

How to Be Successful with the MyFreezEasy Method + Meal Prep

1 Print this PDF and Review the Recipes (pages 3-5).

2 Pull Out the Shopping Lists (pages 6-9) and Get the Groceries You Need.

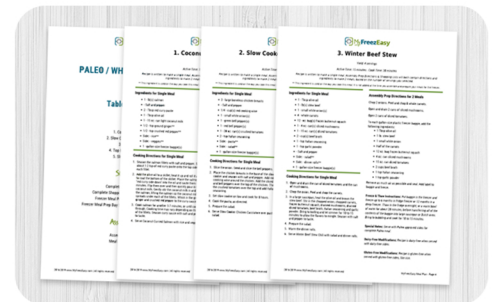


3 Follow the Step by Step Instructions (pages 10-11) to Put Together Your Freezer Meals.



4 Cook Your Freezer Meals as Directed on the Recipe Page.

5 Make More Freezer Meals, Using the Resources Below from MyFreezEasy!



MyFreezEasy Apps

Freezer Meal Cookbooks

Freezer Meal Plan PDFs

DINNER COOKS ITSELF PARTY

INSTANT POT RECIPES

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1. Instant Pot Root Beer Pulled Pork

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

- 2 - lb(s) pork roast
- 1/2 - cup(s) hot water**
- 1/2 - small red onion(s)
- - Salt and pepper
- 1 - 12 oz can(s) root beer
- 16 - oz. BBQ sauce
- 8 - hamburger buns**
- Side: - Coleslaw salad kit**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Thinly slice the red onion.
2. Place the pork roast and red onion slices into the electric pressure cooker insert with the hot water. Sprinkle with salt and pepper. Pour the root beer and BBQ sauce over the pork roast.
3. Steam valve: Sealing.
4. Cook on: Manual/High for 40 minutes.
5. Release: Natural or Quick.
6. Prepare the Coleslaw salad just before serving.
7. Once the pork roast is cooked, shred the meat with 2 forks and toss with the sauce. Spoon shredded pork onto hamburger buns and top with Coleslaw.
8. Serve Instant Pot Root Beer Pulled Pork with chips.

Assembly Prep Directions for 2 Meals

Thinly slice 1 small red onion.

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 2 lbs. pork roast
- Half of the red onion slices
- Salt and pepper
- 12 oz. can root beer
- 16 oz. bottle BBQ sauce

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 adding contents of bag plus water to electric pressure cooker insert. Pressure cook as directed.

Special Notes: See myfreezeasy.com/EPC for more tips and tricks.

Add 5-10 minutes of pressure cooking time, if cooking from completely frozen or mostly frozen. Note that preheat time and release time may vary by appliance.

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

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free buns or over other gluten-free side like rice.

2. Instant Pot Ginger Peach Pork Chops

Yield: 4 servings

Active Time: 10 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

- 4 - boneless pork chops
- 1 - cup(s) hot water**
- - Salt and pepper
- 1 - cup(s) peach preserves
- 1 - Tbsp sesame oil
- 1 - tsp ground ginger
- Side: - veggies**
- Side: - mashed potatoes**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Add the hot water and a steamer rack to the insert. Place the pork chops onto the rack and season with salt and pepper.
2. In a small bowl, mix together the peach preserves, sesame oil and ground ginger. Evenly divide and coat each pork chop.
3. Steam valve: Sealing.
4. Cook on: Manual/High for 15 minutes.
5. Release: Natural or Quick.
6. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
7. Prepare veggies.
8. Prepare mashed potatoes.
9. Serve Instant Pot Ginger Peach Pork Chops with veggies and mashed potatoes.

Assembly Prep Directions for 2 Meals

In a small bowl, mix together 2 cups peach preserves, 2 Tbsp sesame oil and 2 tsp ground ginger.

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the peach preserve mixture, onto each of the pork chops

Remove as much air from the bag as possible, add label 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 pressure cooker insert with hot water and steamer rack. Pressure cook as directed.*

Special Notes: *Add 5-10 minutes of pressure cooking time, if cooking from completely frozen or partially frozen. Note that preheat time and release time may vary by appliance. See myfreezeasy.com/EPC for more tips and tricks.*

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. Instant Pot Best Shredded Chicken Tacos

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

- 3 - large boneless chicken breasts
- 1/2 - cup(s) hot water
- 3 - Tbsp brown sugar
- 1 - Tbsp cumin
- 1 - Tbsp chili powder
- 1/3 - cup(s) red salsa
- 1 - 4 oz. can(s) green chiles
- - Salt and pepper
- 8 - flour tortillas**
- Garnish: - pico de gallo**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the hot water to the insert, and then add the chicken breasts and add the brown sugar, cumin, chili powder, red salsa and green chilies over the top. Season with a pinch of salt and pepper.
2. Cook on: Manual/High for 15 minutes.
3. Steam valve: Sealing.
4. Release: Natural or Quick.
5. Once cooked, use 2 forks and shred the chicken into the sauce. Leave on
6. Prepare the salad.
7. Serve Instant Pot Best Shredded Chicken Tacos with pico de gallo garnish and a side salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of green chiles.

