

FREE SAMPLE PLAN

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Note: Sample doesn't include all features of the meal plan, including Assembly Video, Assembly by Ingredient and Loading Tables.

1. Slow Cooker Taco Soup

Yield: 4 servings

Prep Time: 15 minutes • Cook Time: 8 hours in slow cooker

Ingredients

- 1 lb. ground beef
- 15 oz. can black beans, drained and rinsed
- 15 oz. can diced tomatoes, undrained
- 15 oz. can corn, drained
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 to 3 cups chicken broth or equivalent bouillon base plus water
- Salt and pepper to taste
- Crushed tortilla chips, optional garnish
- Shredded cheese, optional garnish
- **Side:** veggies

Cooking Directions

1. Brown and drain the ground beef.
2. Add all the ingredients to the slow cooker except for the tortilla chips and garnishes.
3. Set slow cooker on low and cook for 8 hours, or high for 6 hours. If cooking from partially frozen, you'll need to cook on low for 8 to 10 hours, depending on how frozen the pack is when you start cooking it.
4. Serve Slow Cooker Taco Soup, with crushed tortilla chips and cheese added just before serving, with a side of veggies.

Assembly Prep Directions

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

- 1 lb. ground beef, browned and cooled
- 15 oz. can black beans, drained and rinsed
- 15 oz. can diced tomatoes, undrained
- 15 oz. can corn, drained
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 to 3 cups chicken broth or equivalent bouillon base plus water
- 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.*

Special Notes: *This soup can also be cooked on the stovetop in heavy saucepan or Dutch oven.*

Dairy-Free Modifications: *Omit cheese as garnish.*

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

2. Slow Cooker Caribbean Chicken

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker

Ingredients

- 2 large boneless, skinless chicken breasts
- 3/4 cup BBQ sauce
- 20 oz. can pineapple chunks, drained
- 1 red bell pepper, seeded and diced
- 1 orange bell pepper, seeded and diced
- Salt and pepper
- **Side:** dinner rolls or rice

Cooking Directions

1. Place the chicken breasts into the base of the slow cooker with ½ cup of water. (I like to add water to the slow cooker when using BBQ sauce to keep the sauce from burning on the edges of the slow cooker insert.)
2. Pour the BBQ sauce over the chicken breasts in the slow cooker. Top with the pineapple chunks and bell pepper pieces. Sprinkle in a little salt and pepper.
3. Set the slow cooker on low and cook for 8 hours.
4. Serve Slow Cooker Caribbean Chicken with side of dinner rolls or rice.

Assembly Prep Directions

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

- 2 large boneless, skinless chicken breasts
- 3/4 cup BBQ sauce
- 20 oz. can pineapple chunks, drained
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 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.*

Special Notes: *This meal can also be cooked in a large saucepan or Dutch oven. Place all thawed ingredients to Dutch Oven and cook over medium heat with lid on for 30 minutes, or until chicken is cooked.*

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

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

3. Pineapple Bourbon Pork Chops

Yield: 4 servings

Prep Time : 15 minutes • Cook Time: 45 minutes, or 8 hours in slow cooker

Ingredients

- 4 boneless pork chops
- Salt and pepper
- about 1 cup Pineapple Bourbon sauce* or sweet Teriyaki sauce
- 20 oz. can pineapple chunks, drained
- **Side:** dinner rolls
- **Side:** salad or veggies

Cooking Directions

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

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
- 20 oz. can pineapple chunks, drained

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.*

***Ingredient Note:** *This Pineapple Bourbon sauce is sold at Costco and other select grocery stores. If you can't find it on the condiment aisle, use a sweet Teriyaki sauce in it's place.*



Complete Shopping List by Recipe

1. Slow Cooker Taco Soup

- 1 lb. ground beef
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can corn
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 to 3 cups chicken broth or equivalent bouillon base plus water
- Salt and pepper to taste
- Optional, top with crushed tortilla chips

Supplies

- 3 gallon-size freezer baggies

2. Slow Cooker Caribbean Chicken

- 2 large boneless, skinless chicken breasts
- 3/4 cup BBQ sauce
- 1 - 20 oz. can pineapple chunks
- 1 red bell pepper
- 1 orange bell pepper
- Salt and pepper
- Side:** dinner rolls or rice

3. Pineapple Bourbon Pork Chops

- 4 boneless pork chops
- Salt and pepper
- about 1 cup Pineapple Bourbon sauce (or sweet Teriyaki sauce)
- 1 - 20 oz. can pineapple chunks
- Side:** dinner rolls
- Side:** salad or veggies



Complete Shopping List by Store Section/Category

Meat

- 1 lb. ground beef
- 2 large boneless, skinless chicken breasts
- 4 boneless pork chops

Produce

- 1 red bell pepper
- 1 orange bell pepper
- Side:** salad or veggies

Pantry Staples - Canned, Boxed, Frozen

- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can corn
- 2 - 20 oz. cans pineapple chunks

Bread/Chips

- Garnish:** tortilla chips, optional
- Side:** dinner rolls
- Side:** dinner rolls or rice

