

# Shopping List

30 Dinners in a Day

This list contains enough ingredients to serve each recipe 2 times to 4 people. While this list attempts to flag items that need to be specially purchased for your dietary needs (such as gluten free, dairy free, etc), ingredients are always changing in products. Therefore, we urge you to read labels while shopping for any product, as you know your dietary needs best.

## Baking items

- Brown Sugar 10.75 ounces
- [Canola Oil](#) 1.33 fluid ounces
- [Cornstarch](#) 2 ounces
- [Molasses](#) 8.25 ounces
- [Olive Oil](#) 14 fluid ounces
- [Panko Bread Crumbs](#) 4 ounces

## Canned goods

- Beef Bone Broth/Stock 16 fluid ounces
- [Diced Tomatoes, Canned](#) 29 ounces
- [Marinara Sauce](#) 16 fluid ounces
- [Sun-Dried Tomatoes in Olive Oil](#) 14.25 ounces
- [Tomato Sauce](#) 4.5 ounces
- [Vegetable Broth/Stock](#) 128 fluid ounces

## Cereal

- [Maple Syrup](#) 2.75 ounces

## Condiments

- [Apple Cider Vinegar](#) 4.33 fluid ounces
- [Balsamic Vinegar](#) 3 fluid ounces
- Caesar Dressing 16 fluid ounces
- [Dijon Mustard](#) 5.25 ounces
- [Fish Sauce](#) 1 fluid ounce
- Mayonnaise 5.33 ounces
- Mustard, Yellow 2 ounces
- Raspberry Jam 5.5 ounces
- [Red Wine Vinegar](#) 2 fluid ounces
- [Salsa Verde](#) 10.66 ounces
- [Soy Sauce](#) 14.66 fluid ounces
- Vinegar 2 fluid ounces

## Dairy

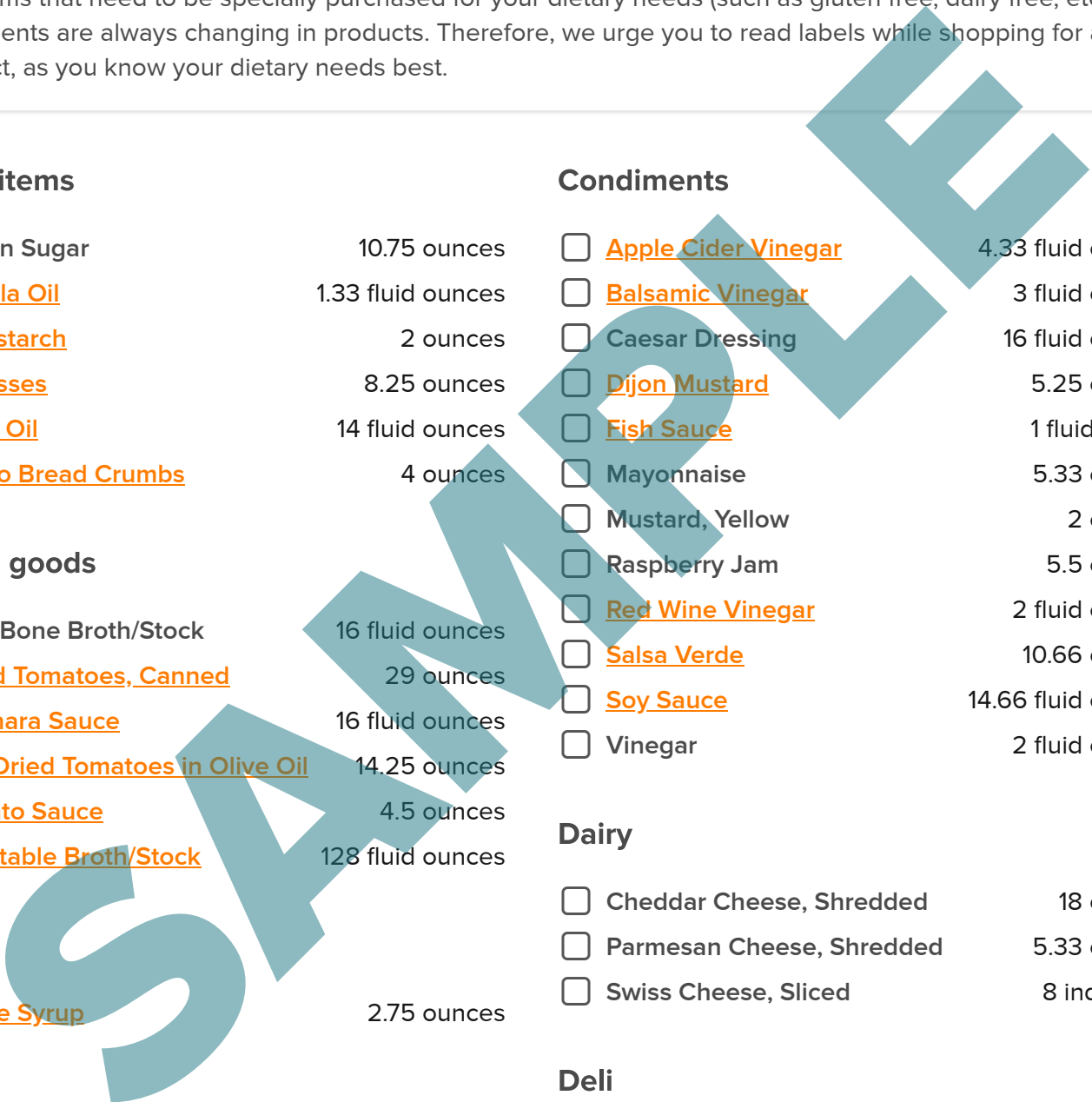
- Cheddar Cheese, Shredded 18 ounces
- Parmesan Cheese, Shredded 5.33 ounces
- Swiss Cheese, Sliced 8 individual

