

# MYFREEZEASY MEAL PLAN

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# 1. Apricot Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 60 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.*

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## Ingredients for Single Meal

- 3 - boneless chicken breasts
  - 1 - 8 oz jar(s) apricot preserves
  - 1/4 - cup(s) French salad dressing
  - 2 - Tbsp minced onion
  - 1 - tsp garlic powder
  - - Salt and pepper
  - Side: - dinner rolls\*\*
  - Side: - veggies\*\*
  - 1 - gallon-size freezer baggie(s)
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## Cooking Directions for Single Meal

1. Preheat oven to 350F/ 177 C. Place the chicken in a 7x11 or 9x13-inch baking dish.
2. In a small mixing bowl, combine the apricot preserves, French dressing, minced onion and garlic powder. Pour over top of the chicken in the dish. Season with a little salt and pepper over the top. Cover with foil.
3. Bake in the preheated oven covered with foil for 30 minutes, then uncover and bake another 30 minutes, or until chicken is cooked through. Cooking time may vary depending on thickness of the chicken.
4. Serve Apricot Chicken with dinner rolls and veggies.

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## Assembly Prep Directions for 2 Meals

Whisk together 2 cups apricot preserves, 1/2 cup French dressing, 4 Tbsp minced onion, 2 tsp garlic powder and a few pinches of salt and pepper.

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

- 3 boneless, skinless chicken breasts
- Salt and pepper
- Prepared apricot sauce, half into each bag

Remove as much air as possible and seal. 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 baking dish and baking as directed.

**Dairy-Free Modifications:** Use dairy-free French dressing and serve with dairy-free sides.

**Gluten-Free Modifications:** Use gluten-free French dressing and serve with gluten-free sides.

## 2. Basil Balsamic Chicken

*Yield: 4 servings*

*Active Time: 15 minutes\* . Cook Time: 60 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
- 1/2 - cup(s) balsamic vinegar
- 2 - Tbsp olive oil
- - Salt and pepper
- 2 - tsp dried basil
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Place the chicken into a bowl or dish and add the balsamic vinegar and olive oil. Season lightly with salt and pepper. \*Let marinate in the fridge for at least 30 minutes...ideally overnight!
2. Preheat oven to 350 F. Lightly grease a baking dish with non-stick cooking spray.
3. Place the marinated chicken in the baking dish and generously sprinkle the basil on top. Bake for an hour, or until the chicken has cooked through. Cooking time may vary depending on thickness of the chicken pieces. Slice the chicken and divide into 4 portions.
4. Serve Basil Balsamic Chicken with rice and veggies.

### Assembly Prep Directions for 2 Meals

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

- 4 small boneless, skinless chicken breasts
- 1/2 cup balsamic vinegar
- 2 Tbsp olive oil
- Salt and pepper
- 2 tsp dried basil

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 baking dish and baking as directed.*

**Special Notes:** *This meal can also be made and frozen in disposable foil trays.*

**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. Slow Cooker Baja Shredded Chicken 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.*

### Ingredients for Single Meal

- 3 - large boneless chicken breasts
- 1/4 - cup(s) brown sugar
- 1 - Tbsp cumin
- 1/3 - cup(s) 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 chicken breasts into the base of the slow cooker and add the brown sugar, ground cumin, salsa, green chilies, salt and pepper on top of the chicken.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
3. Spoon the shredded chicken into tortillas and make tacos.
4. Prepare the salad.
5. Serve Slow Cooker Baja Shredded Chicken Tacos with side salad.

### Assembly Prep Directions for 2 Meals

Open 2 cans of green chiles.

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

- 3 large boneless chicken breasts
- 1/4 cup brown sugar
- 1 Tbsp cumin
- 1/3 cup 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 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 if you use corn tortillas in place of the flour tortillas.*

## Complete Shopping List by Recipe

### 1. Apricot Chicken

- ☐ 6 - boneless chicken breasts
- ☐ 2 - 8 oz jar(s) apricot preserves
- ☐ 1/2 - cup(s) French salad dressing
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ - Salt and pepper
- ☐ - dinner rolls
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

### 2. Basil Balsamic Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 1 - cup(s) balsamic vinegar
- ☐ 4 - Tbsp olive oil
- ☐ - Salt and pepper
- ☐ 4 - tsp dried basil
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

### 3. Slow Cooker Baja Shredded Chicken Tacos

- ☐ 6 - large boneless chicken breasts
- ☐ 1/2 - cup(s) brown sugar
- ☐ 2 - Tbsp cumin
- ☐ 2/3 - cup(s) 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

- ☐ 6 boneless chicken breasts
- ☐ 8 small boneless chicken breasts
- ☐ 6 large boneless chicken breasts

## Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 2/3 cup(s) salsa
- ☐ 2 4 oz. can(s) green chiles

## Sauces/Condiments

- ☐ 2 8 oz jar(s) apricot preserves
- ☐ 1/2 cup(s) French salad dressing
- ☐ 1 cup(s) balsamic vinegar
- ☐ 4 Tbsp olive oil

## Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)

## Produce

- ☐ **Side:** veggies
- ☐ **Garnish:** pico de gallo

## Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ 16 flour tortillas

## Spices

- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 4 tsp dried basil
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin

# 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. Apricot Chicken

- ☐ 6 boneless chicken breasts
- ☐ 2 8 oz jar(s) apricot preserves
- ☐ 1/2 cup(s) French salad dressing
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 2. Basil Balsamic Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 1 cup(s) balsamic vinegar
- ☐ 4 Tbsp olive oil
- ☐ Salt and pepper
- ☐ 4 tsp dried basil
- ☐ 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Baja Shredded Chicken Tacos

- ☐ 6 large boneless chicken breasts
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2/3 cup(s) 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

- ☐ 6 boneless chicken breasts
- ☐ 8 small boneless chicken breasts
- ☐ 6 large boneless chicken breasts

## Sauces/Condiments

- ☐ 2 8 oz jar(s) apricot preserves
- ☐ 1/2 cup(s) French salad dressing
- ☐ 1 cup(s) balsamic vinegar
- ☐ 4 Tbsp olive oil

## Pantry Staples - Canned, Boxed

- ☐ 2/3 cup(s) salsa
- ☐ 2 4 oz. can(s) green chiles

## Spices

- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 4 tsp dried basil
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin





## 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

- ☐ Whisk together 2 cups apricot preserves, 1/2 cup French dressing, 4 Tbsp minced onion, 2 tsp garlic powder and a few pinches of salt and pepper.
- ☐ 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.

### Apricot Chicken

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

- 3 boneless, skinless chicken breasts
- Salt and pepper
- Prepared apricot sauce, half into each bag

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

### Basil Balsamic Chicken

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

- 4 small boneless, skinless chicken breasts
- 1/2 cup balsamic vinegar
- 2 Tbsp olive oil
- Salt and pepper
- 2 tsp dried basil

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

### Slow Cooker Baja Shredded Chicken Tacos

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

- 3 large boneless chicken breasts
- 1/4 cup brown sugar
- 1 Tbsp cumin
- 1/3 cup salsa
- Half of the canned green chiles
- Salt and pepper

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