



20 FOR THE FREEZER - PALEO BUNDLE

60 delicious recipes

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SAVING DINNER

with



20 for the Freezer

Paleo

Volume 1

Welcome to 20 for the Freezer

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 20 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. So put on some good music and make sure you have on a comfy pair of shoes while you assemble a month's worth of meals at your own pace.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

This document is long, but organized! You'll need all of the details to compile your dinner kits so don't forget to be creative and use your printer's ink and page saving features if necessary. Please check your printer's HELP guide if you are unfamiliar with any of the printing suggestions.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your 20 For the Freezer, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Let's talk Dollars and Cents

To give you a rough estimate on what the average cost per meal is, we shopped at one grocery store in Phoenix, Arizona.

This store is relatively high end – definitely not a discount grocer. We shopped using the entire shopping list and bought every item on the list as if we were a new Menu-Mailer subscriber just starting out with only salt and pepper in our pantry.

Whenever possible, we bought organic products, as well. The total cost for every item was only \$285 for the preassembly ingredients. That breaks down to a per meal cost of \$14.50 for 4 people for 20 meals. (You can't take a family of 4 to a fast food burger place for that price.)

We know you can do a lot better than we did by utilizing club stores, discount grocery stores, catching items on sale and using your coupons. We did this so you could see the rough cost on using the 20 For the Freezer – but again, this is straight retail, no penny pinching.

By taking your shopping list and carefully combing thru your pantry and refrigerator, you should be able to purchase most everything you need to make the recipes for much less! Our staff went thru their pantries and could mark off more than half of the ingredients before they even left home!

Make sure to try to ad match and shop at stores that match competitor sale items and used their coupons.

Once begun, half done

Cooking dinner can be exhausting. Preparing 20 dinners can seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (figure 2 one gallon sized bags per meal)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

Grocery shopping will probably take you an hour or two, and for a reference point, several of our staff have tested the assembly of the kits and had all 20 meals in the freezer in two – three hours. The pre assembly prep list helps cut down on assembly time so be sure to read it and use it!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

Shopping Lists – Your plan for success

This wouldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And 20 For the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List to get started. This one has all of the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our 20 For the Freezer testers found they could cross off almost half of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, it's time to put on those lace up shoes and head to the market for your remaining ingredients.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly.

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips! Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 20 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 20 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminate.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 20 kits in a day, try assembling your meals by type of meat! Do all of your fish at one time, take a break, then do the next meat group.

If you stop for the day after assembling one meat group or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

You'll want to get out the Preassembly Prep List as that will have many time saving do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

Where's the beef?

You'll notice that the menus are broken down into meat categories: beef, chicken, pork and fish. Fish is such a delicate meat, that I strongly recommend you start your meal assembly first with your fresh fish.

Follow this then by your poultry meats, either chicken or turkey. Then move on to your pork, and finally your beef items.

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

Something's Fishy!

Ask anyone in my customer service department and FISH is probably the number one ingredient we get complaints on. While fish comes in many different ways, if you've had an ill prepared or overcooked fish dish it's sure to be a turnoff.

The fish recipes included in 20 For the Freezer are RAVES – favorites from subscribers to Menu-Mailer. I'd encourage you to take a leap of faith and try them if you "think" you don't like fish. You'll be pleasantly surprised!

If you still have an aversion to fish, these delicious recipes are also extremely flexible and would be perfect choices to also substitute chicken (or even turkey) in place of any of the fish. Simply remember to adjust cooking times to ensure your chicken is cooked thru and make any needed adjustments to your shopping lists.

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 20 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 20 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing a month's worth of main courses and some food items are very perishable and only last approximately a week in your pantry or fridge.

Also, you are in control of how you decide to use the meals. You may decide to use these meals for the whole month while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep and then share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Congratulations on Saving Dinner in your home!

20 For the Freezer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 20 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of 20 for the Freezer is for individual use. Please have participants each purchase their own Mailer.)

Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

MEAT

16 free-range boneless skinless chicken breast halves [R1,R4,R12,R14]
1 pound free-range chicken pieces [R18]
4 pounds grass-fed beef roast [R2,R9]
1 pound grass-fed beef flank steak [R20]
4 pounds grass-fed lean ground beef [R10,R16]
2 pounds pork loin [R3]
2 pounds pork ribs [R7]
8 boneless pork chops [R15,R19]
12 ounces gluten-free kielbasa sausage (make sure it's nitrate/nitrite free) [R6]
4 (6- to 8-oz.) wild-caught halibut fillets [R5]
8 (6- to 8-oz.) wild-caught salmon fillets [R8,R17]
4 pounds wild-caught shrimp, peeled and deveined [R11,R13]

PRODUCE

Onions (6 small) [R1,R3,R4,R6,R10]
Red onions (3 small) [R8,R11,R16]
Shallots (4) [R2,R5]
Pearl onions (1 cup) [R9]
Garlic (66 cloves) [R1,R2,R5,R6,R7,R8,R9,R11,R12,R13,R15,R16,R17,R18,R20]
Carrots (8 medium) [R6,R9]
Celery (2 medium stalks) [R6]
Cucumber (1) [R11]
Tomatoes (2 medium) [R11]
Gingerroot (1 1/2 inches) [R1,R7]
Shitake OR white mushrooms (1 cup chopped caps) [R1]
Red bell peppers (1 medium) [R8]
Jalapeno peppers (4) [R4,R8]
Butternut squash (1 pound) [R2]
Turnips (1) [R6]
Baby spinach (2 handfuls) [R3]
Kale (1 bunch) [R6]
Parsley (3/4 cup chopped) [R5,R16]
Cilantro (3/4 cup chopped) [R4,R8,R10,R11]
Sage (2 tablespoons chopped) [R15]
Basil (1/2 cup torn leaves) [R5]
Dill (1/4 cup) [R5]
Lemons (zest of 1 whole plus 3 tablespoons juice plus 1 tablespoon zest) [R8,R11,R13,R17,R18]
Limes (juice of 1 whole plus 1 teaspoon juice plus 1 tablespoon zest) [R4,R17,R20]
Oranges (1/2 cup juice) [R20]
Pineapple (2 cups chopped) [R8]

DRY GOODS

Golden raisins (1/4 cup) [R3]
Almond meal OR ground almonds (1/2 cup) [R10]

DAIRY

Eggs (2) [R10]

CONDIMENTS

Olive oil (about 3/4 cup) [R5,R15,R18,R20]
Sesame oil (2 tablespoons) (in Asian section of grocery store) [R7]
Coconut oil (1/2 cup) [R13]
Rice vinegar (1/4 cup) [R1,R7]
Balsamic vinegar (3 tablespoon) [R4,R9]
Mayonnaise (made with olive oil) (1 cup) [R14]
Dijon mustard (1 teaspoon) [R14]
Chili sauce (2 tablespoons) [R13]
Mild salsa (3 cups) [R10]
Hot sauce (1 teaspoon) [R13]
Kalamata olives (1 1/4 cups chopped) [R12,R18]
Capers (1/4 cup plus 3 tablespoons) [R3,R5]
Coco-aminos OR wheat-free tamari sauce (1/2 cup) [R7]

CANNED GOODS

Organic low sodium chicken broth (15 1/2 cups) [R1,R2,R6,R10]
2 (14.5-oz.) can organic diced tomatoes [R2,R12]
Tomato paste (1/4 cup) [R9]
Tomato and clam juice cocktail (3 cups) [R11]

SPICES

Sea salt [R1,R2,R3,R4,R5,R8,R9,R10,R11,R12,R14,R15,R16,R17,R18,R19,R20]
Black peppercorns [R2,R3,R4,R5,R6,R8,R9,R10,R11,R12,R14,R15,R16,R17,R18,R19,R20]
White pepper (1/4 teaspoon) [R1]
Ground ginger (1/2 teaspoon) [R2]
Cinnamon (1 teaspoon) [R2]
Crushed red pepper flakes (1/2 teaspoon) [R2]
Paprika (2 teaspoons) [R2]
Ground cumin (1 teaspoon) [R10]
Old Bay seasoning (1 teaspoon) [R5]
Basil (1/4 teaspoon) [R6]
Rosemary (2 1/4 teaspoons) [R6,R9,R12]
Oregano (2 tablespoons plus 1 3/4 teaspoons) [R6,R12,R19,R20]
Chili powder (1 1/2 teaspoons) [R8,R10]
Onion powder (1 teaspoon) [R14]
Dill (1/2 teaspoon) [R14]
Thyme (2 teaspoons) [R18]

FREEZER

12 ounces raspberries, unsweetened [R4]

OTHER

Kitchen twine [R3]
Grill skewers [R16]
Zipper-topped plastic freezer bags:
1-quart 21
1-gallon 31



Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.
(* refers to ingredients needed for the serving suggestions if you are following them.)

<p>1 – Sweet and Sour Chicken Soup Baby spinach (2 cups chopped) *Baby carrots *Broccoli and cauliflower florets *Sugar snap beans</p> <p>2 – African Beef and Butternut Squash Olive oil (1 tablespoon) Cilantro (1/4 cup chopped) *Baby spinach *Red onion *Granny Smith apple *Olive oil *Garlic *Lemon *Dijon mustard *Honey, local preferred</p> <p>3 – Savory Pork Loin Olive oil (1 tablespoon) *Sweet potatoes *Broccoli</p> <p>4 – Chicken with Raspberry Salsa Olive oil (1 tablespoon) *Acorn Squash *Green beans</p> <p>5 – Halibut with Herbed Caper Sauce Olive oil (1 tablespoon) *Baby carrots *Asparagus</p> <p>6 – Kielbasa and Veggie Soup Olive oil (1 tablespoon) Baby spinach (1 cup chopped) *Lettuce (not Iceberg, no nutrition) *Salad veggies (your choice) *Olive oil *Balsamic vinegar</p> <p>7 – Asian Pork Ribs *Mushrooms *Zucchini *Yellow squash *Snow peas</p>	<p>8 – Pineapple Salsa Salmon Olive oil (1 tablespoon) *Cauliflower *Green beans</p> <p>9 – Italian Pot Roast Button mushrooms (8 ounces) Sweet potatoes (2 large) *Mixed baby greens *Red onion *Cherry tomatoes *Olive oil *Balsamic vinegar</p> <p>10 – Southwestern Meatball Soup *Carrots *Celery *Jicama *Cherry tomatoes *Cucumber</p> <p>11 – Shrimp Gazpacho Avocado (1) *Lettuce (not Iceberg, no nutrition) *Salad veggies (your choice) *Olive oil *Balsamic vinegar</p> <p>12 – Italian Chicken Skillet *Eggplant *Zucchini *Mixed baby greens *Red onion *Cherry tomatoes *Olive oil *Balsamic vinegar</p> <p>13 – Kickin’ Grilled Shrimp Olive oil Grill skewers *Sweet potatoes *Chili powder *Olive oil *Kale</p> <p>14 – Ranch Chicken Olive oil (1 tablespoon) *Butternut squash *Asparagus</p>	<p>15 – Garlic Sage Pork Olive oil *Butternut squash *Broccoli and cauliflower florets</p> <p>16 – Meatball Kebabs Olive oil *Zucchini *Yellow squash *Red onion *Bell pepper</p> <p>17 – Lemon-Lime Salmon Olive oil *Steamed cauliflower *Braised chard</p> <p>18 – Roasted Tomato and Olive Chicken *Cauliflower *Baby spinach *Garlic *Olive oil *Balsamic vinegar</p> <p>19 – Oregano Pork Chops Olive oil *Sweet potatoes *Baby Brussels sprouts</p> <p>20 – Garlic Flank Steak Olive oil *Sweet potatoes *Lettuce (not Iceberg, no nutrition) *Salad veggies (your choice) *Olive oil *Balsamic vinegar</p>
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Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