## Deli

- Deli Ham, Sliced 8 ounces

## Juice

- Pineapple Juice 8 fluid ounces



## Meat

- Beef Roast 6 pounds
- Chicken, Boneless Breasts 9 pounds
- Chicken, Thighs, Boneless/Skinless 4 pounds
- Flank Steak 5 pounds
- Ground Beef 2.66 pounds
- Pork Chops, Boneless 5 pounds
- Pork Roast 10 pounds
- Salmon Fillet 2 pounds
- Shrimp, Fresh 4 pounds

## Mixes

- [Ranch Dressing Mix](#) 1.5 ounces

## Other

- Water 20 fluid ounces

## Produce

- Apple 2 medium
- Basil, Fresh 1 bunch
- Carrot 2 medium
- Carrot, Baby 0.75 pounds
- Celery 2 ribs
- Garlic, Cloves 36 medium
- Ginger, Fresh 1 inch
- Green Onion (Scallion) 6 medium
- Onion 4 medium
- Orange 4 medium
- Spinach, Baby 0.25 pounds
- Tomato 2 medium

## Serving Day

### Baked goods

- Flour Tortillas (8-inch/Med) 16 individual
- Hamburger Buns, White 24 individual

## Spices

- Black Pepper 0.66 ounces
- [Cayenne Pepper](#) 0.125 ounces
- Celery Salt 0.125 ounces
- [Chili Powder](#) 0.33 ounces
- [Cumin](#) 0.125 ounces
- [Garlic Powder](#) 0.25 ounces
- [Italian Seasoning](#) 0.33 ounces
- [Parsley, Dried](#) 0.125 ounces
- Salt 0.75 ounces
- [Sea Salt](#) 0.125 ounces
- [Thyme, Dried](#) 0.125 ounces

## Containers

- [Gallon Freezer Bag](#) 26
- [Quart Freezer Bag](#) 4
- [Pint Freezer Bag](#) 2
- [8x8 Baking Pan](#) 4

## Supplies

- [wax paper](#)
- [cooking spray](#)
- [skewers](#) 8.0
- [foil](#)
- [label](#)

## Dairy

- Butter 1.33 ounces

## Frozen

- Cheese Tortellini, Frozen 44 ounces

## Produce

- Cabbage
- Lettuce, Romaine
- Rosemary, Fresh

1 head

1 head

1 bunch

## Spices

Salt

0.125 ounces

**SAMPLE**

# Prep Instructions

30 Dinners in a Day

Your Recipe Cards and Cooking Day Instructions assume that you have completed the following prep instructions before you start your cooking day.

## Meats

- Chicken, Boneless Breasts** (1 pounds) Baked Chicken Burgers  
 If less than 3 lbs total, boil water. Place chicken in water for 30 minutes or until cooked through. Prog. pressure cooker: Add chicken and 1 cup of water, cook for 15 minutes on high pressure. Release pressure. If more than 3 lbs total, place in a slow cooker (1 lb for each quart; example 3 lbs will fit in a 3 quart appliance) with 1 cup of water. Cook on low for 8 hours or high for 4 hours.
- Flank Steak** (3 pounds) Crockpot Mongolian Beef  
 sliced.
- Shrimp, Fresh** (4 pounds) Amazing Shrimp Marinade  
 Peeled & deveined.

## Chopping List

	Amount Bought	Prep Instruction
Apple	2 medium	Slice 2 cups of Apple <ul style="list-style-type: none"> <li>• Baked Pork Chops with Apple Cheddar and Maple</li> </ul>
Basil, Fresh	1 bunch	Chop 8 tablespoons of Basil, Fresh <ul style="list-style-type: none"> <li>• Grilled Bruschetta Chicken</li> <li>• Amazing Shrimp Marinade</li> </ul>
Carrot	2 medium	Grate 1 cup of Carrot <ul style="list-style-type: none"> <li>• Crockpot Mongolian Beef</li> </ul>
Celery	2 ribs	Slice 2 2/3 cups of Celery <ul style="list-style-type: none"> <li>• Baked Chicken Burgers</li> </ul>

