

TRADITIONAL MEAL PLAN

MAY 2018

Table of Contents

Recipes

1. Chicken Green Curry
2. Slow Cooker Steak Gyros
3. Bacon Cheeseburger Tortellini Skillet
4. Chicken Jambalaya Skillet
5. Creole Shrimp with Polenta

Shopping Lists

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

- Assembly Prep Instructions
- Meal Assembly Instructions

1. 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.*

2. Slow Cooker Steak Gyros

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 - lb(s) beef for stirfry
- 1 - small white onion(s)
- - Salt and pepper
- 1/2 - cup(s) lemon juice
- 1/4 - cup(s) red wine vinegar
- 2 - tsp minced garlic
- 1 - tsp oregano
- Garnish: - red onion(s)**
- Garnish: - cucumber slices**
- Side: - pita or naan bread**
- Side: - tzatziki sauce**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onions into half-moons.
2. In a small bowl, whisk the lemon juice, red wine vinegar, minced garlic and oregano.
3. Place the beef for stir-fry strips in the base of the slow cooker and sprinkle the onions around them. Season with a few pinches of salt and pepper. Pour the lemon juice mixture over the top.
4. Set on low and cook for 8 hours. Strain before adding to the pita bread.
5. Warm the pita or naan bread, to help it soften and roll.
6. Prepare the garnish and tzatziki sauce.
7. Serve Slow Cooker Steak Gyros on pita or naan bread, with red onion and/or cucumber garnish and tzatziki sauce.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.

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

- 2 lbs. beef for stirfry strips
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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 you skip the tzatziki garnish.*

Gluten-Free Modifications: *Recipe is gluten-free if you serve over rice, instead of pita or naan bread.*

3. Bacon Cheeseburger Tortellini Skillet

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

- 1 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - Tbsp red wine vinegar
- 3 - Tbsp yellow mustard
- 20 - oz. fresh or frozen tortellini
- 1 - cup(s) beef stock
- - Salt and pepper
- 1/2 - cup(s) heavy cream**
- 1/2 - cup(s) grated Parmesan cheese**
- 6 - crumbled strips bacon**
- 1 - cup(s) shredded mozzarella cheese**
- Side: - veggies**
- 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.
2. If needed, cook the bacon and crumble.
3. Stir in the crushed tomatoes, red wine vinegar, yellow mustard, tortellini, beef stock, salt and pepper. Bring to bubbling, cover and cook about 10 minutes, or until tortellini is cooked.
4. Then stir in the cream and sprinkle the cheeses and crumbed bacon over the top. Cook over low heat another few minutes, until cheeses have melted.
5. Prepare veggies.
6. Serve Bacon Cheeseburger Tortellini Skillet with veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 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
- 28 oz. can crushed tomatoes
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp red wine vinegar
- 3 Tbsp yellow mustard

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 to skillet and cook the pasta and sauce. Once the tortellini is cooked, stir in the cream and top with shredded mozzarella cheese, Parmesan cheese, bacon crumbles, and cook until cheese melts.

Special Notes: Use your preferred variety of tortellini. If cooking from frozen, you might need to add 5 minutes to the cooking time.

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. 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.*

5. Creole Shrimp with Polenta

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

- 1 - lb(s) peeled deveined shrimp
- 1 - Tbsp olive oil
- 1 - pint grape or cherry tomatoes
- 1/2 - cup(s) white cooking wine
- 1 - cup(s) chicken stock
- 1 - Tbsp Cajun seasoning
- 1/2 - cup(s) heavy cream**
- - Salt and pepper
- Garnish: - sliced green onions**
- Garnish: - crushed red pepper**
- Side: - polenta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Halve the grape tomatoes.
2. In a large skillet, add the olive oil and saute the shrimp pieces for 1 minute. Stir in the halved tomatoes, white wine, chicken stock, Cajun seasoning and bring to bubbling. Stir in the heavy cream, until thin sauce forms. Let simmer for 5 to 7 minutes to allow flavors to mingle. Season with salt and pepper to taste.
3. Cook the polenta, as directed.
4. Prepare the garnish.
5. Spoon the polenta into serving bowls and top with shrimp and sauce. Garnish with sliced green onions and crushed red pepper.
6. Serve Creole Shrimp with Polenta and side salad.

Assembly Prep Directions for 2 Meals

Halve 2 pints of grape tomatoes.