MEAT

(Keep all items refrigerated)

Beef:

Separate 4 pounds beef roast into 2 (2-lb.) pieces then cube 2 pounds, leaving the other piece whole

Separate 4 pounds ground beef in half

Pork:

Butter-fly (lengthwise) 2 pounds pork loin

Cut 2 pounds pork ribs into 4 sections

Kielbasa:

Slice 12 ounces kielbasa

Chicken:

Cube 4 chicken breast halves

Thinly pound 8 chicken breast halves

CANNED GOODS

Open all cans

Measure 1/4 cup tomato paste

Measure 3 cups tomato and claim juice cocktail

SPICES

Set out items as listed on Assembly Time Shopping List and measure as needed

DRY GOODS

Measure 1/4 cup of golden raisins

FREEZER

Measure 12 ounces of unsweetened raspberries

PRODUCE

Onions:

Peel and dice 2 small onions

Peel and chop 3 small onions

Peel, chop and sauté 1 small onion

Red onions:

Peel and dice 2 small red onions

Peel and halve 1 small red onion

Shallots:

Peel and chop 1 shallot

Peel and roughly chop 3 shallots

Pearl onions:

Peel 1 cup of pearl onions

Garlic:

Peel and slice 8 cloves of garlic

Peel and chop 6 cloves of garlic

Peel and press remaining 52 cloves as needed

PRODUCE (Continued)

Carrots:

Peel and chop 2 medium carrots

Peel and slice 6 medium carrots

Celery:

Chop 2 medium stalks of celery

Cucumber:

Peel, seed and dice 1 cucumber

Tomatoes:

Dice 2 medium tomatoes

Red bell peppers

Seed, de-rib and dice 1 medium red bell pepper

Jalapeno peppers:

Seed and mince 4 jalapeno peppers

Butternut squash:

Peel and cube 1 pound butternut squash

Turnips:

Peel and chop 1 turnip

Baby spinach:

Lightly chop 2 handfuls of baby spinach

Kale:

De-rib, de-stem and roughly chop 1 bunch of kale

Parsley:

Chop 3/4 cup of parsley

Cilantro:

Chop 1/2 cup plus 4 tablespoons of cilantro

Sage:

Chop 2 tablespoons of sage

Basil:

Tear 1/2 cup of basil leaves

Lemons:

Zest 1 whole lemon

Squeeze 3 tablespoons of lemon juice

Grate 1 tablespoon of lemon peel

Limes:

Squeeze juice from 1 whole lemon

Squeeze 1 teaspoon of lime juice

Grate 1 tablespoon of lime peel

Oranges:

Squeeze 1/2 cup of orange juice

Pineapple:

Peel, core and cube 2 cups of pineapple

Dinner Planner

20 for the Freezer Paleo Volume 1

- 1. Sweet and Sour Chicken Soup
- 2. African Beef and Butternut Squash
- 3. Fruit-Stuffed Pork Loin
- 4. Chicken with Raspberry Salsa
- 5. Halibut with Herbed Caper Sauce
- 6. Kielbasa and Veggie Soup
- 7. Teriyaki Pork Ribs
- 8. Pineapple Salsa Salmon
- 9. Italian Pot Roast
- 10. Southwestern Meatball Soup
- 11. Shrimp Gazpacho
- 12. Italian Chicken Skillet
- 13. Kickin' Grilled Shrimp
- 14. Ranch Chicken
- 15. Garlic Sage Pork
- 16. Meatball Kebabs
- 17. Lemon-Lime Salmon
- 18. Roasted Tomato and Olive Chicken
- 19. Oregano Pork Chops
- 20. Garlic Flank Steak

Sweet and Sour Chicken Soup

20 For the Freezer Recipe 1 — Assembly Guidelines
Serves 4

Assembly Ingredients:

- 1 small onion, chopped
- 4 cloves garlic, pressed
- 1 (1/2-inch) piece fresh gingerroot, peeled and grated
- 2 tablespoons rice vinegar
- 1/2 teaspoon sea salt
- 1/4 teaspoon white pepper
- 4 free-range boneless skinless chicken breast halves, cubed
- 8 cups organic low sodium chicken broth
- 1 cup shitake mushroom caps, chopped (or white mushrooms if shitakes are unavailable)

To Assemble:

Combine onion, garlic, ginger, rice vinegar, sea salt, white pepper and chicken in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Combine chicken broth and mushrooms in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Sweet and Sour Chicken Soup

20 For the Freezer Recipe 1 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

- 1 small onion, chopped
- 4 cloves garlic, pressed
- 1 (1/2-inch) piece fresh gingerroot, peeled and grated
- 2 tablespoons rice vinegar
- 1/2 teaspoon sea salt
- 1/4 teaspoon white pepper
- 4 free-range boneless skinless chicken breast halves, cubed
- 8 cups organic low sodium chicken broth
- 1 cup shitake mushroom caps, chopped (or white mushrooms if shitakes are unavailable)

At Time of Cooking Ingredients:

- 2 cups chopped baby spinach

Cooking Instructions:

Place contents of first freezer bag (onion through chicken) in a large saucepan with a tight-fitting lid over medium-high heat; cook until chicken is done, about 10 minutes.

Carefully add contents of second freezer bag (chicken broth and mushrooms); blend well. Bring to a boil then reduce heat, cover and simmer for 30 minutes. Add spinach and simmer for 5 minutes or until spinach is wilted.

SERVING SUGGESTION: A relish tray of baby carrots, broccoli and cauliflower florets and sugar snap beans.

Nutrition per serving: 488 Calories; 3g Fat; 68g Protein; 54g Carbohydrate; 8g Dietary Fiber; 99mg Cholesterol; 1403mg Sodium. Exchanges: 3 Grain(Starch); 8 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates. Points: 12

African Beef and Butternut Squash

20 For the Freezer Recipe 2 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 teaspoons paprika
1 teaspoon ground cinnamon
1/2 teaspoon sea salt
1/2 teaspoon ground ginger
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon freshly ground black pepper
2 pounds grass-fed beef roast, trimmed and cubed
3 shallots, roughly chopped
6 cloves garlic, pressed
1/2 cup organic low sodium chicken broth
1 (14.5-oz.) can organic diced tomatoes
1 pound butternut squash, peeled and cubed

To Assemble:

In a large bowl, combine paprika, cinnamon, salt, ginger, crushed red pepper flakes and black pepper. Toss with beef, shallots and garlic until well coated. Place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Combine chicken broth, tomatoes and squash in a second 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

African Beef and Butternut Squash

20 For the Freezer Recipe 2 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 teaspoons paprika
1 teaspoon ground cinnamon
1/2 teaspoon sea salt
1/2 teaspoon ground ginger
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon freshly ground black pepper
2 pounds grass-fed beef roast, trimmed and cubed
3 shallots, roughly chopped
6 cloves garlic, pressed
1/2 cup organic low sodium chicken broth
1 (14.5-oz.) can organic diced tomatoes
1 pound butternut squash, peeled and cubed

At Time of Cooking Ingredients:

1 tablespoon olive oil
1/4 cup chopped fresh cilantro

Cooking Instructions:

Heat the olive oil in a Dutch oven over medium-high heat. Add beef mixture and brown on all sides. Carefully stir in chicken broth, tomatoes and squash. Bring to a boil then reduce heat and simmer for 20 to 25 minutes or until squash is cooked through. Stir in cilantro before serving.

SERVING SUGGESTION: A salad of baby spinach, sliced red onion and sliced Granny Smith apple, tossed with a dressing of olive oil, lemon juice, garlic, Dijon mustard and honey.

Nutrition per serving: 462 Calories; 20g Fat; 56g Protein; 21g Carbohydrate; 4g Dietary Fiber; 193mg Cholesterol; 801mg Sodium. Exchanges: 1 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat. Points: 12

Savory Pork Loin

20 For the Freezer Recipe 3 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/4 cup golden raisins
1 cup boiling water
1 small onion, chopped and sautéed
3 tablespoons capers
2 large handfuls baby spinach, lightly chopped
2 pounds pork loin, butter-flied lengthwise
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
Kitchen twine

To Assemble:

Place raisins in a medium bowl and cover with boiling water; soak for 10 minutes then drain. Add the sautéed onion, capers and baby spinach; blend well (the heat from the raisins should help to wilt the spinach a little).

Rub pork loin with salt and pepper then spread with spinach mixture; roll up into a log and secure with kitchen twine. Place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Savory Pork Loin

20 For the Freezer Recipe 3 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1/4 cup golden raisins
1 cup boiling water
1 small onion, chopped and sautéed
3 tablespoons capers
2 large handfuls baby spinach, lightly chopped
2 pounds pork loin, butter-flied lengthwise
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
Kitchen twine

At Time of Cooking Ingredients:

1 tablespoon olive oil

Cooking Instructions:

Preheat oven to 400°F.

Heat the olive oil in a large skillet over medium-high heat. Add stuffed pork loin and brown on all sides.

Place browned pork loin in a roasting pan and roast for 30 to 35 minutes or until cooked through. Let stand for 10 minutes before slicing.

SERVING SUGGESTION: Baked sweet potatoes and steamed broccoli.

Nutrition per serving: 353 Calories; 11g Fat; 49g Protein; 12g Carbohydrate; 2g Dietary Fiber; 148mg Cholesterol; 423mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates. Points: 8

Chicken with Raspberry Salsa

20 For the Freezer Recipe 4 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 free range boneless skinless chicken breast halves, pounded thin
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 small onion, diced
2 jalapeno peppers, seeded and minced
1 tablespoon balsamic vinegar
12 ounces frozen raspberries, unsweetened
2 tablespoons chopped fresh cilantro
1 teaspoon lime juice

To Assemble:

Sprinkle chicken with salt and pepper then place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Combine onion, jalapenos, vinegar, raspberries, cilantro and lime juice in a second 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Chicken with Raspberry Salsa

20 For the Freezer Recipe 4 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

4 free range boneless skinless chicken breast halves, pounded thin
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 small onion, diced
2 jalapeno peppers, seeded and minced
1 tablespoon balsamic vinegar
12 ounces frozen raspberries, unsweetened
2 tablespoons chopped fresh cilantro
1 teaspoon lime juice

At Time of Cooking Ingredients:

1 tablespoon olive oil

Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat. Add chicken and brown on all sides. Serve chicken topped with raspberry salsa.