Chicken, Boneless Breasts	1 pounds	Cook and dice 2 $\frac{2}{3}$ cups of Chicken, Boneless Breasts <ul style="list-style-type: none"> <li>Baked Chicken Burgers</li> </ul>
Garlic, Cloves	36 medium	Mince 35 $\frac{2}{3}$ teaspoons of Garlic, Cloves <ul style="list-style-type: none"> <li>Pineapple-Ginger Flank Steak</li> <li>Crockpot Mongolian Beef</li> <li>Grilled Bruschetta Chicken</li> <li>Amazing Shrimp Marinade</li> <li>Spinach Tortellini Soup</li> <li>Carnitas Tacos</li> <li>Slow Cooker Cheater Pork Stew</li> </ul>
Ginger, Fresh	1 inch	Peel and mince 1 $\frac{2}{3}$ tablespoons of Ginger, Fresh <ul style="list-style-type: none"> <li>Pineapple-Ginger Flank Steak</li> <li>Crockpot Mongolian Beef</li> </ul>
Green Onion (Scallion)	6 medium	Slice $\frac{3}{4}$ cups of Green Onion (Scallion) <ul style="list-style-type: none"> <li>Crockpot Mongolian Beef</li> </ul>
Onion	3 medium	Dice 3 $\frac{3}{4}$ cups of Onion <ul style="list-style-type: none"> <li>Spinach Tortellini Soup</li> <li>Slow Cooker Cheater Pork Stew</li> </ul>
Onion	1 medium	Mince 2 $\frac{2}{3}$ tablespoons of Onion <ul style="list-style-type: none"> <li>Baked Chicken Burgers</li> </ul>
Orange	2 medium	Juice 1 cup of Orange <ul style="list-style-type: none"> <li>Orange Rosemary Salmon</li> </ul>
Orange	2 medium	Peel and slice 2 cups of Orange <ul style="list-style-type: none"> <li>Orange Rosemary Salmon</li> </ul>
Pork Roast	6 pounds	Chunk 6 pounds of Pork Roast <ul style="list-style-type: none"> <li>Slow Cooker Cheater Pork Stew</li> </ul>
<a href="#">Sun-Dried Tomatoes in Olive Oil</a>	14 $\frac{1}{4}$ ounces	Drain and chop 1 cup of <a href="#">Sun-Dried Tomatoes in Olive Oil</a> <ul style="list-style-type: none"> <li>Grilled Bruschetta Chicken</li> </ul>
Tomato	2 medium	Slice 2 $\frac{1}{2}$ cups of Tomato <ul style="list-style-type: none"> <li>Easiest Chicken Cordon Bleu Recipe</li> </ul>

# Cooking Day Instructions

30 Dinners in a Day

Serving each recipe 2 times to 4 people.

1. **FREEZE**

## Crockpot Mongolian Beef

Coat flank steak in cornstarch. Combine remaining ingredients and place into indicated number of freezer bags. Add steak to indicated number of freezer bags. Label and freeze.

## 2. Amazing Shrimp Marinade

In a large bowl, stir together garlic, olive oil, tomato sauce and red wine vinegar. Add in basil, salt and cayenne pepper. Divide shrimp into indicated number of freezer bags. Pour marinade on top of shrimp, label and freeze.

## 3. Slow Cooker Chicken Caesar Sandwiches - Rachel Schultz

Divide chicken breasts and water into indicated number of gallon freezer bags. Mix together caesar dressing, Parmesan cheese, parsley and pepper. Divide dressing mix into indicated number of quart freezer bags. Place a dressing bag inside each gallon bag, label and freeze.

4. **FREEZE**

## Easiest Chicken Cordon Bleu Recipe

Combine bread crumbs, salt, pepper, garlic powder and olive oil #1 in a bowl. Lay ham out on indicated number of baking pans greased with olive oil #2. Pound each chicken thigh into a thin piece. Lay a chicken thigh flat on ham. Layer cheese and tomato on chicken. Sprinkle bread crumbs mixture on top. Cover tightly with foil, label and freeze.

5. **FREEZE**

## Slow Cooker Cheater Pork Stew

Divide all ingredients except cabbage into indicated number of freezer bags. Label and freeze.

6. **FREEZE**

## Ranch Cheddar Burgers

In a bowl, combine beef, cheddar cheese, and ranch dressing mix. Gently shape into patties of equal size and thickness. With your thumb, or the back of a spoon, make a shallow indentation about 1 inch wide in the center of each patty. This helps the patties to cook evenly. Place a small square of waxed paper between each patty and divide patties equally between indicated number of gallon freezer storage bags. Label and freeze.

7. **FREEZE**

## Sweet Mustard Roast Beef

Divide all ingredients among indicated number of gallon bags. Label & freeze.

## 8. **Baked Chicken Burgers**

In a bowl, mix all ingredients. Divide among indicated number of gallon freezer bags. Label and freeze.

## 9. **FREEZE** **Spinach Tortellini Soup**

Divide all ingredients, except tortellini (leave tortellini FROZEN), among freezer bags and freeze.

## 10. **FREEZE** **Pineapple-Ginger Flank Steak**

Whisk together all ingredients except flank steak. Reserve 1/4 of marinade. Score flank steak about 1/8 inch deep with knife diagonally. Divide steak and unreserved marinade into indicated number of gallon freezer bags. Divide reserved marinade in indicated number of quart freezer bags. Place a reserved marinade bag in each gallon bag, label and freeze.

## 11. **FREEZE** **Carnitas Tacos**

Divide all ingredients except tortillas into indicated number of freezer bags. Label and freeze.

## 12. **Orange Rosemary Salmon**

In a large freezer bag, place salmon, orange slices and orange juice in a freezer bag. Label and freeze.

## 13. **FREEZE** **Baked Pork Chops with Apple Cheddar and Maple**

In a bowl, combine bread crumbs, cheese, thyme, salt #1, pepper and olive oil. In another bowl, combine apples, maple syrup, cider vinegar and salt #2. Place pork chops into indicated number of greased baking dishes. Top each pork chop with apples, then breadcrumb mixture. Cover with foil, label and freeze.

## 14. **FREEZE** **Grilled Bruschetta Chicken**

In a small bowl, whisk together garlic, balsamic vinegar, olive oil, sea salt and pepper. Gently fold in sundried tomatoes and basil. Divide chicken evenly between indicated number of gallon freezer bags. Divide marinade evenly over chicken in gallon freezer bags, label and freeze.