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 3 large boneless chicken breasts
- 3 Tbsp brown sugar
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 1/3 cup red salsa
- Half of the canned green chiles
- 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 adding contents of bag plus water to electric pressure cooker insert. Pressure cook as directed.

Special Notes: See myfreezeasy.com/EPC for more tips and tricks.

Add 5-10 minutes of pressure cooking time, if cooking from completely frozen or mostly frozen. Note that preheat time and release time may vary by appliance.

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

Gluten-Free Modifications: Recipe is gluten-free if you use corn tortillas in place of the flour tortillas.

Complete Shopping List by Recipe

1. Instant Pot Root Beer Pulled Pork

- ☐ 4 - lb(s) pork roast
- ☐ 1 - cup(s) hot water
- ☐ 1 - small red onion(s)
- ☐ - Salt and pepper
- ☐ 2x1 - 12 oz can(s) root beer
- ☐ 32 - oz. BBQ sauce
- ☐ 16 - hamburger buns
- ☐ - Coleslaw salad kit
- ☐ - chips
- ☐ 2 - gallon-size freezer baggie(s)

2. Instant Pot Ginger Peach Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 2 - cup(s) hot water
- ☐ - Salt and pepper
- ☐ 2 - cup(s) peach preserves
- ☐ 2 - Tbsp sesame oil
- ☐ 2 - tsp ground ginger
- ☐ - veggies
- ☐ - mashed potatoes
- ☐ 2 - gallon-size freezer baggie(s)

3. Instant Pot Best Shredded Chicken Tacos

- ☐ 6 - large boneless chicken breasts
- ☐ 1 - cup(s) hot water
- ☐ 6 - Tbsp brown sugar
- ☐ 2 - Tbsp cumin
- ☐ 2 - Tbsp chili powder
- ☐ 2/3 - cup(s) red salsa
- ☐ 2 - 4 oz. can(s) green chiles
- ☐ - Salt and pepper
- ☐ 16 - flour tortillas
- ☐ - pico de gallo
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 4 lb(s) pork roast
- ☐ 8 boneless pork chops
- ☐ 6 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2x1 12 oz can(s) root beer
- ☐ 2/3 cup(s) red salsa
- ☐ 2 4 oz. can(s) green chiles

Sauces/Condiments

- ☐ 32 oz. BBQ sauce
- ☐ 2 cup(s) peach preserves
- ☐ 2 Tbsp sesame oil

Supplies

- ☐ 4 cup(s) hot water
- ☐ **Side:** 6 gallon-size freezer baggie(s)

Produce

- ☐ 1 small red onion(s)
- ☐ **Side:** Coleslaw salad kit
- ☐ **Side:** veggies
- ☐ **Side:** mashed potatoes
- ☐ **Garnish:** pico de gallo

Starchy Sides

- ☐ 16 hamburger buns
- ☐ **Side:** chips
- ☐ 16 flour tortillas

Spices

- ☐ Salt and pepper
- ☐ 2 tsp ground ginger
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder

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. Instant Pot Root Beer Pulled Pork

- ☐ 4 lb(s) pork roast
- ☐ 1 small red onion(s)
- ☐ Salt and pepper
- ☐ 2x1 12 oz can(s) root beer
- ☐ 32 oz. BBQ sauce
- ☐ 2 gallon-size freezer baggie(s)

2. Instant Pot Ginger Peach Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2 cup(s) peach preserves
- ☐ 2 Tbsp sesame oil
- ☐ 2 tsp ground ginger
- ☐ 2 gallon-size freezer baggie(s)

3. Instant Pot Best Shredded Chicken Tacos

- ☐ 6 large boneless chicken breasts
- ☐ 1 cup(s) hot water
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder
- ☐ 2/3 cup(s) red salsa
- ☐ 2 4 oz. can(s) green chiles
- ☐ 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

- ☐ 4 lb(s) pork roast
- ☐ 8 boneless pork chops
- ☐ 6 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2x1 12 oz can(s) root beer
- ☐ 2/3 cup(s) red salsa
- ☐ 2 4 oz. can(s) green chiles

Spices

- ☐ Salt and pepper
- ☐ 2 tsp ground ginger
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2 Tbsp chili powder

Produce

- ☐ 1 small red onion(s)

Sauces/Condiments

- ☐ 32 oz. BBQ sauce
- ☐ 2 cup(s) peach preserves
- ☐ 2 Tbsp sesame oil

Supplies

- ☐ 1 cup(s) hot water



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

- ☐ Thinly slice 1 small red onion.
- ☐ In a small bowl, mix together 2 cups peach preserves, 2 Tbsp sesame oil and 2 tsp ground ginger.
- ☐ Open 2 cans of green chiles.

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.

Instant Pot Root Beer Pulled Pork

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 2 lbs. pork roast
- Half of the red onion slices
- Salt and pepper
- 12 oz. can root beer
- 16 oz. bottle BBQ sauce

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

Instant Pot Ginger Peach Pork Chops

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the peach preserve mixture, onto each of the pork chops

Remove as much air from the bag as possible, add label and freeze.

Instant Pot Best Shredded Chicken Tacos

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 3 large boneless chicken breasts
- 3 Tbsp brown sugar
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 1/3 cup red salsa
- Half of the canned green chiles
- Salt and pepper

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