SERVING SUGGESTION: Baked acorn squash and steamed green beans.

Nutrition per serving: 213 Calories; 5g Fat; 27g Protein; 14g Carbohydrate; 6g Dietary Fiber; 66mg Cholesterol; 193mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat. Points: 5

Halibut with Herbed Caper Sauce

20 For the Freezer Recipe 5 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 (6- to 8-oz.) wild-caught halibut fillets
1 teaspoon Old Bay seasoning
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/2 cup torn basil leaves
1/2 cup chopped fresh parsley
1/4 cup fresh dill
1/4 cup capers, drained
1 shallot, chopped
4 cloves garlic, pressed
1/3 cup olive oil

To Assemble:

Gently rub halibut with Old Bay seasoning, salt and pepper. Place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

In a blender or food processor, pulse remaining ingredients (basil through olive oil) until finely chopped. Place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Halibut with Herbed Caper Sauce

20 For the Freezer Recipe 5 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

4 (6- to 8-oz.) wild-caught halibut fillets
1 teaspoon Old Bay seasoning
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/2 cup torn basil leaves
1/2 cup chopped fresh parsley
1/4 cup fresh dill
1/4 cup capers, drained
1 shallot, chopped
4 cloves garlic, pressed
1/3 cup olive oil

At Time of Cooking Ingredients:

1 tablespoon olive oil

Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat. Add halibut and cook 4 minutes per side or until cooked through. Top halibut with green sauce; serve.

SERVING SUGGESTION: Steamed baby carrots and asparagus.

Nutrition per serving: 390 Calories; 25g Fat; 36g Protein; 3g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 346mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates. Points: 10

Kielbasa and Veggie Soup

20 For the Freezer Recipe 6 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 medium carrots, peeled and chopped
2 medium stalks celery, chopped
2 small onions, chopped
1 bunch kale, de-ribbed, de-stemmed and roughly chopped
1 turnip, peeled and chopped
4 cloves garlic, pressed
12 ounces gluten-free Kielbasa sausage, sliced (make sure it's nitrate/nitrite free)
4 cups organic low sodium chicken broth
1/4 teaspoon dried basil
1/4 teaspoon dried rosemary
1/4 teaspoon dried oregano
1/2 teaspoon freshly ground black pepper

To Assemble:

Combine all veggies into a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Place the Kielbasa in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (broth through pepper) in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Kielbasa and Veggie Soup

20 For the Freezer Recipe 6 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 medium carrots, peeled and chopped
2 medium stalks celery, chopped
2 small onions, chopped
1 bunch kale, de-ribbed, de-stemmed and roughly chopped
1 turnip, peeled and chopped
4 cloves garlic, pressed
12 ounces gluten-free Kielbasa sausage, sliced (make sure it's nitrate/nitrite free)
4 cups organic low sodium chicken broth
1/4 teaspoon dried basil
1/4 teaspoon dried rosemary
1/4 teaspoon dried oregano
1/2 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

1 tablespoon olive oil
1 cup chopped baby spinach

Cooking Instructions:

Heat the olive oil in a large skillet with a tight-fitting lid over medium-high heat. Add contents of first freezer bag (veggies) and sauté for 5 minutes. Now add the sliced kielbasa and sauté for 5 minutes. Add contents of the last freezer bag (chicken broth); bring to a boil then reduce heat, cover and simmer for 10 minutes. Stir in baby spinach and simmer for 2 minutes or until wilted.

SERVING SUGGESTION: A big salad tossed with olive oil and balsamic vinegar.

Nutrition per serving: 425 Calories; 27g Fat; 26g Protein; 21g Carbohydrate; 4g Dietary Fiber; 57mg Cholesterol; 1514mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 3 1/2 Vegetable; 4 Fat. Points: 11

Asian Pork Ribs

20 For the Freezer Recipe 7 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/2 cup coco-aminos OR wheat-free tamari sauce
2 tablespoons sesame oil
2 tablespoons rice vinegar
1 (1-inch) piece fresh gingerroot, peeled and grated
4 cloves garlic, pressed
2 pounds pork ribs, cut into 4 sections

To Assemble:

Place all ingredients in a 1-gallon zipper-topped plastic freezer bag. Gently squeeze to combine. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Asian Pork Ribs

20 For the Freezer Recipe 7 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1/2 cup coco-aminos OR wheat-free tamari sauce
2 tablespoons sesame oil
2 tablespoons rice vinegar
1 (1-inch) piece fresh gingerroot, peeled and grated
4 cloves garlic, pressed
2 pounds pork ribs, cut into 4 sections

At Time of Cooking Ingredients:

1/4 cup water

Cooking Instructions:

Place contents of freezer bag in a slow cooker. Cover and cook on HIGH for 5 to 6 hours until cooked through. Transfer ribs to a plate and keep warm.

Strain off fat from remaining sauce in slow cooker; add water and bring to a boil. Reduce heat to a simmer and let it naturally thicken, about 2 minutes. Serve ribs topped with sauce.

SERVING SUGGESTION: Stir-fried mushrooms, zucchini, yellow squash and snow peas.

Nutrition per serving: 485 Calories; 40g Fat; 27g Protein; 4g Carbohydrate; trace Dietary Fiber; 114mg Cholesterol; 2118mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 6 1/2 Fat; 0 Other Carbohydrates. Points: 13

Pineapple Salsa Salmon

20 For the Freezer Recipe 8 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 cups chopped fresh pineapple
1 small red onion, diced
1 medium red bell pepper, seeded, de-ribbed and diced
2 cloves garlic, pressed
1 tablespoon fresh lemon juice
2 jalapeno peppers, seeded and minced
2 tablespoons chopped fresh cilantro
4 (6- to 8-oz.) wild-caught salmon fillets
1 teaspoon chili powder
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

To Assemble:

Combine pineapple, onion, bell pepper, garlic, lemon juice, jalapenos and cilantro in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Sprinkle salmon with chili powder, salt and pepper. Place in a second 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Pineapple Salsa Salmon

20 For the Freezer Recipe 8 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 cups chopped fresh pineapple
1 small red onion, diced
1 medium red bell pepper, seeded, de-ribbed and diced
2 cloves garlic, pressed
1 tablespoon fresh lemon juice
2 jalapeno peppers, seeded and minced
2 tablespoons chopped fresh cilantro
4 (6- to 8-oz.) wild-caught salmon fillets
1 teaspoon chili powder
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

1 tablespoon olive oil

Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat. Add salmon and cook for 4 minutes per side or until cooked through. Serve topped with pineapple salsa.

SERVING SUGGESTION: Steamed cauliflower and steamed green beans.

Nutrition per serving: 298 Calories; 10g Fat; 35g Protein; 17g Carbohydrate; 3g Dietary Fiber; 89mg Cholesterol; 241mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat. Points: 7

Italian Pot Roast

20 For the Freezer Recipe 9 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/4 cup tomato paste
2 tablespoons balsamic vinegar
1 teaspoon dried rosemary
2 pounds grass-feed beef roast
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
6 medium carrots, peeled and sliced
1 cup pearl onions
6 cloves garlic, chopped

To Assemble:

In a small bowl, whisk together tomato paste, balsamic vinegar, and rosemary; spread mixture over chuck roast then sprinkle with salt and pepper. Place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Place carrots, onions and garlic in a second 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Italian Pot Roast

20 For the Freezer Recipe 9 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1/4 cup tomato paste
2 tablespoons balsamic vinegar
1 teaspoon dried rosemary
2 pounds grass-feed beef roast
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
6 medium carrots, peeled and sliced
1 cup pearl onions
6 cloves garlic, chopped

At Time of Cooking Ingredients:

8 ounces button mushrooms
2 large sweet potatoes, peeled and sliced

Cooking Instructions:

Place roast in a slow cooker. Nestle vegetables from freezer bag, mushrooms and sweet potatoes around roast. Cover and cook on LOW for 6 to 8 hours or until meat is fork-tender. Transfer meat to a cutting board and thinly slice. Serve with vegetables and juices from slow cooker.

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with olive oil and balsamic vinegar.

Nutrition per serving: 502 Calories; 18g Fat; 56g Protein; 38g Carbohydrate; 8g Dietary Fiber; 193mg Cholesterol; 657mg Sodium. Exchanges: 1 Grain(Starch); 7 1/2 Lean Meat; 4 Vegetable; 0 Fruit; 0 Fat. Points: 13

Southwestern Meatball Soup

20 For the Freezer Recipe 10 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 pounds grass-fed lean ground beef
1 small onion, diced
2 eggs
1/2 cup almond meal (or ground almonds)
1/4 cup chopped fresh cilantro
1 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
3 cups mild salsa
3 cups organic low sodium chicken broth

To Assemble:

In a large bowl, combine ground beef, onion, eggs, almond meal (or ground almonds), cilantro, cumin, chili powder, salt and pepper. Shape mixture into 1-inch balls then place them in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Combine salsa and chicken broth in a second 1-gallon zipper-topped plastic freezer bag, gently squeezing to combine. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Southwestern Meatball Soup

20 For the Freezer Recipe 10 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 pounds grass-fed lean ground beef
1 small onion, diced
2 eggs
1/2 cup almond meal (or ground almonds)
1/4 cup chopped fresh cilantro
1 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
3 cups mild salsa
3 cups organic low sodium chicken broth

Cooking Instructions:

Preheat oven broiler. Place meatballs on broiler pan and broil for 6 to 8 minutes or until browned.

Meanwhile, place salsa/broth mixture in a large soup pot; bring to a boil then reduce heat and add meatballs. Simmer for 5 minutes or until meatballs are cooked through.

SERVING SUGGESTION: A relish tray of carrot, celery and jicama sticks, cherry tomatoes and cucumber spears.

Nutrition per serving: 530 Calories; 18g Fat; 70g Protein; 23g Carbohydrate; 4g Dietary Fiber; 247mg Cholesterol; 1659mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. Points: 13

Shrimp Gazpacho

20 For the Freezer Recipe 11 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 pounds cooked wild-caught shrimp, peeled and deveined
3 cups tomato and clam juice cocktail
1 cucumber, peeled and diced
2 medium tomatoes, diced
1 small red onion, diced
2 cloves garlic, pressed
1/4 cup chopped fresh cilantro
1 tablespoon fresh lemon juice
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper

To Assemble:

Place shrimp in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (tomato and clam juice cocktail through pepper) in a blender or food processor and pulse until nearly smooth. Transfer to a 1-gallon zipper-topped plastic freezer bag, gently squeezing to combine. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Shrimp Gazpacho

20 For the Freezer Recipe 11 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 pounds cooked wild-caught shrimp, peeled and deveined
3 cups tomato and clam juice cocktail
1 cucumber, peeled and diced
2 medium tomatoes, diced
1 small red onion, diced
2 cloves garlic, pressed
1/4 cup chopped fresh cilantro
1 tablespoon fresh lemon juice
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

1 avocado, peeled, pitted and chopped

Cooking Instructions:

Combine freezer bag contents in a large serving bowl. Stir in avocado and serve.

SERVING SUGGESTION: A big salad tossed with olive oil and balsamic vinegar.