## 15. **FREEZE** **Raspberry Glazed Pork Chops**

Mix vinegar, jam and mustard. Divide pork chops into gallon freezer bags. Pour sauce into pint freezer bags and place in bag with pork chops. Label and freeze.

# Amazing Shrimp Marinade

Spryte's Place

Yields 8 skewers (1 per serving).

## Ingredients

6 teaspoons mince Garlic, Cloves

[2/3 cups Olive Oil](#)

[1/2 cups Tomato Sauce](#)

[4 tablespoons Red Wine Vinegar](#)

4 tablespoons chop Basil, Fresh

1 teaspoon Salt

[1/2 teaspoons Cayenne Pepper](#)

4 pounds Shrimp, Fresh

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Cooking Spray](#)

8 [Skewers](#)

[Label](#)

## Cooking to Freeze Instructions

1. In a large bowl, stir together garlic, olive oil, tomato sauce and red wine vinegar.
2. Add in basil, salt and cayenne pepper.
3. Divide shrimp into indicated number of freezer bags.
4. Pour marinade on top of shrimp, label and freeze.

## Serving Day Instructions

1. Discard marinade and thread shrimp onto skewers, piercing once near the tail and once near the head.
2. Grill shrimp over medium heat on oiled grill for 2-3 minutes per side, until opaque.



# Baked Chicken Burgers

Yields 8 sandwiches (1 per serving).

## Ingredients

2  $\frac{2}{3}$  cups cook and dice Chicken, Boneless Breasts

10  $\frac{2}{3}$  ounces Cheddar Cheese, Shredded

$\frac{2}{3}$  teaspoons Salt

$\frac{2}{3}$  cups Mayonnaise

2  $\frac{2}{3}$  cups slice Celery

2  $\frac{2}{3}$  tablespoons mince Onion

## Serving Day Ingredients

8 individual Hamburger Buns, White

2  $\frac{2}{3}$  tablespoons soften Butter

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Foil](#)

[Label](#)

## Cooking to Freeze Instructions

1. In a bowl, mix all ingredients.
2. Divide among indicated number of gallon freezer bags.
3. Label and freeze.

## Serving Day Instructions

1. Preheat oven to 350.0 degrees Fahrenheit.
2. Butter each bun.
3. Place approximately  $\frac{1}{3}$  cup of chicken mixture on each bun.
4. Wrap buns individually in aluminum foil and bake at 350F for 20 minutes.

SAMPLE

# Baked Pork Chops with Apple Cheddar and Maple

## Cook the Story

Yields 2 meals of 4 servings each.

## Ingredients

[1 cup Panko Bread Crumbs](#)

½ cups Cheddar Cheese,  
Shredded

[½ teaspoons Thyme, Dried](#)

½ teaspoons Salt #1

½ teaspoons Black Pepper

[4 teaspoons Olive Oil](#)

2 cups slice Apple

[4 tablespoons Maple Syrup](#)

[2 teaspoons Apple Cider Vinegar](#)

½ teaspoons Salt #2

3 pounds Pork Chops, Boneless

## Containers

2 [8x8 Baking Pan](#)

## Supplies

[Cooking Spray](#)

[Foil](#)

[Label](#)

## Cooking to Freeze Instructions

1. In a bowl, combine bread crumbs, cheese, thyme, salt #1, pepper and olive oil.
2. In another bowl, combine apples, maple syrup, cider vinegar and salt #2.
3. Place pork chops into indicated number of greased baking dishes.
4. Top each pork chop with apples, then breadcrumb mixture.
5. Cover with foil, label and freeze.

## Serving Day Instructions

1. Preheat oven to 400.0 degrees Fahrenheit.
2. Bake at 400F for 25-30 minutes, or until pork chops are cooked through.

# Carnitas Tacos

Yields 16 tacos (2 per serving).

## Ingredients

4 pounds Pork Roast  
2 cups Beef Bone Broth/Stock

[1 1/3 cups Salsa Verde](#)

1 1/3 teaspoons Salt

2/3 teaspoons Black Pepper

5 1/3 teaspoons mince Garlic,  
Cloves

[1 1/3 teaspoons Cumin](#)

[1 1/3 tablespoons Chili Powder](#)

## Serving Day Ingredients

16 individual Flour Tortillas (8-  
inch/Med)

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. Divide all ingredients except tortillas into indicated number of freezer bags. Label and freeze.

## Serving Day Instructions

1. Place in slow cooker and cook on low in slow cooker for 6-8 hours.
2. Remove from slow cooker and shred. Serve in tortillas.

SAMPLE

# Crockpot Mongolian Beef

Yields 2 meals of 4 servings each.

## Ingredients

3 pounds Flank Steak, sliced

[1/2 cups Cornstarch](#)

[4 tablespoons Olive Oil](#)

1 teaspoon mince Garlic, Cloves

1 teaspoon peel and mince  
Ginger, Fresh

[1 1/2 cups Soy Sauce](#)

1 1/2 cups Water

1 1/2 cups Brown Sugar

1 cup grate Carrot

3/4 cups slice Green Onion  
(Scallion)

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. Coat flank steak in cornstarch.
2. Combine remaining ingredients and place into indicated number of freezer bags.
3. Add steak to indicated number of freezer bags. Label and freeze.

## Serving Day Instructions

1. Cook in crockpot on high for 2-3 hours or low for 4-5 hours.

SAMPLE

# Easiest Chicken Cordon Bleu Recipe

## Cook The Story

Yields 2 meals of 4 servings each.