Sauces/Condiments

- 3/4 cup BBQ sauce
- 1 cup Pineapple Bourbon or sweet teriyaki sauce

Spices

- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 to 3 cups chicken broth or equivalent bouillon base plus water
- Salt and pepper

Supplies

- 3 gallon-size freezer baggies



Freezer Meal Prep Day Shopping List by Recipe

Note: *This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.*

***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 Taco Soup

- 1 lb. ground beef
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can corn
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 to 3 cups chicken broth or equivalent bouillon base plus water
- Salt and pepper

Supplies

- 3 gallon-size freezer baggies

2. Slow Cooker Caribbean Chicken

- 2 large boneless, skinless chicken breasts
- 3/4 cup BBQ sauce
- 1 - 20 oz. can pineapple chunks
- 1 red bell pepper
- 1 orange bell pepper
- Salt and pepper

3. Pineapple Bourbon Pork Chops

- 4 boneless pork chops
- Salt and pepper
- about 1 cup Pineapple Bourbon sauce (or sweet Teriyaki sauce)
- 1 - 20 oz. can pineapple chunks



Freezer Meal Prep Day Shopping List by Store Section/ Category

Note: *This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.*

Meat

- 1 lb. ground beef
- 2 large boneless, skinless chicken breasts
- 4 boneless pork chops

Produce

- 1 red bell pepper
- 1 orange bell pepper

Pantry Staples - Canned, Boxed, Frozen

- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can corn
- 2 - 20 oz. cans pineapple chunks

Sauces/Condiments

- 3/4 cup BBQ sauce
- 1 cup Pineapple Bourbon or sweet teriyaki sauce

Spices

- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 to 3 cups chicken broth or equivalent bouillon base plus water
- Salt and pepper

Supplies

- 3 gallon-size freezer baggies



Assembly Details & Notes

Video Link

Assembly Video Link: NONE INCLUDED IN SAMPLE

Assembly Video Password: N/A

Packaging Details

3 Gallon-size Freezer Baggies

- Slow Cooker Taco Soup
- Slow Cooker Caribbean Chicken
- Pineapple Bourbon or Sweet Teriyaki Pork Chops

Flat Freezing to Save Space in the Freezer

In the assembly instructions, I share about 'flat freezing' the meals that are loaded into baggies. You can learn more about it [here](#).

"Quick Thawing" Your Meals

If you forget to pull your bags or trays out of the freezer like I often do, then don't fret!

There is a quick and painless way to thaw sauces, soups, and other cooked frozen goodies. Simply place the frozen item into a large bowl with warm (not crazy hot) water and let it sit for 20 to 30 minutes, maybe longer...depending on how thick the largest part of the bag is. I place roundish shaped baggies in a bowl of warm water and I place sauces or meals that I have "flat frozen" into a shallow baking dish with warm water. Let thaw until you are ready to transfer to a slow cooker, baking dish or skillet. {[Photos here](#).}

IMPORTANT: If you are thawing raw meats using this method, keep the bowl with the warm water in the fridge. Obviously the water will cool, but it will thaw faster than if you just let it thaw on the plate in the fridge. Thawing in the fridge is crucial to keep the food at a safe temperature to prevent spoiling.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Prep Instructions (Set Out on the Counter)

- Print out the Assembly Instructions page and/or table and set out on the counter.
- Label your bags/foil with printable labels or sharpie & set them out on the counter.
- Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- Brown the ground beef. (You will need to check on it and stir it every few minutes until it is browned.)
- Dice the 2 bell peppers.
- Open all the cans.
- Drain and rinse the black beans.
- Drain the corn.
- Drain both cans of the pineapple chunks.

The Assembly Prep should take between 5 to 10 minutes.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and loaf pans one recipe at a time, you can follow the below instructions.

CHICKEN: Add 2 large boneless, skinless chicken breasts to baggie labeled Slow Cooker Caribbean Chicken.

Slow Cooker Caribbean Chicken

To each of the **Slow Cooker Caribbean Chicken** bags, add the following in with the chicken:

- ¾ cup BBQ sauce
- 20 oz. can pineapple chunks, drained
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

COOKED GROUND BEEF: Once ground beef is cooked, set it aside to cool before adding to baggie labeled Slow Cooker Taco Soup.

Slow Cooker Taco Soup

To each of the **Slow Cooker Taco Soup** bags, add the following in with the cooked, browned ground beef:

- 15 oz. can black beans, drained and rinsed
- 15 oz. can diced tomatoes, undrained
- 15 oz. can corn, drained
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 to 3 cups chicken broth (or equivalent bouillon base plus water)
- Salt and pepper to taste

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

PORK CHOPS: Add 4 boneless pork chops to baggie labeled Pineapple Bourbon Pork Chops

Pineapple Bourbon Pork Chops

To each of the **Pineapple Bourbon Pork Chops** bags*, add the following in with the pork chops:

- about 1 cup Pineapple Bourbon sauce or sweet Teriyaki sauce
- 20 oz. can pineapple chunks, drained

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

*Happy Assembling of your 3
Freezer Meals!!!! *clink**