

ALL PORK MEAL PLAN

MAY 2018

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1. Pineapple Bourbon Pork Chops

Yield: 4 servings

Active Time: 15 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 - cup(s) pineapple bourbon sauce
- 1 - 20 oz. can(s) pineapple chunks
- Side: - dinner rolls**
- Side: - salad or veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slow Cooking Instructions: Add the pork chops, salt and pepper, Pineapple Bourbon sauce (or Teriyaki sauce) and pineapple chunks to the slow cooker. Set on low and cook for 8 hours.
2. Oven Cooking Instructions: Preheat oven to 350 F.
3. Add the pork chops to a glass baking dish and sprinkle a little salt and pepper over the top of the chops. Pour the Pineapple Bourbon or sweet Teriyaki sauce over the top. Add the pineapple chunks around and on top of the pork chops.
4. Bake in the preheated oven for 35 to 40 minutes, or until no longer pink in the middle. Cooking time may vary depending on thickness of the chops.
5. Serve Pineapple Bourbon Pork Chops with salad or veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of pineapple chunks.

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

- 4 boneless pork chops
- Salt and pepper
- About 1 cup Pineapple Bourbon or sweet Teriyaki sauce
- Half of the canned pineapple chunks

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, or baking as directed.*

Special Notes: *If you plan to bake these pork chops, you could use a disposable freezer cooking tray during the assembly process. Add the pork chops, then the pineapple chunks and add the pineapple bourbon sauce over the top. Cover with foil and freeze. Thaw completely before baking for 45 minutes to one hour, or until pork chops are no longer pink in the middle. Cooking time may vary depending on thickness of the pork chops you use.*

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

Gluten-Free Modifications: *Use GF teriyaki sauce or other sweet-Asian GF sauce.*

2. Cranberry-Mustard Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 35 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
- 4 - dash cinnamon
- 1 - 15 oz can(s) whole cranberries
- 1/4 - cup(s) spicy mustard
- Side: - rice**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 375 F/ 190 C. Spray a 9x13 inch glass baking dish with non-stick cooking spray. and cook on low for 8 hours.
2. Place the pork chops into the baking dish and sprinkle with salt and pepper and add a dash of cinnamon on top of each chop.
3. In a small mixing bowl, combine the whole cranberries with the spicy mustard. Pour the sauce over top of the pork chops and bake in the preheated oven for 30 to 35 minutes, or until pork chops are cooked through. Cooking time may vary, depending on thickness of the chop.
4. Serve Cranberry-Mustard Pork Chops with a side of rice and veggies.

Assembly Prep Directions for 2 Meals

Whisk together 2 - 15 oz. cans whole cranberries sauce & 1/2 cup spicy mustard.

To each of the disposable 9x13-inch baking trays, add the following ingredients:

- 4 boneless pork chops
- Half of the prepared cranberry-mustard sauce over the pork chops

Cover each tray with foil.

Freeze & Thaw Instructions: *Pull out the tray the night before and thaw overnight in the fridge. Cook as directed. If only partially thawed, keep covered and bake for an additional 20-30 minutes and then finish baking as directed and until pork chops are cooked.*

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. 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)

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.*

4. Slow Cooker Shredded Pork with Thai Peanut Sauce

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours

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) pork roast
- - Salt and pepper
- 1 - red bell pepper(s)
- 1 - small white onion(s)
- 1/2 - cup(s) soy sauce
- 1/4 - cup(s) peanut butter
- 1 - Tbsp vinegar
- 1 - Tbsp lime juice
- 1 - tsp ground ginger
- 1 - tsp garlic powder
- Garnish: - green onions and lime slices**
- Garnish: - chopped peanuts**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the red bell pepper. Thinly slice the onion.
2. In a mixing bowl, whisk together the soy sauce, peanut butter, vinegar, lime juice, ground ginger and garlic powder. Add in a few pinches of salt and pepper.
3. Add the pork roast to the base of the slow cooker and add the bell peppers and onions over the top. Pour the Thai peanut sauce over the top. (If your slow cooker runs hot, add ½ cup of water around the pork roast.)
4. Set on low and cook for 8 hours. Once cooked, use 2 forks and shred the pork meat into the sauce.
5. Cook rice, as directed.
6. Prepare salad.
7. Serve Shredded Pork with Thai Peanut Sauce over rice with side salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers. Thinly slice 2 onions.

In a mixing bowl, whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.

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

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared soy-peanut sauce 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.

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

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free soy sauce.

5. 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.