## Ingredients

[1 cup Panko Bread Crumbs](#)

¼ teaspoons Salt

¼ teaspoons Black Pepper

[½ teaspoons Garlic Powder](#)

[2 teaspoons Olive Oil #1](#)

8 ounces Deli Ham, Sliced

[2 teaspoons Olive Oil #2](#)

4 pounds Chicken, Thighs,  
Boneless/Skinless

8 individual Swiss Cheese, Sliced

2 ½ cups slice Tomato

## Containers

2 [8x8 Baking Pan](#)

## Supplies

[Foil](#)

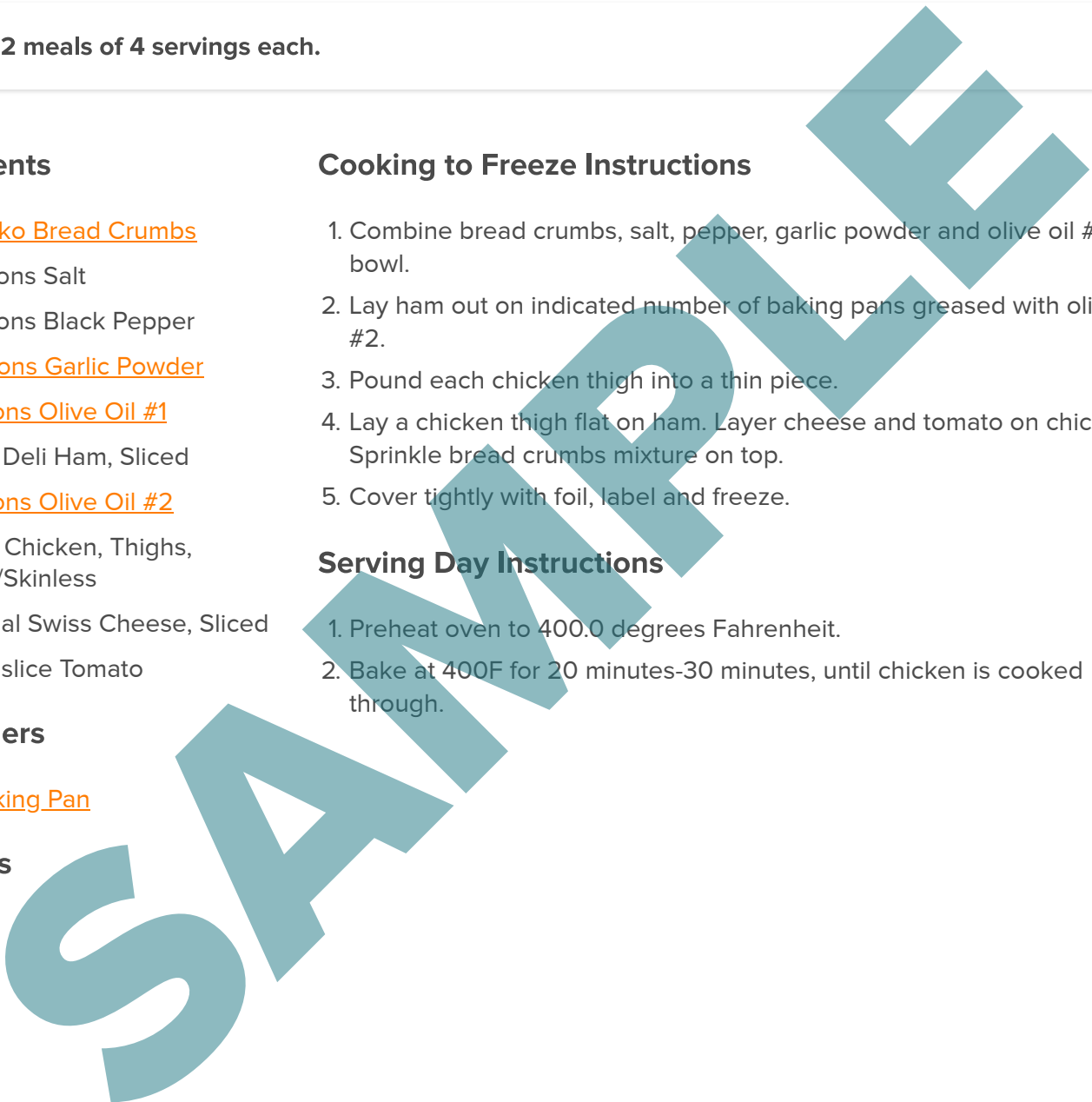
[Label](#)

## Cooking to Freeze Instructions

1. Combine bread crumbs, salt, pepper, garlic powder and olive oil #1 in a bowl.
2. Lay ham out on indicated number of baking pans greased with olive oil #2.
3. Pound each chicken thigh into a thin piece.
4. Lay a chicken thigh flat on ham. Layer cheese and tomato on chicken. Sprinkle bread crumbs mixture on top.
5. Cover tightly with foil, label and freeze.

## Serving Day Instructions

1. Preheat oven to 400.0 degrees Fahrenheit.
2. Bake at 400F for 20 minutes-30 minutes, until chicken is cooked through.



# Grilled Bruschetta Chicken

Yields 2 meals of 4 servings each.