Nutrition per serving: 301 Calories; 7g Fat; 28g Protein; 33g Carbohydrate; 4g Dietary Fiber; 221mg Cholesterol; 1223mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 5 1/2 Vegetable; 0 Fruit; 1 1/2 Fat. Points: 8

Italian Chicken Skillet

20 For the Freezer Recipe 12 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 teaspoon dried rosemary
1 teaspoon dried oregano
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 free-range boneless skinless chicken breast halves
1 (14.5-oz) can organic diced tomatoes
4 cloves garlic, pressed
1/4 cup chopped Kalamata olives

To Assemble:

Sprinkle chicken with rosemary, oregano, salt and pepper then place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Combine tomatoes, garlic and olives in a second 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Italian Chicken Skillet

20 For the Freezer Recipe 12 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 teaspoon dried rosemary
1 teaspoon dried oregano
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 free-range boneless skinless chicken breast halves
1 (14.5-oz) can organic diced tomatoes
4 cloves garlic, pressed
1/4 cup chopped Kalamata olives

At Time of Cooking Ingredients:

1 tablespoon olive oil

Cooking Instructions:

Heat the olive oil in a large skillet with a tight-fitting lid over medium-high heat. Add chicken and brown on all sides. Pour tomato mixture over chicken. Reduce heat, cover and simmer for 10 minutes or until chicken is cooked through.

SERVING SUGGESTION: Roasted eggplant and zucchini. Add a salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with olive oil and balsamic vinegar.

Nutrition per serving: 227 Calories; 9g Fat; 28g Protein; 8g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 779mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. Points: 6

Kickin' Grilled Shrimp

20 For the Freezer Recipe 13 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/2 cup coconut oil
1 teaspoon hot sauce
2 cloves garlic, pressed
2 tablespoons chili sauce
1 tablespoon lemon juice
2 pounds wild-caught shrimp, peeled and deveined

To Assemble:

In a large bowl, whisk together oil, hot sauce, garlic, chili sauce and lemon juice. Toss in shrimp then transfer contents to a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Kickin' Grilled Shrimp

20 For the Freezer Recipe 13 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1/2 cup coconut oil
1 teaspoon hot sauce
2 cloves garlic, pressed
2 tablespoons chili sauce
1 tablespoon lemon juice
2 pounds wild-caught shrimp, peeled and deveined

At Time of Cooking Ingredients:

Olive oil
Grill skewers

Cooking Instructions:

Preheat indoor or outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil.

Thread shrimp onto grill skewers and brush with remaining marinade. Grill for 3 minutes per side or until cooked through.

SERVING SUGGESTION: Spicy Sweet Potato Fries (cut sweet potatoes into "fries"; toss with olive oil, chili powder and salt and pepper and bake on a cookie sheet in a preheated 425-degree oven, turning once). Add steamed kale.

Nutrition per serving: 482 Calories; 31g Fat; 46g Protein; 3g Carbohydrate; trace Dietary Fiber; 345mg Cholesterol; 369mg Sodium. Exchanges: 6 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates. Points: 13

Ranch Chicken

20 For the Freezer Recipe 14 — Assembly Guidelines
Serves 4

Assembly Ingredients:

- 1 cup mayonnaise (made with olive oil)
- 1 teaspoon Dijon mustard
- 1 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 4 free-range boneless skinless chicken breast halves, pounded thin

To Assemble:

In a large bowl, whisk together mayonnaise, mustard, onion powder, dill, salt and pepper. Add chicken and toss to coat. Transfer to a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Ranch Chicken

20 For the Freezer Recipe 14 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

- 1 cup mayonnaise (made with olive oil)
- 1 teaspoon Dijon mustard
- 1 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 4 free-range boneless, skinless chicken breast halves, pounded thin

At Time of Cooking Ingredients:

- 1 tablespoon olive oil

Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat. Add chicken and cook for 6 to 7 minutes per side or until cooked through.

SERVING SUGGESTION: Baked butternut squash and steamed asparagus.

Nutrition per serving: 356 Calories; 28g Fat; 27g Protein; 1g Carbohydrate; trace Dietary Fiber; 75mg Cholesterol; 481mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. Points: 10

Garlic Sage Pork

20 For the Freezer Recipe 15 — Assembly Guidelines
Serves 4

Assembly Ingredients:

6 cloves garlic, pressed
2 tablespoons chopped fresh sage
2 tablespoons olive oil
1/4 teaspoon sea salt
1 teaspoon freshly ground black pepper
4 boneless pork chops

To Assemble:

In a small bowl, whisk together garlic, sage, olive oil, salt and pepper. Coat pork chops with garlic/sage mixture and place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Garlic Sage Pork

20 For the Freezer Recipe 15 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

6 cloves garlic, pressed
2 tablespoons chopped fresh sage
2 tablespoons olive oil
1/4 teaspoon sea salt
1 teaspoon freshly ground black pepper
4 boneless pork chops

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil.

Grill pork chops for 6 to 7 minutes per side or until cooked through.

SERVING SUGGESTION: Baked butternut squash and steamed broccoli and cauliflower florets.

Nutrition per serving: 200 Calories; 12g Fat; 26g Protein; 2g Carbohydrate; trace Dietary Fiber; 55mg Cholesterol; 164mg Sodium. Exchanges: 0 Grain(Starch); 11 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. Points: 6

Meatball Kebabs

20 For the Freezer Recipe 16 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 small red onion, halved
2 pounds grass-fed lean ground beef
4 cloves garlic, pressed
1/4 cup chopped fresh parsley
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
Grill skewers

To Assemble:

Grate half of the onion and place it in a large bowl along with ground beef, garlic, parsley, salt and pepper. Form mixture into 1-inch balls.

Cut the remaining half of the onion into wedges. Alternately thread meatballs and onion wedges onto grill skewers. Place skewers in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Meatball Kebabs

20 For the Freezer Recipe 16 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 small red onion, halved
2 pounds grass-fed lean ground beef
4 cloves garlic, pressed
1/4 cup chopped fresh parsley
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
Grill skewers

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil.

Grill skewers for 10 minutes, turning occasionally, until cooked through.

SERVING SUGGESTION: Stir-fried OR grilled zucchini, yellow squash, red onion and bell pepper.

Nutrition per serving: 335 Calories; 12g Fat; 49g Protein; 5g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 390mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat. Points: 8

Lemon-Lime Salmon

20 For the Freezer Recipe 17 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 cloves garlic, pressed
1 tablespoon lemon zest
1 tablespoon lime zest
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
4 (6- to 8-oz.) wild-caught salmon fillets

To Assemble:

In a small bowl, combine garlic, zests, salt and pepper. Gently rub salmon fillets with lemon-lime mixture then place them in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Lemon-Lime Salmon

20 For the Freezer Recipe 17 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 cloves garlic, pressed
1 tablespoon lemon zest
1 tablespoon lime zest
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
4 (6- to 8-oz.) wild-caught salmon fillets

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat oven to 400°F.

Grease broiler rack with olive oil and place on broiler pan. Place salmon fillets on rack and bake for 15 minutes or until cooked through.

SERVING SUGGESTION: Steamed cauliflower and braised chard.

Nutrition per serving: 204 Calories; 6g Fat; 34g Protein; 1g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 350mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat. Points: 5

Roasted Tomato and Olive Chicken

20 For the Freezer Recipe 18 — Assembly Guidelines
Serves 4

Assembly Ingredients:

Zest of 1 lemon
8 cloves garlic, sliced
1 cup chopped Kalamata olives
2 teaspoons dried thyme
1 pound free-range chicken pieces
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
2 tablespoons olive oil

To Assemble:

Place lemon zest, garlic, olives and thyme in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Sprinkle chicken with salt and pepper then drizzle with olive oil. Place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Roasted Tomato and Olive Chicken

20 For the Freezer Recipe 18 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

Zest of 1 lemon
8 cloves garlic, sliced
1 cup chopped Kalamata olives
2 teaspoons dried thyme
1 pound free-range chicken pieces
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
2 tablespoons olive oil

At Time of Cooking Ingredients:

2 pints grape OR cherry tomatoes, halved
1/2 cup organic low sodium chicken broth

Cooking Instructions:

Preheat oven to 425°F.

Pour contents of first freezer bag (lemon zest through thyme) into a roasting pan. Add tomatoes then nestle chicken pieces among the vegetables; roast for 40 minutes or until chicken is cooked through. Transfer chicken to a serving platter and keep warm.

Stir chicken broth into the roasting pan and whisk up all of the brown bits from the bottom. Serve chicken topped with vegetables and pan juices.

SERVING SUGGESTION: Steamed cauliflower and baby spinach sautéed with a little olive oil and balsamic vinegar.

Nutrition per serving: 437 Calories; 35g Fat; 18g Protein; 15g Carbohydrate; 2g Dietary Fiber; 70mg Cholesterol; 1312mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.

Oregano Pork Chops

20 For the Freezer Recipe 19 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 tablespoons dried oregano
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 boneless pork chops

To Assemble:

Season pork chops with oregano, salt and pepper then place them in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Oregano Pork Chops

20 For the Freezer Recipe 19 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 tablespoons dried oregano
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 boneless pork chops

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat. Add pork chops and cook for 5 to 6 minutes per side or until cooked through.

SERVING SUGGESTION: Baked sweet potatoes and steamed baby Brussels sprouts.

Nutrition per serving: 139 Calories; 6g Fat; 26g Protein; 2g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 163mg Sodium. Exchanges: 0 Grain(Starch); 11 1/2 Lean Meat; 0 Fat. Points: 4

Garlic Flank Steak

20 For the Freezer Recipe 20 — Assembly Guidelines
Serves 4

Assembly Ingredients:

8 cloves garlic, pressed
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
1/2 teaspoon dried oregano
1/2 cup orange juice
Juice of 1 lime
3 tablespoons olive oil
1 pound grass-fed beef flank steak, trimmed

To Assemble:

In a large bowl, whisk together garlic, salt, pepper, oregano, orange juice, lime juice and olive oil. Place flank steak in a 1-gallon zipper-topped plastic freezer bag. Add marinade and gently squeeze to coat steak. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date and place it in the freezer.

Garlic Flank Steak

20 For the Freezer Recipe 20 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

8 cloves garlic, pressed
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
1/2 teaspoon dried oregano
1/2 cup orange juice
Juice of 1 lime
3 tablespoons olive oil
1 pound grass-fed beef flank steak, trimmed

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to MEDIUM. Lightly grease grill grate with olive oil.

Place flank steak on grill and brush with marinade (discard remaining marinade and bag). Sear steak for 5 minutes per side then cover and grill until internal temperature reaches at least 135°F for medium-rare. Let steak rest 5 minutes before thinly slicing across the grain (diagonally).

SERVING SUGGESTION: Baked sweet potatoes and a big salad tossed with olive oil and balsamic vinegar.

