

**Menu**

Meal 1 - Crispy Onion Chicken  
Meal 2 – Hearty Beef Stew  
Meal 3 – Citrus Seared Salmon

**Shopping List****Produce**

Chopped Garlic ( 1tsp)(Meal 2)  
Onions (1 cups) (Meal 2)  
Baby Carrots (2 cups) (Meal 2)  
Red Potatos (1 cup) (Meal 2)

**Meat/Fish**

6 6oz. Boneless Skinless Chicken Breasts  
(Meal 1)  
1 ½ lbs. Beef Stew Meat (Meal 2)  
6 6oz. Salmon Fillets (Meal 3)

**Dairy**

Butter or Margarine ( 1/2 cup) (Meal 1)

**Frozen**

Green Beans (1 cup) (Meal 2)

**Other**

4 One Gallon Freezer Zip-lock bags  
1 9x13 inch baking pans  
Masking tape (to label the baking pans)  
Sharpie Marker (to label the zip-lock bags)

**Dry Goods**

Beef Broth (3 cups) (Meal 2)  
French Fried Onions (1 ½ cups) (Meal 1)  
Tomato Paste (2 tsp.) (Meal 2)  
Brown Sugar (Meal 2)  
Flour (3 Tbsp) (Meal 2)  
Soy Sauce (2 tsp.) (Meal 3)  
Lemon Juice (4 Tbsp.) (Meal 3)  
Red Wine Venegar (4 Tbsp.) (Meal 3)  
Worcestershire Sauce (1 Tbsp + 2 tsp.)  
(Meal 1, 2)

**Spices**

Basil (Meal 3)  
Black Pepper (Meal 1, 2, 3)  
Garlic Salt (Meal 1)  
Garlic Powder (Meal 3)  
Ground Mustard (Meal 1)  
Salt (Meal 3)  
Thyme (Meal 3)

**Preparation guide**

**Fill your sink with hot soapy water so you can wash as you go...very important so you don't have a huge clean up at the end.**

**Cooking, Cutting, Melting**

**Cooking**

No cooking required.

**Cutting**

1 cup Diced Onion

1 tsp Chopped Garlic

1 cup Cubed Red Potatoes

**Melting**

No melting required

**Things to set out on the counters to begin assembly of all 3 Sample meals.**

Measuring spoons and cups

Mixing bowls

Extra dish towels for washing/drying dishes and hands

Zip-lock freezer bags (you'll need 4 – I suggest you double bag both meals to catch any leaks/messes)

Baking Dishes 9x13 size (you'll need 1)

Sharpie Marker to label bags/dishes (use masking tape to label your own baking dishes)

Masking Tape

All other ingredients from Shopping List

## Meal 1

**Crispy Onion Chicken**

½ c. Butter or margarine, melted  
1 T. Worcestershire Sauce  
1 tsp. Ground Mustard  
½ tsp. Garlic Salt  
¼ tsp. Black Pepper  
1 ½ c. French Fried Onions  
6 6oz. Boneless Skinless Chicken Breasts

Spray a 9x13 in. pan with cooking spray. In a mixing bowl combine the first 5 ingredients. Dip chicken to coat in mixture and place in baking pan. Drizzle with remaining butter mixture then sprinkle with French fried onions. Cover and Freeze.

**To prepare**, thaw completely in refrigerator and bake in 350-degree oven for 30-40 minutes or until juices run clear.

**Serve** with mashed potatoes and sautéed green beans.

## Meal 2

**Hearty Beef Stew**

1 c. Diced Onion  
2 c. Baby Carrots  
1 c. Cubed Red Potato  
1 c. Green Beans  
1 ½ lbs. Beef Stew Meat (uncooked)  
½ tsp. Dried Thyme  
1 tsp. Chopped Garlic  
3 c. Beef Broth  
2 T. Brown Sugar  
1 tsp. Salt  
2 tsp. Worcestershire Sauce  
½ tsp. Pepper  
3 T. Flour  
2 tsp. Tomato Paste

Label freezer zip lock bag with recipe and date.

Combine all of the ingredients into a one-gallon freezer zip lock bag, remove all excess air, seal and freeze.

**To prepare**, thaw completely in refrigerator. Cook in crock-pot on low for 6-8 hours.

**Serve** in large bowls with whole wheat bread for dipping.

## Meal 3

**Citrus Seared Salmon**

6 6oz. Salmon fillets  
4 T. Lemon Juice  
4 T. Red Wine Vinegar  
3 tsp. Dried Basil  
2 tsp. Garlic Powder  
2 tsp. Soy Sauce  
½ tsp. Pepper

Label freezer zip lock bag with recipe and date.

Combine the ingredients in this order into prepared Zip Lock Bag. Seal Bag, removing all excess air. Turn to coat fish then freeze.

**To prepare**, thaw in refrigerator. Bake in 350-degree oven for 10-15 minutes or until fish flakes easily with fork.

**Serve** with grilled yellow squash with olive oil, salt and pepper also roasted rosemary red potatoes.