## Ingredients

4 teaspoons mince Garlic, Cloves

[4 tablespoons Balsamic Vinegar](#)

[2/3 cups Olive Oil](#)

[1 teaspoon Sea Salt](#)

2 teaspoons Black Pepper

[1 cup drain and chop Sun-Dried Tomatoes in Olive Oil](#)

4 tablespoons chop Basil, Fresh

4 pounds Chicken, Boneless Breasts

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. In a small bowl, whisk together garlic, balsamic vinegar, olive oil, sea salt and pepper. Gently fold in sundried tomatoes and basil.
2. Divide chicken evenly between indicated number of gallon freezer bags.
3. Divide marinade evenly over chicken in gallon freezer bags, label and freeze.

## Serving Day Instructions

1. Remove chicken and dressing from bag. Grill chicken over medium heat for 6 minutes on one side.
2. Flip chicken, and top with remaining marinade and continue to grill until desired doneness, another 8-10 minutes.

# Orange Rosemary Salmon

Unconventional Kitchen

Yields 2 meals of 4 servings each.

## Ingredients

- 2 pounds Salmon Fillet
- 2 cups peel and slice Orange
- 1 cup juice Orange

## Serving Day Ingredients

- 1 teaspoon Salt
- 4 individual Rosemary, Fresh

## Containers

- 2 [Gallon Freezer Bag](#)

## Supplies

- [Label](#)

## Cooking to Freeze Instructions

1. In a large freezer bag, place salmon, orange slices and orange juice in a freezer bag. Label and freeze.

## Serving Day Instructions

1. Preheat oven to 350.0 degrees Fahrenheit.
2. Place salmon into baking dish.
3. Sprinkle with salt.
4. Pour a bit of juice over salmon. Discard the rest.
5. Place orange slices and rosemary sprigs over salmon.
6. Bake at 350 degrees for 15-30 minutes, until salmon is done.

SAMPLE

# Pineapple-Ginger Flank Steak

Yields 2 meals of 4 servings each.

## Ingredients

- 1 cup Pineapple Juice
- 1 ½ tablespoons peel and mince  
Ginger, Fresh
- [⅓ cups Soy Sauce](#)
- [⅓ cups Canola Oil](#)
- 5 ⅓ teaspoons mince Garlic,  
Cloves
- 2 pounds Flank Steak

## Containers

- 2 [Gallon Freezer Bag](#)
- 2 [Quart Freezer Bag](#)

## Supplies

- [Label](#)

## Cooking to Freeze Instructions

1. Whisk together all ingredients except flank steak.
2. Reserve 1/4 of marinade.
3. Score flank steak about 1/8 inch deep with knife diagonally.
4. Divide steak and unreserved marinade into indicated number of gallon freezer bags.
5. Divide reserved marinade in indicated number of quart freezer bags.
6. Place a reserved marinade bag in each gallon bag, label and freeze.

## Serving Day Instructions

1. Remove steak from bag and discard leftover marinade from steak bag.
2. Grill steak over medium high heat until the steak is still slightly pink on the inside or for 5-10 minutes per side. Brush reserved marinade over steak while grilling.
3. Remove steak from grill.
4. Let stand 5 minutes.
5. Slice steak against the grain.

SAMPLE



# Ranch Cheddar Burgers

Yields 8 burgers (1 per serving).

## Ingredients

2  $\frac{2}{3}$  pounds Ground Beef  
1  $\frac{1}{3}$  cups Cheddar Cheese,  
Shredded  
[4 tablespoons Ranch Dressing  
Mix](#)

## Serving Day Ingredients

8 individual Hamburger Buns,  
White

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Wax Paper](#)  
[Label](#)

## Cooking to Freeze Instructions

1. In a bowl, combine beef, cheddar cheese, and ranch dressing mix.
2. Gently shape into patties of equal size and thickness. With your thumb, or the back of a spoon, make a shallow indentation about 1 inch wide in the center of each patty. This helps the patties to cook evenly.
3. Place a small square of waxed paper between each patty and divide patties equally between indicated number of gallon freezer storage bags. Label and freeze.

## Serving Day Instructions

1. Grill patties over direct high heat until cooked to medium doneness, 6-8 minutes, turning once.
2. Serve on hamburger buns.

# Raspberry Glazed Pork Chops

Yields 2 meals of 4 servings each.

## Ingredients

[½ cups Apple Cider Vinegar](#)

½ cups Raspberry Jam

4 tablespoons Mustard, Yellow

2 pounds Pork Chops, Boneless

## Containers

2 [Gallon Freezer Bag](#)

2 [Pint Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. Mix vinegar, jam and mustard.
2. Divide pork chops into gallon freezer bags.
3. Pour sauce into pint freezer bags and place in bag with pork chops. Label and freeze.

## Serving Day Instructions

1. Brown pork chops on both sides in a large skillet.
2. Pour in jam mixture. Cover and simmer 10 minutes.
3. Remove pork chops from pan.
4. Bring sauce to a boil and reduce by half, serving with pork chops.

SAMPLE

# Slow Cooker Cheater Pork Stew

Nom Nom Paleo

Yields 2 meals of 4 servings each.

## Ingredients

[2 tablespoons Balsamic Vinegar](#)

[2 tablespoons Fish Sauce](#)

3 cups Carrot, Baby

½ teaspoons Celery Salt

6 pounds chunk Pork Roast

[16 fluid ounces Marinara Sauce](#)

½ teaspoons Black Pepper

12 teaspoons mince Garlic,  
Cloves

2 ½ cups dice Onion

[2 tablespoons Italian Seasoning](#)

## Serving Day Ingredients

1 cup dice Cabbage

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. Divide all ingredients except cabbage into indicated number of freezer bags. Label and freeze.