Nutrition per serving: 273 Calories; 16g Fat; 25g Protein; 11g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 324mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat. Points: 5



20 for the Freezer - Paleo

Volume 2

20 for the Freezer – Paleo

Volume 2

Recipe 1: Chicken Crepe Florentine

Recipe 2: Tandoori Chicken

Recipe 3: Chicken Piccata

Recipe 4: Chicken Skewers Provencal

Recipe 5: California Chicken Burgers

Recipe 6: Asian Style Chicken Burgers

Recipe 7: Jerked Chicken Burgers

Recipe 8: Vietnamese Style Chicken Wings

Recipe 9: Coconut Lime Chicken Wings

Recipe 10: Curried Chicken Soup with Cilantro

Recipe 11: Chicken Cacciatore

Recipe 12: Oven Barbequed Chicken

Recipe 13: Stuffed Chicken Breasts Provencal

Recipe 14: Sticky Lemon Chicken

Recipe 15: Orange Glazed Chicken

Recipe 16: Cilantro Lime Chicken

Recipe 17: Lemon Dill Salmon Skewers

Recipe 18: Bacon Wrapped Scallop and Shrimp Skewers

Recipe 19: Salmon Puttanesca

Recipe 20: Crab Cakes with Rouille



20 for the Freezer – Paleo – Volume 2

Assembly Shopping List

PROTEIN

Boneless, skinless chicken breast (16) [R2] [R3] [R4] [R15]
Ground chicken breast (3 pound) [R5] [R6] [R7]
Chicken wings (72) [R8] [R9]
Boneless, skinless chicken thighs (24) [R10] [R11] [R12]
Chicken breast, bone in (4) [R13]
Chicken thighs, bone in, skinless (8) [R14]
Chicken tenders, boneless, skinless (12) [R15]
Salmon fillet (64 ounces) [R17] [R19]
Scallops (16, large) [R18]
Shrimp (16, large) [R18]
Lump crab meat (2 pounds) [R20]
Eggs (12) [R1] [R5] [R6] [R7] [R20]
Bacon (8 slices) [R18]

CONDIMENTS

Olive oil (4 ½ tablespoons + 1 teaspoon) [R4] [R10] [R13] [R17]
Extra virgin olive oil (2 tps) [R19]
Coconut oil (3 tablespoons) [R1]
Balsamic vinegar (1 teaspoon) [R4]
Apple cider vinegar (1/3 cup) [R12]
Rice wine vinegar (1/4 cup + 1 tsp) [R8] [R14]
Raw honey (5 teaspoons + 1/2 cup) [R1] [R6] [R8] [R9] [R12]**[R7]
Ketchup, unsweetened (1/3 cup) [R12]
Dijon mustard (1 tablespoon) [R20]
Worcestershire sauce (2 tsp) [R12]
Coconut aminos (6 tablespoons) [R6] [R7] [R9] [R14]
Tabasco sauce (1 teaspoon) [R20]
Sriracha (1/2 cup + 1 teaspoon) [R8] [R14]
Green curry paste (1 tablespoon) [R9]
Fish sauce (2 teaspoons) [R9]
Sundried tomatoes (6, chopped) [R13]
Black olives (6) [R13]
Capers (1 tablespoon) [R13]

PRODUCE

Onion (2) [R8] [R10]
Red onion (1/2) [R5]
Green onions [R6]
Shallots (3) [R13] [R20]
Garlic (8 cloves) [R7] [R9] [R14] [R15]**[R3] [R4] [R10] [R11]
Carrot (2) [R6] [R10]
Celery (2 stalks) [R10]
Ginger root (2 teaspoons, minced) [R6]
Portobello mushroom (1) [R13]
Jalapeno peppers (2) [R7]
Pineapple (1/4 cup) [R7]
Lemons (3 + 1 tablespoon) [R14] [R17] [R19]
Limes (3 + 1 tablespoon juice) [R7] [R8] [R9] [R16]
Parsley (1 tablespoon) [R13]
Dill (2 tablespoons) [R17]

CANNED GOODS

Unsweetened coconut milk (1 1/2 cup) [R5] [R9]
Low sodium chicken broth, or homemade (1/2 cup) [R12]

DAIRY CASE

Unsweetened almond milk (1 1/2 cup) [R1]
Ghee (1 teaspoon) [R1]

SPICES

Sea salt (keep on hand)
Fresh ground black pepper (keep on hand)
Cumin [R2] [R16]
Coriander [R2]
Cayenne pepper [R2] [R5]
Chili powder [R12]
Cardamom [R2]
Ground cloves [R2]
Allspice [R7]
Ground ginger [R7] [R9] [R14] [R15]
Oregano [R4] [R13]**[R3] [R4] [R10] [R20]
Dried thyme [R7] [R11]
Dry mustard [R12] [R14]
Paprika [R20]
Red pepper flakes [R7]

DRY GOODS

Arrowroot powder (3/4 cup) [R1]
Baking powder (1 tablespoon) [R1]
Almond flour (4 1/2 cups + 1 tablespoon) [R3] [R5] [R13] [R20]
Coconut flour (3/4 cup) [R6] [R7]

OTHER

Large zipper-topped plastic bags - 40
Wooden or metal skewers [R18]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[R1] – [R6] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

20 for the Freezer – Paleo – Volume 2

At Time of Cooking Shopping List

Recipe 1: Chicken Crepe Florentine

- 1 pound cooked chicken breast meat, cut into 1" strips
- 1 pound spinach, cooked, drained and chopped
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 12 slices lean deli ham
- 2 cups canned, unsweetened coconut milk
- 1 teaspoon arrowroot powder
- 2 tablespoons chopped chives
- **Broccoli spears
- **Zucchini
- **Red bell pepper
- **Mushrooms

Recipe 2: Tandoori Chicken

- 1 cup canned, unsweetened coconut milk
- 2 tablespoons fresh lemon juice
- 1 tablespoon ketchup
- 1 teaspoon paprika
- 2 tablespoons ghee, melted
- 2 tablespoons chopped cilantro
- **Cauliflower
- **Kale

Recipe 3: Chicken Piccata

- 3 tablespoons ghee, melted
- 3/4 cup low sodium chicken broth, or use homemade
- 1/3 cup fresh lemon juice
- 1/3 cup capers, drained
- 1/3 cup chopped parsley
- **Asparagus
- **Spinach
- **Extra virgin olive oil
- **Balsamic
- **Garlic
- **Oregano
- **Basil

Recipe 4: Chicken Skewers Provençal

- 12 metal or bamboo skewers
- 1 medium red bell pepper, cubed
- 1 medium green bell pepper, cubed
- 24 small mushrooms
- 1 bulb fennel, cubed
- 1 cup almond flour
- 1/3 cup chopped parsley
- 1 tablespoon chopped fresh thyme
- 1 tablespoon lemon zest
- 1 clove garlic, minced
- 2 tablespoons olive oil
- **Spinach
- **Extra virgin olive oil
- **Balsamic
- **Garlic
- **Oregano
- **Basil

Recipe 5: California Chicken Burgers

- 1 head green or red leaf lettuce, chopped
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil
- Sea salt and freshly ground black pepper, to taste
- 2 tablespoons chopped cilantro
- 2 plum (Roma) tomatoes, chopped
- 1 small red onion, chopped
- 2 avocados, pitted, peeled and sliced
- 1 tablespoon lime juice
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon hot pepper sauce
- 2 tablespoons coconut oil, melted
- **Cabbage
- **Red bell peppers

Recipe 6: Asian Style Chicken Burgers

- 1 medium cucumber
- 1 medium red onion, chopped
- 1/4 cup red wine vinegar
- 1 tablespoon chopped fresh dill
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons coconut oil, melted
- **Tomatoes

Recipe 7: Jerked Chicken Burgers

2 oranges, peeled and sliced
1 medium red onion, sliced
1 medium green apple, peeled, cored and chopped
1 teaspoon lime juice
1 teaspoon raw honey
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
2 tablespoons chopped cilantro.
3 tablespoons coconut oil, melted
**Zesty Coleslaw (cabbage, carrots, red onion, celery, radishes, zucchini, apple cider vinegar, raw honey, extra virgin olive oil, salt, pepper, dry mustard.)

Recipe 8: Vietnamese Style Chicken Wings

1 tablespoon coconut oil, melted
1 cup chopped cilantro
1 cup toasted almonds, roughly chopped
**Baby bok choy
**Zucchini
**Red bell peppers
**Mushrooms

Recipe 9: Coconut Lime Chicken Wings

1 tablespoon coconut oil, melted
2 tablespoons chopped cilantro
4 tablespoons flaked, unsweetened coconut, toasted
**Kale
**Cauliflower

Recipe 10: Curried Chicken Soup with Cilantro

2 tablespoons ghee, melted
3 Granny Smith apples, peeled and chopped
1 medium onion, diced
2 cloves garlic, minced
1/4 cup raisins
3 tablespoons curry powder
Sea salt and freshly ground black pepper, to taste
1 tablespoon tomato puree
1 quart low sodium chicken broth, or use homemade
1/2 cup canned, unsweetened coconut milk
2 tablespoons chopped cilantro
**Spinach (with bacon bits, tomato, red onion, cucumbers)
**Extra virgin olive oil
**Balsamic
**Garlic
**Oregano
**Basil

Recipe 11: Chicken Cacciatore

1 cup almond flour
2 tablespoons ghee, melted
8 ounces assorted mushrooms, sliced
2 cloves garlic, minced
2 cups low sodium chicken broth
1 (15 ounce) can tomato puree
1/2 cup black olives, chopped
Sea salt and freshly ground black pepper, to taste
1 bay leaf
2 sprigs fresh rosemary
**Cauliflower
**Broccoli

Recipe 12: Oven Barbequed Chicken

Sea salt and freshly ground black pepper, to taste
1 teaspoon cumin
**Asparagus
**Sweet potatoes

Recipe 13: Stuffed Chicken Breasts Provencal

1 tablespoon fresh lemon juice
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
**Brussels sprouts
**Acorn squash

Recipe 14: Sticky Lemon Chicken

1 tablespoon coconut oil, melted
4 tablespoons raw honey
1 tablespoon sesame seeds, white or black
2 tablespoons freshly chopped cilantro
**Cauliflower
**Bok choy
**Green onions

Recipe 15: Orange Glazed Chicken

1 tablespoon and 2 teaspoons coconut oil, divided
2 jalapenos, seeded and chopped
1/4 cup fresh orange juice
1 tablespoon coconut aminos
2 tablespoons rice vinegar
1 tablespoon raw honey
Sea salt and freshly ground black pepper, to taste
3 scallions or green onions, thinly sliced
**Cauliflower
**Snow peas

Recipe 16: Cilantro Lime Chicken

3 plum tomatoes, diced
1 jalapeno, seeded and chopped
1 radish, chopped
2 cloves garlic, minced
4 tablespoons freshly chopped cilantro
1 1/2 teaspoons sea salt
2 teaspoons freshly ground black pepper
1 teaspoon chili powder
1 tablespoon fresh lime juice
**Aparagus
**Cauliflower

Recipe 17: Lemon Dill Salmon Skewers

8 wooden or metal skewers
Sea salt and freshly ground black pepper, to taste
1 lemon, zest
**Cabbage
**Red bell pepper
**Mushrooms

