Modifications:** *Recipe is gluten free when you use gluten-free cream of mushroom soup (Pacific Foods brand.)*

## 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. Slow Cooker Salsa Verde Beef Tacos

- 4 - lb(s) beef roast
- 2 - tsp ground cumin
- Salt and pepper
- 3 - cup(s) salsa verde sauce
- 2x12 - oz. Coleslaw mix with dressing
- 24 - corn tortillas
- cotija cheese
- avocado(s)
- fruit
- 2 - gallon-size freezer baggie(s)

## 3. Hashbrown Beef Bake

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 60 - oz. frozen shredded hash browns
- 2x1 - 10 oz can(s) cream of mushroom
- 2 - cup(s) milk
- 4 - cup(s) shredded cheddar cheese
- salad
- 2 - 9x13 disposable foil tray(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

## 2. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

- 4 - lb(s) ground beef
- 1 - small white onion(s)
- 1/2 - cup(s) bacon crumbles
- Salt and pepper
- 1/2 - cup(s) blue cheese crumbles
- 16 - large lettuce leaves
- fruit
- potato chips
- 2 - pieces Foil
- 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
- 2 - cilantro and green onion
- rice
- gallon-size freezer baggie(s)





- Salt and pepper
- shredded cheddar cheese
- dinner rolls
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 4 lb(s) beef roast
- 6 lb(s) ground beef
- 1/2 cup(s) bacon crumbles
- 8 large boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 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) 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

- 3 cup(s) salsa verde sauce
- 6 Tbsp green curry paste

## Dairy/Frozen

- Garnish:** cotija cheese
- 1/2 cup(s) blue cheese crumbles
- 60 oz. frozen shredded hash browns
- 2 cup(s) milk
- 4 cup(s) shredded cheddar cheese

## Produce

- 2x12 oz. Coleslaw mix with dressing
- Garnish:** avocado(s)
- Side:** fruit
- 3 small white onion(s)
- 16 large lettuce leaves
- Side:** salad
- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- Side:** 2 cilantro and green onion
- 2 green bell pepper(s)
- 2 small zucchini

## Starchy Sides

- 24 corn tortillas
- Side:** potato chips
- Side:** dinner rolls

## Spices

- 4 tsp ground cumin
- Salt and pepper
- 2 Tbsp minced onion
- 4 tsp garlic powder
- 2 Tbsp curry powder
- 2 tsp ground ginger
- 4 tsp minced garlic
- 4 Tbsp chili powder

## Supplies

- Side:** 6 gallon-size freezer baggie(s)
- 2 pieces Foil
- Side:** 2 9x13 disposable foil tray(s)

**Garnish:** shredded cheddar cheese

# 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 Salsa Verde Beef Tacos

- 4 lb(s) beef roast
- 2 tsp ground cumin
- Salt and pepper
- 3 cup(s) salsa verde sauce
- 2 gallon-size freezer baggie(s)

## 3. Hashbrown Beef Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 60 oz. frozen shredded hash browns
- 2x1 10 oz can(s) cream of mushroom
- 2 cup(s) milk
- 4 cup(s) shredded cheddar cheese
- 2 9x13 disposable foil tray(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)

## 2. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

- 4 lb(s) ground beef
- 1 small white onion(s)
- 1/2 cup(s) bacon crumbles
- Salt and pepper
- 16 large lettuce leaves
- 2 pieces Foil
- 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)

# 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) beef roast
- 6 lb(s) ground beef
- 1/2 cup(s) bacon crumbles
- 8 large boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 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) 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

## Spices

- 4 tsp ground cumin
- Salt and pepper
- 2 Tbsp minced onion
- 4 tsp garlic powder
- 2 Tbsp curry powder
- 2 tsp ground ginger
- 4 tsp minced garlic
- 4 Tbsp chili powder

## Supplies

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

## Produce

- 3 small white onion(s)
- 16 large lettuce leaves
- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- 4x cilantro and green onion
- 2 green bell pepper(s)
- 2 small zucchini

## Sauces/Condiments

- 3 cup(s) salsa verde sauce
- 6 Tbsp green curry paste

## Dairy/Frozen

- 60 oz. frozen shredded hash browns
- 2 cup(s) milk
- 4 cup(s) shredded cheddar cheese

## 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 let cool.
- Peel and grate 1 small white onion.
- Cut 8 boneless, skinless chicken breasts into 1/2-inch pieces.
- Mix 4 lbs. ground beef, grated onion, and 1/2 cup bacon crumbles. Form 16 burger patties.
- Seed and chop 2 green bell peppers.
- Slice 2 zucchini.
- Chop 2 onions.
- 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 2 cans of cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.
- 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.
- Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup mixture.

*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 Salsa Verde Beef Tacos

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

- 2 lbs. beef roast
- 1 tsp ground cumin
- Salt and pepper
- 1 1/2 cups salsa verde

Remove as much as air as possible and seal.

### Hashbrown Beef Bake

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the shredded cheese on top

Cover with foil or lid, add label 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

### Grilled Bacon & Blue Cheeseburgers

#### {Lettuce Wraps}

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

- Half of the burger patties
- Small piece of foil between patties to prevent sticking

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