## Serving Day Instructions

1. Pour contents into slow cooker.
2. Top with cabbage, then cover.
3. Cook on low for 8-10 hours.

# Slow Cooker Chicken Caesar Sandwiches - Rachel Schultz

Rachel Schultz

Yields 8 sandwiches (1 per serving).

## Ingredients

4 pounds Chicken, Boneless Breasts

1 cup Water

2 cups Caesar Dressing

1 cup Parmesan Cheese, Shredded

[2 tablespoons Parsley, Dried](#)

4 teaspoons Black Pepper

## Serving Day Ingredients

8 individual Hamburger Buns, White

8 individual Lettuce, Romaine

## Containers

2 [Gallon Freezer Bag](#)

2 [Quart Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. Divide chicken breasts and water into indicated number of gallon freezer bags.
2. Mix together caesar dressing, Parmesan cheese, parsley and pepper.
3. Divide dressing mix into indicated number of quart freezer bags.
4. Place a dressing bag inside each gallon bag, label and freeze.

## Serving Day Instructions

1. Cook chicken and water on low in slow cooker for 3-4 hours.
2. Remove chicken, shred with 2 forks.
3. Drain water.
4. Return chicken to slow cooker and stir in contents of dressing bag. Cook for 30 minutes.
5. Serve on hamburger buns with romaine lettuce.

# Spinach Tortellini Soup

Around my Family Table

Yields 2 meals of 4 servings each.

## Ingredients

[16 cups Vegetable Broth/Stock](#)  
2 teaspoons mince Garlic, Cloves  
1 ¼ cups dice Onion  
[2 ½ teaspoons Italian Seasoning](#)  
[29 ounces Diced Tomatoes, Canned](#)  
1 ¼ cups Spinach, Baby  
½ teaspoons Salt

## Serving Day Ingredients

44 ounces Cheese Tortellini, Frozen

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. Divide all ingredients, except tortellini (leave tortellini FROZEN), among freezer bags and freeze.

## Serving Day Instructions

1. Heat soup mixture to a boil and let simmer about 5 minutes.
2. Add thawed tortellini and continue boiling until pasta is done.

SAMPLE

# Sweet Mustard Roast Beef

Stephanie O'Dea

Yields 2 meals of 4 servings each.

## Ingredients

6 pounds Beef Roast

[2/3 cups Molasses](#)

[2/3 cups Dijon Mustard](#)

[2 teaspoons Garlic Powder](#)

4 tablespoons Vinegar

## Containers

2 [Gallon Freezer Bag](#)

## Supplies

[Label](#)

## Cooking to Freeze Instructions

1. Divide all ingredients among indicated number of gallon bags.
2. Label & freeze.

## Serving Day Instructions

1. Cook in slow cooker on low for 6-8 hours or on high for 4 hours.

SAMPLE

# Thaw Sheet

30 Dinners in a Day

Serving each recipe 2 times to 4 people.

## Dinners

	Thaw Instructions	Cooking Time	Cooking Type
Amazing Shrimp Marinade	In fridge	9 minutes	Grill cook
Baked Chicken Burgers	In fridge	23 minutes	Oven cook
Baked Pork Chops with Apple Cheddar and Maple	In fridge	30 minutes	Oven cook
Carnitas Tacos	In fridge	about 8 hours	Slow cook
Crockpot Mongolian Beef	In fridge	about 5 hours	Slow cook
Easiest Chicken Cordon Bleu Recipe	In fridge	30 minutes	Oven cook
Grilled Bruschetta Chicken	In fridge	16 minutes	Grill cook
Orange Rosemary Salmon	In fridge	34 minutes	Oven cook
Pineapple-Ginger Flank Steak	In fridge	31 minutes	Grill cook
Ranch Cheddar Burgers	In fridge	9 minutes	Grill cook
Raspberry Glazed Pork Chops	In fridge	26 minutes	Stove cook
Slow Cooker Cheater Pork Stew	In fridge	about 10 hours	Slow cook
Slow Cooker Chicken Caesar Sandwiches - Rachel Schultz	In fridge	about 4 hours	Slow cook
Spinach Tortellini Soup	In fridge	27 minutes	Stove cook
Sweet Mustard Roast Beef	In fridge	about 4 hours	Slow cook

## Crockpot Mongolian Beef



Thaw. Cook in crockpot on high for 2-3 hours or low for 4-5 hours.

## Amazing Shrimp Marinade



Thaw. Discard marinade and thread shrimp onto skewers, piercing once near the tail and once near the head. Grill shrimp over medium heat on oiled grill for 2-3 minutes per side, until opaque. 1 serving = 8 ounces shrimp, 340 Calories, 21g Total Fat, 3g Sat Fat, 0g Trans Fat, 285mg Cholesterol, 1650mg Sodium, 3g Total Carb, 0g Fiber, 0g Total Sugars (Includes 0g Added Sugars), 31g Protein, 6 WW SmartPoints, Diabetic Exchanges: 4 Fat, 0 Fruit, 0 Milk, 0 Other Carb, 0 Starch, 0 Veg, 4 Lean Meat.

## Slow Cooker Chicken Caesar Sandwiches - Rachel Schultz



Thaw. Cook chicken and water on low in slow cooker for 3-4 hours. Remove chicken, shred with 2 forks. Drain water. Return chicken to slow cooker and stir in contents of dressing bag. Cook for 30 minutes. Serve on hamburger buns with romaine lettuce.