Recipe 18: Bacon Wrapped Scallop Shrimp Skewers

1 mango, diced
1 red onion, diced
2 jalapenos, minced
Sea salt and freshly ground black pepper, to taste
1 tablespoon fresh lime juice
1/2 teaspoon cumin
1/2 teaspoon chili powder
2 tablespoons freshly chopped cilantro
**Arugala
**Red onion
**Bacon bits
**Raisins
**Extra virgin olive oil
**Balsamic
**Garlic
**Oregano
**Basil

Recipe 19: Salmon Puttanesca

3 tablespoons coconut oil, melted and divided
1 red onion, diced
2 cloves garlic, minced
8 plum tomatoes, diced small
1 tablespoon red wine vinegar
1/2 cup kalamata olives, pitted, chopped
2 tablespoons capers, drained
1/2 teaspoon dried basil
1/2 teaspoon red pepper flakes
2 tablespoons freshly chopped parsley
**Zucchini
**Yellow squash
**Tomatoes
**Onion

Recipe 20: Crab Cakes with Rouille

4 cloves garlic
4 roasted red peppers, store jarred, drained
1 egg yolk
1 lemon, juice
1 tablespoon extra virgin olive oil
1 teaspoon sea salt
1 teaspoon red pepper flakes
3 tablespoons coconut oil, for cooking the crab cakes
**Coleslaw (cabbage, carrot, radish, cilantro)
**Extra virgin olive oil
**Balsamic
**Garlic
**Oregano
**Basil

Chicken Crepes Florentine

Recipe 1 – Serves 4

ASSEMBLE:

Ingredients:

3/4 cup arrowroot powder	4 eggs
1 1/2 cups unsweetened almond milk	1 teaspoon raw honey
1 tablespoon baking powder	1 teaspoon ghee, melted
1/4 teaspoon sea salt	3 tablespoons coconut oil, melted

To Assemble:

In a blender, place all ingredients except coconut oil; process into a smooth batter. Transfer mixture to a bowl, scraping the edges of the blender with a spatula. Cover batter and allow it to rest at room temperature for 1 hour.

Heat the melted coconut oil in non-stick sauté pan or skillet over medium-high heat until hot. Ladle a portion of crepe batter into the skillet and cook as you would for pancakes. Remove each cooked crepe to a baking sheet to cool. Stack the cooled crepes between pieces of wax paper then place them in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 pound cooked chicken breast meat, cut into 1-inch strips	12 slices lean deli ham
1 pound spinach, cooked, drained and chopped	2 cups canned, unsweetened coconut milk
1 teaspoon sea salt	1 teaspoon arrowroot powder
1 teaspoon freshly ground black pepper	2 tablespoons chopped chives

Cooking instructions:

Preheat oven to 350 degrees.

In a large bowl, toss together chicken strips, chopped spinach, salt and black pepper, blending well. Lay 12 crepes on a clean work surface; top each with a slice of ham then place a portion of chicken/spinach mixture on top. Roll the crepes up and place them on a baking sheet, seam sides down. Bake until heated through, about 15 minutes.

Meanwhile, in a small saucepan, whisk together coconut milk and arrowroot powder; bring to a low boil and whisk until thickened. Add chopped chives and remove sauce from heat; set aside and keep warm.

Serve crepes topped with creamy sauce.

Serving suggestion: Steamed broccoli spears and stir-fried sliced zucchini, red bell peppers and mushrooms.

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Tandoori Chicken

Recipe 2 – Serves 4

ASSEMBLE:

Ingredients:

1 tablespoon ground cumin	1/4 teaspoon ground cloves
1 teaspoon ground coriander	1/4 teaspoon freshly ground black pepper
1/2 teaspoon cayenne pepper	2 teaspoons sea salt
1/4 teaspoon ground cardamom	4 medium boneless skinless chicken breast halves

To Assemble:

In a small bowl, combine the seasonings (cumin through salt); rub mixture into the all sides of chicken. Place them in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 cup canned, unsweetened coconut milk	1 teaspoon paprika
2 tablespoons fresh lemon juice	2 tablespoons ghee, melted
1 tablespoon ketchup	2 tablespoons chopped cilantro

Cooking Instructions:

Preheat oven to 375 degrees.

In a large bowl, whisk together coconut milk, lemon juice, ketchup and paprika until well blended. Add seasoned chicken breasts and coat them mixture. Marinate at room temperature for 20 minutes.

Brush a baking sheet with the melted ghee then arrange chicken in a single layer (make sure there is not an excess of coconut milk mixture on the baking sheet). Bake chicken for 25 minutes or until a meat thermometer inserted in the thickest part reads 165 degrees. Top baked chicken with chopped cilantro.

Serving Suggestion: Curried Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; toss with salt, pepper, curry powder and chopped green onions to taste). Add braised kale.

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Chicken Piccata

Recipe 3 – Serves 4

ASSEMBLE:

Ingredients:

4 (6-oz) boneless skinless chicken breast halves,
pounded out into medallions
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
2 cups almond flour

To Assemble:

Season chicken medallions on both sides with salt and pepper then dredge them well in almond flour, shaking off excess. Place medallions between pieces of wax paper to keep separated during the freezing process. Place them in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

3 tablespoons ghee, melted
3/4 cup low sodium chicken broth, or use homemade
1/3 cup fresh lemon juice
1/3 cup capers, drained
1/3 cup chopped parsley

Cooking Instructions:

Heat the melted ghee in a large sauté pan over medium-high heat until hot. Add chicken medallions (in batches, if necessary) and sauté for 4 to 5 minutes per side or until golden brown; remove from pan and keep warm

Pour off any remaining ghee from the sauté pan. Add broth and lemon juice; bring to a simmer. Add capers and parsley. Simmer for 1 to 2 minutes to slightly thicken sauce.

Serve chicken topped with sauce.

Serving suggestion: Steamed asparagus and a big salad tossed with Leanne's Basic Vinaigrette.

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Chicken Skewers Provencal

Recipe 4 – Serves 4

ASSEMBLE:

Ingredients:

1 teaspoon olive oil	
1 teaspoon balsamic vinegar	1 teaspoon dried oregano
1 teaspoon sea salt	4 medium boneless skinless chicken breast halves, cubed
1 teaspoon freshly ground black pepper	

To Assemble:

In a large bowl, combine first 5 ingredients (olive oil through oregano). Add chicken cubes and toss to coat well. Transfer contents to a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

12 metal or bamboo skewers (if bamboo, presoak for 30 minutes to prevent burning of skewer. I presoak all my skewers and keep them in the freezer!)	1 cup almond flour
1 medium red bell pepper, cubed	1/3 cup chopped parsley
1 medium green bell pepper, cubed	1 tablespoon chopped fresh thyme
24 small mushrooms	1 tablespoon lemon zest
1 bulb fennel, cubed	1 clove garlic, minced
	2 tablespoons olive oil

Cooking Instructions:

Preheat oven to 400 degrees.

Alternately thread skewers with chicken, bell peppers, mushrooms and fennel.

In a small bowl, combine almond flour, parsley, thyme and lemon zest; blend well. In another small bowl, whisk together garlic and olive oil. Brush each skewer on all sides with garlic/oil mixture then dip in flour mixture. Bake skewers for 15 to 20 minutes or until chicken cubes are cooked through and vegetables are tender-crisp.

Serving suggestion: A big spinach salad tossed with Leanne's Basic Vinaigrette.

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California Chicken Burger

Recipe 5 – Serves 4

ASSEMBLE:

Ingredients:

1 pound ground chicken breast	
1/2 cup almond flour	1/4 teaspoon cayenne pepper
2 eggs, beaten	1 teaspoon sea salt
1/2 small red onion, minced	1/2 teaspoon freshly ground black pepper

To Assemble:

In a large bowl, place all ingredients; using your very clean hands, blend thoroughly then shape mixture into 4 patties. Place patties in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 head green or red leaf lettuce, chopped	
1 tablespoon lemon juice	2 avocados, pitted, peeled and sliced
1 tablespoon extra virgin olive oil	1 tablespoon lime juice
Sea salt and freshly ground black pepper, to taste	1 teaspoon sea salt
2 tablespoons chopped cilantro	1 teaspoon garlic powder
2 plum (Roma) tomatoes, chopped	1 teaspoon hot pepper sauce
1 small red onion, chopped	2 tablespoons coconut oil, melted

Cooking Instructions:

In a large bowl, toss together first 7 ingredients (lettuce through onion); place in refrigerator.

Prepare guacamole: In a medium bowl, mash together avocados, lime juice, sea salt, garlic powder and hot pepper sauce; set aside at room temperature.

Heat the melted coconut oil in a sauté pan until hot. Pan-fry chicken patties for 6 to 7 minutes per side or until golden brown and fully cooked.

Arrange salad on dinner plates; top each serving with a chicken burger and some guacamole.

Serving suggestion: Sauteed cabbage and red bell peppers.

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Asian Style Chicken Burgers

Recipe 6 – Serves 4

ASSEMBLE:

Ingredients:

1 pound ground chicken	2 teaspoons minced gingerroot
1 medium carrot, grated	1/2 cup coconut flour
2 eggs, beaten	2 tablespoons coco-aminos
2 green onions, sliced	2 teaspoons raw honey
2 cloves garlic, minced	1/2 teaspoon freshly ground black pepper

To Assemble:

In a large bowl, combine all ingredients. Using your very clean hands, blend thoroughly and form into 4 patties. Place patties in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 medium cucumber	
1 medium red onion, chopped	1 teaspoon sea salt
1/4 cup red wine vinegar	1 teaspoon freshly ground black pepper
1 tablespoon chopped fresh dill	3 tablespoons coconut oil, melted

Cooking Instructions:

Cut cucumber in half lengthwise then cut each half into thin slices and place in a large bowl. Add next 5 ingredients (onion through black pepper); toss well to coat with vinegar.

Heat the melted coconut oil in a sauté pan until hot. Pan-fry chicken burgers for 6 to 7 minutes per side or until fully cooked. Serve with the cucumber salad.

Serving suggestion: Add sliced tomatoes on the side.

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Jerked Chicken Burgers

Recipe 7 – Serves 4

ASSEMBLE:

Ingredients:

1 pound ground chicken	1 tablespoon lime juice
1 egg, beaten	1 teaspoon dried thyme
2 jalapeno peppers, seeded and chopped	1/4 teaspoon ground allspice
2 cloves garlic, minced	1 teaspoon sea salt
1/4 cup pineapple, finely diced	1 teaspoon freshly ground black pepper
1/4 cup coconut flour	1/2 teaspoon ground ginger
1 tablespoon coco-aminos	1/2 teaspoon crushed red pepper flakes

To Assemble:

Place all ingredients in a large bowl; using your very clean hands, blend thoroughly then shape into 4 patties. Place patties in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 oranges, peeled and sliced	1 teaspoon sea salt
1 medium red onion, sliced	1 teaspoon freshly ground black pepper
1 medium green apple, peeled, cored and chopped	2 tablespoons chopped cilantro.
1 teaspoon lime juice	3 tablespoons coconut oil, melted
1 teaspoon raw honey	

Cooking Instructions:

In a large bowl, combine orange and onion slices and chopped apple. Add next 5 ingredients (lime juice through cilantro); toss well then set aside at room temperature.