Complete Shopping List by Recipe

1. Pineapple Bourbon Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2 - cup(s) pineapple bourbon sauce
- 2x1 - 20 oz. can(s) pineapple chunks
- dinner rolls
- salad or veggies
- 2 - gallon-size freezer baggie(s)

3. 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)

5. 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

2. Cranberry-Mustard Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 8 - dash cinnamon
- 2x1 - 15 oz can(s) whole cranberries
- 1/2 - cup(s) spicy mustard
- rice
- veggies
- 2 - 9x13 disposable foil tray(s)

4. Slow Cooker Shredded Pork with Thai Peanut Sauce

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - red bell pepper(s)
- 2 - small white onion(s)
- 1 - cup(s) soy sauce
- 1/2 - cup(s) peanut butter
- 2 - Tbsp vinegar
- 2 - Tbsp lime juice
- 2 - tsp ground ginger
- 2 - tsp garlic powder
- green onions and lime slices
- chopped peanuts
- rice
- salad
- 2 - gallon-size freezer baggie(s)



- veggies

2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 24 boneless pork chops
- 8 small boneless pork chops
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x1 20 oz. can(s) pineapple chunks
- 2x1 15 oz can(s) whole cranberries
- Side:** rice
- 1/2 cup(s) peanut butter
- Side:** chopped peanuts

Sauces/Condiments

- 2 cup(s) pineapple bourbon sauce
- 1/2 cup(s) spicy mustard
- 1 cup(s) soy sauce
- 2 Tbsp vinegar

Dairy/Frozen

- 1/2 cup(s) orange juice

Produce

- Side:** salad or veggies
- Side:** veggies
- 6 large peach(es)
- 2 medium red onion(s)
- Side:** salad
- 2 red bell pepper(s)
- 2 small white onion(s)
- 8 Tbsp lime juice
- Side:** green onions and lime slices

Starchy Sides

- Side:** dinner rolls

Spices

- Salt and pepper
- 8 dash cinnamon
- 3 tsp garlic powder
- 3 tsp onion powder
- 2 tsp ground ginger
- 4 tsp minced garlic
- 4 tsp paprika
- 2 tsp dried oregano
- 2 tsp ground cumin

Supplies

- Side:** 8 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. Pineapple Bourbon Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 cup(s) pineapple bourbon sauce
- 2x1 20 oz. can(s) pineapple chunks
- 2 gallon-size freezer baggie(s)

3. 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)

5. 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)

2. Cranberry-Mustard Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 8 dash cinnamon
- 2x1 15 oz can(s) whole cranberries
- 1/2 cup(s) spicy mustard
- 2 9x13 disposable foil tray(s)

4. Slow Cooker Shredded Pork with Thai Peanut Sauce

- 4 lb(s) pork roast
- Salt and pepper
- 2 red bell pepper(s)
- 2 small white onion(s)
- 1 cup(s) soy sauce
- 1/2 cup(s) peanut butter
- 2 Tbsp vinegar
- 2 Tbsp lime juice
- 2 tsp ground ginger
- 2 tsp garlic powder
- 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

- 24 boneless pork chops
- 8 small boneless pork chops
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x1 20 oz. can(s) pineapple chunks
- 2x1 15 oz can(s) whole cranberries
- 1/2 cup(s) peanut butter

Spices

- Salt and pepper
- 8 dash cinnamon
- 3 tsp garlic powder
- 3 tsp onion powder
- 2 tsp ground ginger
- 4 tsp minced garlic
- 4 tsp paprika
- 2 tsp dried oregano
- 2 tsp ground cumin

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray(s)

Produce

- 6 large peach(es)
- 2 medium red onion(s)
- 2 red bell pepper(s)
- 2 small white onion(s)
- 8 Tbsp lime juice

Sauces/Condiments

- 2 cup(s) pineapple bourbon sauce
- 1/2 cup(s) spicy mustard
- 1 cup(s) soy sauce
- 2 Tbsp vinegar

Dairy/Frozen

- 1/2 cup(s) orange juice

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

- Slice 2 red onions into onion-ring like circles.
- Seed and halve 6 peaches.
- Seed and slice 2 red bell peppers. Thinly slice 2 onions.
- In a mixing bowl, whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.
- Whisk together 2 - 15 oz. cans whole cranberries sauce & 1/2 cup spicy mustard.
- 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.
- Open and drain 2 cans of pineapple chunks.

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.

Pineapple Bourbon Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- about 1 cup Pineapple Bourbon or sweet Teriyaki sauce
- Half of the canned pineapple chunks

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

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.

Cranberry-Mustard Pork Chops

To each of the disposable 9x13-inch baking trays, add the following ingredients:

- 4 boneless pork chops
- Half of the prepared cranberry-mustard sauce over the pork chops

Cover each tray with foil.

Slow Cooker Shredded Pork with Thai Peanut Sauce

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

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared soy-peanut sauce into each bag

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