## Easiest Chicken Cordon Bleu Recipe



Thaw. Bake at 400F for 20-30 minutes or until chicken is cooked through. 1 serving = 8 ounces chicken w/ 1 slice each ham & cheese and 1/3 cup tomato, 450 Calories, 18g Total Fat, 6g Sat Fat, 0g Trans Fat, 215mg Cholesterol, 900mg Sodium, 11g Total Carb, 1g Fiber, 2g Total Sugars (Includes 0g Added Sugars), 57g Protein, 10 WW SmartPoints, Diabetic Exchanges: 1 Fat, 0 Fruit, 0 Milk, 0 Other Carb, 1 Starch, 0 Veg, 8 Lean Meat.



## Slow Cooker Cheater Pork Stew



Thaw. Pour contents into slow cooker. Top with cabbage wedges, then cover. Cook on low for 8-10 hours.

## Ranch Cheddar Burgers



Thaw. Grill patties over direct high heat until cooked to medium doneness, 6-8 minutes, turning once. Serve on hamburger buns.

## Sweet Mustard Roast Beef



Thaw. Cook in slow cooker on low for 6-8 hours or on high for 4 hours.

## Baked Chicken Burgers



Thaw. Butter each bun. Place approximately 1/3 cup of chicken mixture on each bun. Wrap buns individually in aluminum foil and bake at 350F for 20 minutes.

SAMPLE

## Spinach Tortellini Soup



Thaw. Heat soup mixture to a boil and let simmer about 5 minutes. Add thawed tortellini and continue boiling until pasta is done.

## Pineapple-Ginger Flank Steak



Thaw. Remove steak and discard marinade. Grill steak over medium high heat for 5-10 min per side, or until still slightly pink on inside. Brush on reserved marinade in last few minutes of grilling. Remove and let stand 5 minutes. Slice against the grain. Nutritional Info: 1 serving = 4 ounces 197 Calories, 11g Fat, 0mg Cholesterol, 605mg Sodium, 48mg Potassium, 5g Carbs, 0g Fiber, 3g Sugars, 19g Protein, 5 WW+ Points.

## Carnitas Tacos



Thaw. Cook on low in slow cooker for 6-8 hours. Remove from slow cooker and shred. Serve in tortillas.

## Orange Rosemary Salmon



Thaw. Place salmon into baking dish. Sprinkle with salt. Pour a bit of juice over salmon. Discard the rest. Place orange slices and rosemary sprigs over salmon. Bake at 350 degrees for 15-30 minutes, until salmon is done. 1 serving = 4 ounces, 270 Calories, 15g Total Fat, 3.5g Sat Fat, 0g Trans Fat, 60mg Cholesterol, 360mg Sodium, 9g Total Carb, 1g Fiber, 7g Total Sugars (Includes 0g Added Sugars), 24g Protein, 1 WW SmartPoints, Diabetic Exchanges: 2 Fat, 1 Fruit, 0 Milk, 0 Other Carb, 0 Starch, 0 Veg, 3 Lean Meat.

## Baked Pork Chops with Apple Cheddar and Maple



Thaw. Bake at 400F for 25-30 minutes, or until pork chops are cooked through.

## Grilled Bruschetta Chicken



Thaw. Remove chicken and dressing from bag. Grill chicken over medium heat for 6 minutes. Flip chicken, and top with remaining marinade and continue to grill until desired doneness, another 8-10 minutes. 1 serving = 8 ounces, 480 Calories, 26g Total Fat, 4g Sat Fat, 0g Trans Fat, 165mg Cholesterol, 430mg Sodium, 5g Total Carb, 1g Fiber, 1g Total Sugars (Includes 0g Added Sugars), 52g Protein, 7 WW SmartPoints, Diabetic Exchanges: 4 Fat, 0 Fruit, 0 Milk, 0 Other Carb, 0 Starch, 1 Veg, 7 Lean Meat.

## Raspberry Glazed Pork Chops



Thaw. Brown pork chops on both sides in a large skillet. Pour in jam mixture. Cover and simmer 10 minutes. Remove pork chops from pan. Bring sauce to a boil and reduce by half, serving with pork chops. 1 serving = 4 ounces, 290 Calories, 15g Total Fat, 5g Sat Fat, 0g Trans Fat, 65mg Cholesterol, 180mg Sodium, 14g Total Carb, 0g Fiber, 12g Total Sugars, 24g Protein, 9 WW SmartPoints, Diabetic Exchanges: 2 Fat, 0 Fruit, 0 Milk, 1 Other Carb, 0 Starch, 0 Veg, 3 Lean Meat.

SAMPLE

## Crockpot Mongolian Beef



Thaw. Cook in crockpot on high for 2-3 hours or low for 4-5 hours.

## Amazing Shrimp Marinade



Thaw. Discard marinade and thread shrimp onto skewers, piercing once near the tail and once near the head. Grill shrimp over medium heat on oiled grill for 2-3 minutes per side, until opaque. 1 serving = 8 ounces shrimp, 340 Calories, 21g Total Fat, 3g Sat Fat, 0g Trans Fat, 285mg Cholesterol, 1650mg Sodium, 3g Total Carb, 0g Fiber, 0g Total Sugars (Includes 0g Added Sugars), 31g Protein, 6 WW SmartPoints, Diabetic Exchanges: 4 Fat, 0 Fruit, 0 Milk, 0 Other Carb, 0 Starch, 0 Veg, 4 Lean Meat.

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SAMPLE