Heat the melted coconut oil in a large sauté pan. Pan-fry jerked chicken burgers for 6 to 7 minutes per side or until golden brown and fully cooked. Serve burgers with the orange/onion/apple salad.

Serving Suggestion: Zesty Coleslaw: Finely shredded cabbage and carrots and thinly sliced red onion, celery, radishes and zucchini, tossed with a whisked-up dressing of apple cider vinegar, raw honey, extra virgin olive oil, salt, pepper and dry mustard.

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Vietnamese Style Chicken Wings

Recipe 8 – Serves 4

ASSEMBLE:

Ingredients:

1/2 cup sriracha sauce	Juice of 1 lime
1/4 cup raw honey	1 teaspoon sea salt
1 small onion, minced	2 teaspoons freshly ground black pepper
1/4 rice wine vinegar	36 chicken wings

To Assemble:

In a large bowl, whisk together first 7 ingredients (sriracha through black pepper) to form a loose paste. Add chicken wings and turn to coat on all sides. Place coated wings in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

- 1 tablespoon coconut oil, melted
- 1 cup chopped cilantro
- 1 cup toasted almonds, roughly chopped

Cooking Instructions:

Preheat oven to 400 degrees.

Place the contents of the freezer bag in a colander over a bowl (allowing excess marinade to drain), reserving the marinade for later use. Brush a large baking sheet with the melted coconut oil. Spread chicken wings on prepared baking sheet and roast for 30 minutes or until fully cooked and crisp, turning several times while cooking.

Meanwhile, transfer reserved marinade to a small saucepan; bring to a boil then reduce heat and simmer until reduced by half.

In a large bowl, toss together chopped cilantro and chopped nuts; add roasted chicken wings and 2 to 3 spoonfuls of cooked marinade and toss to coat completely.

Serving Suggestion: Serve over chopped baby bok choy. Add stir-fried sliced zucchini, red bell pepper and mushrooms.

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Coconut Lime Chicken Wings

Recipe 9 – Serves 4

ASSEMBLE:

Ingredients:

1 cup canned, unsweetened coconut milk	1 tablespoon coco-aminos
1 tablespoon green curry paste	2 teaspoons fish sauce
2 teaspoons raw honey	1/2 teaspoon ground ginger
2 cloves garlic, minced	3/4 teaspoon freshly ground black pepper
Zest and juice of 1 lime	36 chicken wings

To Assemble:

In a large bowl, whisk together first 9 ingredients (coconut milk through black pepper) to form a loose paste. Add chicken wings and toss to coat completely. Place mixture in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

- 1 tablespoon coconut oil, melted
- 2 tablespoons chopped cilantro
- 4 tablespoons flaked, unsweetened coconut, toasted

Cooking Instructions:

Preheat oven to 400 degrees.

Place contents of freezer bag in a colander over a bowl (allowing excess marinade to drain), reserving marinade for a later use. Brush a large baking sheet with the melted coconut oil and spread chicken wings on prepared baking sheet. Bake for 35 to 40 minutes. In a large mixing bowl, combine the chopped cilantro and toasted coconut.

Place the reserved marinade in a small sauce pan. Bring the marinade to a boil and then reduce the heat so that the marinade simmers gently. Allow the marinade to simmer and reduce, thickening slightly as it cooks. Place the wings on the baking sheet. Roast the wings in the oven until they are full cooked, about 35 to 40 minutes. Add two or three spoonfuls of the heated marinade (depending on how saucy you like your wings) to the bowl containing the cilantro and coconut. Remove the fully cooked wings from the baking sheet with kitchen tongs, leaving behind and grease and cooked marinade.

Place the wings in the bowl with the marinade, cilantro and coconut. Toss the wings to coat them in the marinade, cilantro and coconut. The wings are now ready to serve.

Serving suggestion: Steamed kale and Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork).

Curried Chicken Soup with Cilantro

Recipe 10 – Serves 4

ASSEMBLE:

Ingredients:

8 boneless skinless chicken thighs	1 medium onion, chopped
3 tablespoons olive oil	2 medium stalks celery, chopped
1 medium carrot, chopped	Sea salt and freshly ground black pepper, to taste

To Assemble:

Preheat oven to 375 degrees.

In a large roasting pan, toss together all ingredients; roast for 25 to 30 minutes or until chicken juices run clear and vegetables are tender. Cool to room temperature; then shred chicken with two forks and place chicken and vegetables in a 1-gallon freezer bag. Squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 tablespoons ghee, melted	Sea salt and freshly ground black pepper, to taste
3 Granny Smith apples, peeled and chopped	1 tablespoon tomato puree
1 medium onion, diced	1 quart low sodium chicken broth, or use homemade
2 cloves garlic, minced	1/2 cup canned, unsweetened coconut milk
1/4 cup raisins	2 tablespoons chopped cilantro
3 tablespoons curry powder	

Cooking Instructions:

In a large saucepan, heat the melted ghee over medium-high heat until hot, but not smoking. Add apples, onion and garlic; sauté until they begin to soften. Stir in raisins, curry powder, salt and pepper and continue to sauté for 3 to 4 minutes. Stir in tomato puree and broth.

Cover and simmer for 1/2 hour to an hour then transfer mixture to a blender and puree. Return mixture to the saucepan.

In a blender, carefully puree the vegetables and coconut milk together then add the pureed contents back to the soup pot (if it's not pureeing enough, add a little broth mixture from the saucepan to help blend). Add the shredded chicken and bring back to a simmer to heat the chicken through. Garnish the soup with chopped cilantro and serve.

Serving Suggestion: A large spinach salad with bacon bits, tomato, red onion and cucumbers (and Leanne's Vinaigrette)

Chicken Cacciatore

Recipe 11 – Serves 4

ASSEMBLE:

Ingredients:

8 boneless skinless chicken thighs	
1 teaspoon sea salt	1 teaspoon dried thyme
1 1/2 teaspoons freshly ground black pepper	2 cloves garlic, minced

To Assemble:

In a large bowl, combine all the ingredients. Rub the salt, pepper, thyme and minced garlic into the chicken, crusting the thighs in the seasonings. Place the chicken in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 cup almond flour	1 (15 ounce) can tomato puree
2 tablespoons ghee, melted	1/2 cup black olives, chopped
8 ounces assorted mushrooms, sliced	Sea salt and freshly ground black pepper, to taste
2 cloves garlic, minced	1 bay leaf
2 cups low sodium chicken broth	2 sprigs fresh rosemary

Cooking Instructions:

Place the almond flour on a baking sheet. Dredge the chicken thighs in the almond flour, coating them well.

In a medium sized soup pot, heat the ghee until it is hot. Brown the chicken pieces in the ghee until they are golden brown. Add the mushrooms and the garlic and cook until the mushrooms begin to soften and the garlic releases its aroma.

Add the remaining ingredients and stir to combine them. Cover the soup pot with a tight fitting lid and gently simmer the chicken 30 minutes or until the chicken is fully cooked and fork tender. Remove the bay leaf and the rosemary sprigs before serving the chicken.

Serving Suggestion: Serve with faux tay toes and steamed broccoli.

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Oven Barbequed Chicken

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Recipe 12 – Serves 4

ASSEMBLE:

Ingredients:

1/2 cup low sodium chicken broth	2 teaspoon Worcestershire sauce (make sure its gluten free)
1/3 cup ketchup, unsweetened	2 teaspoons dry mustard
1/3 cup apple cider vinegar	2 teaspoons chili powder
1/4 cup raw honey	8 boneless skinless chicken thighs
2 teaspoon sea salt	

To Assemble:

In a medium sized saucepan, combine all the ingredients, except the chicken thighs. Place on medium heat and bring to a simmer, stirring often to prevent scorching. Simmer the barbeque sauce for 25-30 minutes to develop flavor. Remove the sauce from the heat and allow to cool at room temperature. When cool, carefully pour the sauce and add the chicken thighs into a one gallon freezer bag

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

Sea salt and freshly ground black pepper, to taste
1 teaspoon cumin

Cooking Instructions:

Preheat an oven to 400 degrees.

Empty contents of freezer bag into a 9 x 13 inch baking dish.

Sprinkle salt, pepper and cumin over the top and bake for 30 minutes or until chicken is thoroughly cooked.

Serving Suggestion: Serve with steamed asparagus and baked sweet potatoes.

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Stuffed Chicken Breasts Provencal

Recipe 13 – Serves 4

ASSEMBLE:

Ingredients:

1 portobello mushroom, chopped	
6 sundried tomatoes, chopped	1/2 teaspoon dried oregano
6 black olives, pitted, chopped	1/2 tablespoon olive oil
1 shallot, minced	1 tablespoon freshly chopped parsley
1 tablespoons capers, drained, minced	1 tablespoon almond flour
Sea salt and freshly ground black pepper, to taste	4 chicken breasts, bone in, skin on

To Assemble:

In a mixing bowl combine all ingredients except the chicken breasts. Stir the ingredients together to combine them into a loose mixture. Gently peel back and separate a small amount of chicken skin from each breast. Stick your finger into the small hole and gently lift the skin from the breast without removing the skin entirely (make a pocket for the stuffing). Stuff each chicken breast with an equal amount of the stuffing under the skin. Place the stuffed chicken breasts in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

- 1 tablespoon fresh lemon juice
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

Cooking Instructions:

Preheat an oven to 400 degrees.

Place the chicken breasts in a greased 9 x 13 inch baking dish. Sprinkle the breasts with the lemon juice. Season each breast with the salt and pepper.

Put in the oven and bake for 30 to 35 minutes or until the chicken reads 165 degrees on a kitchen thermometer.

Serving suggestion: Roasted Brussels sprouts and baked acorn squash.

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Sticky Lemon Chicken

Recipe 14 – Serves 4

ASSEMBLE:

Ingredients:

2 medium lemons, juiced	1 teaspoon dry mustard
2 tablespoons coconut aminos	1 teaspoon Sriracha sauce
1 teaspoon rice wine vinegar	2 cloves garlic, minced
Sea salt and freshly ground black pepper, to taste	8 bone in skinless chicken thighs

To Assemble:

In a mixing bowl, combine all ingredients except the chicken. Whisk the ingredients together to combine them. Add the chicken thighs and coat them in the mixture. Place the chicken thighs and any loose marinade in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

- 1 tablespoon coconut oil, melted
- 4 tablespoons raw honey
- 1 tablespoon sesame seeds, white or black
- 2 tablespoon freshly chopped cilantro

Cooking Instructions:

Preheat oven to 400 degrees.

Brush a large baking sheet with the melted coconut oil. In a mixing bowl, combine the honey, sesame seeds and chopped cilantro. Place the chicken thighs on the baking sheet. Roast the thighs in the oven for 25 to 30 minutes or until they are fully cooked.

Remove the thighs from the baking sheet, putting them in the bowl with the honey mixture. Toss the thighs in the honey mixture, coating them well. Serve.