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

- 1 lb. peeled deveined shrimp
- Half of the grape tomatoes
- 1/2 cup white cooking wine
- 1 cup chicken stock
- 1 Tbsp Cajun seasoning
- Do NOT add heavy cream to freezer 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, swirl in the heavy cream, cover with lid and let simmer on low for 5 to 7 minutes. Cook polenta, 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 served with gluten-free sides.*

Complete Shopping List by Recipe

1. 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)

3. Bacon Cheeseburger Tortellini Skillet

- 2 - lb(s) ground beef
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp red wine vinegar
- 6 - Tbsp yellow mustard
- 40 - oz. fresh or frozen tortellini
- 2 - cup(s) beef stock
- Salt and pepper
- 1 - cup(s) heavy cream
- 1 - cup(s) grated Parmesan cheese
- 12 - crumbled strips bacon
- 2 - cup(s) shredded mozzarella cheese
- veggies
- 2 - gallon-size freezer baggie(s)

5. Creole Shrimp with Polenta

- 2 - lb(s) peeled deveined shrimp
- 2 - Tbsp olive oil
- 2 - pint grape or cherry tomatoes
- 1 - cup(s) white cooking wine
- 2 - cup(s) chicken stock
- 2 - Tbsp Cajun seasoning
- 1 - cup(s) heavy cream

2. Slow Cooker Steak Gyros

- 4 - lb(s) beef for stirfry
- 2 - small white onion(s)
- Salt and pepper
- 1 - cup(s) lemon juice
- 1/2 - cup(s) red wine vinegar
- 4 - tsp minced garlic
- 2 - tsp oregano
- red onion(s)
- cucumber slices
- pita or naan bread
- tzatziki sauce
- 2 - gallon-size freezer baggie(s)

4. 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
- salad
- 2 - gallon-size freezer baggie(s)



- Salt and pepper
- sliced green onions
- crushed red pepper
- polenta
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 12 large boneless chicken breasts
- 4 lb(s) beef for stirfry
- 2 lb(s) ground beef
- 12 crumbled strips bacon
- 2 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- 2x2 15 oz. can light coconut milk
- 2 15 oz. can(s) sweet peas
- Side:** rice
- 2x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) beef stock
- 2 15 oz. can(s) diced tomatoes
- 4 cup(s) white rice
- 8 cup(s) chicken stock

Sauces/Condiments

- 6 Tbsp green curry paste
- 1/2 cup(s) red wine vinegar
- Side:** tzatziki sauce
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 4 Tbsp olive oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- 40 oz. fresh or frozen tortellini
- 2 cup(s) heavy cream
- 1 cup(s) grated Parmesan cheese

Produce

- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- Side:** 2 cilantro and green onion
- 4 small white onion(s)
- 1 cup(s) lemon juice
- Garnish:** red onion(s)
- Garnish:** cucumber slices
- Side:** veggies
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- Side:** salad
- 2 pint grape or cherry tomatoes
- Garnish:** sliced green onions

Starchy Sides

- Side:** pita or naan bread

Spices

- 2 Tbsp curry powder
- 2 tsp ground ginger
- 4 tsp garlic powder
- Salt and pepper
- 4 tsp minced garlic
- 2 tsp oregano
- 4 Tbsp minced onion
- 6 Tbsp Cajun seasoning
- Garnish:** crushed red pepper

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** polenta

2 cup(s) shredded mozzarella 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. 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)

3. Bacon Cheeseburger Tortellini Skillet

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 28 oz. can(s) crushed tomatoes
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 40 oz. fresh or frozen tortellini
- 2 cup(s) beef stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Creole Shrimp with Polenta

- 2 lb(s) peeled deveined shrimp
- 2 Tbsp olive oil
- 2 pint grape or cherry tomatoes
- 1 cup(s) white cooking wine
- 2 cup(s) chicken stock
- 2 Tbsp Cajun seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Steak Gyros

- 4 lb(s) beef for stirfry
- 2 small white onion(s)
- Salt and pepper
- 1 cup(s) lemon juice
- 1/2 cup(s) red wine vinegar
- 4 tsp minced garlic
- 2 tsp oregano
- 2 gallon-size freezer baggie(s)

4. 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

- 12 large boneless chicken breasts
- 4 lb(s) beef for stirfry
- 2 lb(s) ground beef
- 2 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- 2x2 15 oz. can light coconut milk
- 2 15 oz. can(s) sweet peas
- 2x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) beef stock
- 2 15 oz. can(s) diced tomatoes
- 2 cup(s) chicken stock

Spices

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

Supplies

- 8x gallon-size freezer baggie(s)

Produce

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

Sauces/Condiments

- 6 Tbsp green curry paste
- 1/2 cup(s) red wine vinegar
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 4 Tbsp olive oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- 40 oz. fresh or frozen tortellini

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 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Cut 4 chicken breasts into thin strips.
- Cut 8 boneless, skinless chicken breasts into 1/2-inch pieces.
- Slice 2 small white onions into half-moons.
- Seed and finely chop 2 red and 2 green bell peppers. Chop 2 white onions.
- Halve 2 pints of grape tomatoes.
- Slice 1 orange & 1 yellow bell pepper.
- In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.
- 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 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.

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.

Bacon Cheeseburger Tortellini Skillet

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

- Half of the browned ground beef
- 28 oz. can crushed tomatoes
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp red wine vinegar
- 3 Tbsp yellow mustard

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

Creole Shrimp with Polenta

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

- 1 lb. peeled deveined shrimp
- Half of the grape tomatoes
- 1/2 cup white cooking wine
- 1 cup chicken stock
- 1 Tbsp Cajun seasoning
- Do NOT add heavy cream to freezer bag.

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

Slow Cooker Steak Gyros

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

- 2 lbs. beef for stirfry strips
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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 meal bag.

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