Serving suggestion: Serve cauli-rice and sautéed bok choy and green onions.

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Orange Glazed Chicken

Recipe 15 – Serves 4

ASSEMBLE:

Ingredients:

2 cloves garlic, minced	1 teaspoon sea salt
1 teaspoon ground ginger	1 teaspoon freshly ground black pepper
1 medium orange, zested	12 boneless skinless chicken tenders

To Assemble:

In a mixing bowl combine all ingredients. Using your clean hands, or wearing disposable kitchen gloves, rub the seasonings into the chicken tenders, coating them well. Place the seasoned chicken in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 tablespoon and 2 teaspoons coconut oil, melted and divided	2 tablespoons rice vinegar
2 jalapenos, seeded and chopped	1 tablespoon raw honey
1/4 cup fresh orange juice	Sea salt and freshly ground black pepper, to taste
1 tablespoon coconut aminos	3 scallions or green onions, thinly sliced

Cooking Instructions:

Preheat an oven to 400 degrees. Brush a large baking sheet with one tablespoon of melted coconut oil.

Place the chicken on the baking sheet in an even layer. Place the baking sheet in the oven and bake the them for 25 to 30 minutes, or until the chicken is fully cooked.

In a sauce pan, heat the remaining coconut oil. When the oil is hot, add the jalapenos and sauté them until they begin to soften. Add the remaining ingredients, keeping the scallions separate. Stir the ingredients together to combine and bring the mixture to a simmer. Simmer gently for 10 minutes to thicken the sauce and develop its flavor. Remove the sauce from the heat and reserve warm. **(The sauce can be made while the chicken tenders are baking in the oven)**

Remove the cooked chicken from the baking sheet and place them in a medium sized mixing bowl. Add the warm orange sauce and the sliced scallions to the chicken in the bowl. Toss the chicken in the sauce and scallions. Serve.

Serving suggestion: Serve with cauli-rice and sautéed snow peas.

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Cilantro Lime Chicken

Recipe 16 – Serves 4

ASSEMBLE:

Ingredients:

1 medium lime, zested and juiced	
1 teaspoon freshly ground black pepper	1 teaspoon cumin
1 teaspoon sea salt	4 (6 ounce) boneless skinless chicken breasts

To Assemble:

In a mixing bowl combine the lime zest, lime juice, black pepper, sea salt, and cumin. Whisk to combine the ingredients together.

Place the chicken breasts in the lime juice mixture and coat them well in the marinade. Place the chicken breasts in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freeze bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with recipe name, and the date of preparation, place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

3 plum tomatoes, diced	
1 jalapeno, seeded and chopped	1 1/2 teaspoons sea salt
1 radish, chopped	2 teaspoons freshly ground black pepper
2 cloves garlic, minced	1 teaspoon chili powder
4 tablespoons freshly chopped cilantro	1 tablespoon fresh lime juice

Cooking Instructions:

Prepare a charcoal grill or preheat your oven broiler.

In a mixing bowl combine all the ingredients needed at the time of cooking. Mix the ingredients together to make a fresh tomato salsa.

Grill or oven broil the chicken breasts until they are fully cooked, about 8 minutes on each side. Spoon the fresh tomato salsa over the chicken breasts and serve.

Serving suggestion: Serve with roasted asparagus and faux tay toes.

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Lemon Dill Salmon Skewers

Recipe 17 – Serves 4

ASSEMBLE:

Ingredients:

2 1/2 pounds salmon fillet, cut into medium sized
cubes
1 tablespoon fresh lemon juice

1 tablespoon olive oil
Sea salt and freshly ground black pepper, to taste
2 tablespoons freshly chopped dill

To Assemble:

In a mixing bowl, combine all the ingredients. Toss the salmon cubes throughout the lemon juice, oil, pepper and dill, coating each cube well in the seasonings. Place the seasoned salmon cubes in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freeze bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with recipe name, and the date of preparation, place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

8 wooden or metal skewers (need to presoak wood
skewers for 1/2 hour to prevent burning)
Sea salt and freshly ground black pepper, to taste
1 lemon, zest

Cooking Instructions:

Prepare a charcoal grill or oven broiler.

Make the salmon skewers. Place an equal amount of salmon cubes on each skewer. Season the skewers with the sea salt and the lemon zest. Broil or grill the salmon skewers until they are the desired doneness. 3 minutes on each side for medium rare salmon, 5 minutes on each side for salmon that is medium and 7 minutes for well done salmon.

Serving suggestion: Sautéed cabbage with red bell peppers and mushrooms.

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Bacon Wrapped Scallop and Shrimp Skewers

Recipe 18 – Serves 4

ASSEMBLE:

Ingredients:

16 large scallops, cleaned
8 slices bacon, cut in half
16 large peeled and deveined shrimp
wooden or metal skewers (remember to soak wood skewers for 1/2 hour in water to prevent burning)

To Assemble:

Wrap the scallops in the bacon. Skewer the scallops and the shrimp, alternating them. Place the skewers in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 mango, diced	1 tablespoon fresh lime juice
1 red onion, diced	1/2 teaspoon cumin
2 jalapenos, minced	1/2 teaspoon chili powder
Sea salt and freshly ground black pepper, to taste	2 tablespoons freshly chopped cilantro

Cooking Instructions:

Prepare a charcoal grill or preheat your oven broiler.

In a mixing bowl, combine the diced fruit, red onion and jalapeno. Add the salt, pepper, lime juice, cumin, chili powder and chopped cilantro. Stir the ingredients together, combine them to make a fresh fruit salsa.

Grill or oven-broil the shrimp skewers until they are done, about 7 minutes on each side. Allow the bacon to crisp around the scallops, but not burn, as it will give an off flavor to the scallops. Spoon the fruit salsa over each skewer and serve.

Serving suggestion: Serve with an arugula salad made with red onion, bacon bits and raisins (toss with Leanne's Basic Vinaigrette).

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Salmon Puttanesca

Recipe 19 – Serves 4

ASSEMBLE:

Ingredients:

- 1 medium lemon, zest
- 2 teaspoons extra virgin olive oil
- 4 (6 ounce) salmon fillets
- Sea salt and freshly ground black pepper, to taste

To Assemble:

In a small mixing bowl, combine the lemon zest and olive oil. Coat the seasoned salmon fillets in the lemon zest and olive oil mixture. Place the salmon fillets in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

- | | |
|---|--|
| 3 tablespoons coconut oil, melted and divided | 1/2 cup kalamata olives, pitted, chopped |
| 1 red onion, diced | 2 tablespoons capers, drained |
| 2 cloves garlic, minced | 1/2 teaspoon dried basil |
| 8 plum tomatoes, diced small | 1/2 teaspoon red pepper flakes |
| 1 tablespoon red wine vinegar | 2 tablespoon freshly chopped parsley |

Cooking Instructions:

Preheat an oven to 400 degrees. Brush a large baking sheet with one tablespoon of melted coconut oil.

Place the salmon fillets on the baking sheet. Keep them refrigerated while preparing the sauce.

In a sauce pan heat the remaining coconut oil. When hot, add the onion and garlic and sauté until the onions begin to soften and the garlic releases its aroma. Add the diced tomatoes and the red wine vinegar.

Use a wooden kitchen spoon to slightly smash the diced tomatoes, breaking them up. Add the olives, capers, dried basil and red pepper flakes to the pan. Bring the sauce to a gentle simmer. Stir often to prevent scorching and to bring the ingredients together into a rustic looking sauce. Simmer for 20 minutes to develop flavor.

As you simmer the Puttanesca sauce, bake the salmon. Bake the fillets for 12 minutes for medium rare salmon, 15 minutes for medium salmon and 20 minutes for salmon that is well done. Remove the salmon fillets from the oven. Before serving, fold the chopped parsley into the Puttanesca sauce. Spoon the Puttanesca sauce over the salmon fillets and serve.

Serving suggestion: Serve with sautéed zucchini, yellow squash and diced tomatoes and onion.

Crab Cakes with Rouille

Recipe 20 – Serves 4

ASSEMBLE:

Ingredients:

2 pounds lump crabmeat	
4 eggs, beaten	2 teaspoons paprika
2 shallots, minced	1 teaspoon Tabasco sauce
2 teaspoons sea salt	1 tablespoon Dijon mustard
1 teaspoon freshly ground black pepper	1 cup almond flour

To Assemble:

In a large mixing bowl combine all the ingredients. Mix together to combine them into a single mixture that holds together when gently squeezed in your hand. Form the mixture into 8 individual crab cakes. Place the crab cakes in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

4 cloves garlic	
4 roasted red peppers, store jarred, drained	1 tablespoon extra virgin olive oil
1 egg yolk (optional if you are adverse to using raw egg in recipes)	1 teaspoon sea salt
1 lemon, juice	1 teaspoon red pepper flakes
	3 tablespoons coconut oil, for cooking the crab cakes

Cooking Instructions:

Make the rouille. In a blender combine the garlic, red peppers, egg yolk, lemon juice, olive oil, salt and pepper flakes. Process into a smooth puree. Remove this mixture from the blender with a rubber spatula to a mixing bowl. Cover and reserve the rouille in the refrigerator.

In a large sauté pan, heat the coconut oil. When the oil is hot, pan fry the crab cakes until they are crispy on the outside and hot in the middle, four minutes per side. Serve the crab cakes with some of the rouille spooned over each one.

Serving suggestion: Serve with lots of coleslaw (cabbage, carrot and radish with cilantro and Leanne's Basic Vinaigrette all tossed together)

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20 for the Freezer - Paleo

Volume 3

20 for the Freezer – Paleo

Volume 3

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Recipe 2: Apple Spiced Pork Chops

Recipe 3: Cranberry Apple Pork

Recipe 4: Sausage Stuffed Poblanos

Recipe 5: Green Chili Pork Wraps

Recipe 6: Pork Bolognese with Squash Noodles

Recipe 7: Pork Stuffed Autumn Squash

Recipe 8: Cuban Pork Stufado

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Recipe 17: Swiss Style Beef

Recipe 18: Parisian Beef Stew

Recipe 19: Tenderloin Skewers Saltimbocca

Recipe 20: Steak Piperade



20 for the Freezer – Paleo – Volume 3

Shopping List

PROTEIN

12 (7 ounce) pork chops [R1] [R2] [R3]
Ground pork (6 1/2 pounds) [R4] [R5] [R6] [R7]
Pork shoulder (8 pounds) [R8] [R9] [R10]
Beef sirloin (3 1/2 pounds) [R11] [R16]
12 (6 ounce) beef sirloin steaks [R13] [R14] [R15]
Strip steak (2 pounds) [R17]
Beef chuck roast (2 pounds) [R18]
Beef tenderloin (1 1/2 pounds) [R19]

CONDIMENTS

Olive oil (1 tablespoon) [R15]
Coconut oil (1/2 cup + 2 tablespoons) [R10] [R20]
Coconut aminos (4 tablespoons + 1 teaspoon) [R1] [R11]
[R12] [R13]
Raw honey [R8] [R9] [R10] [R11] [R20]
White vinegar (2 tablespoons) [R12]
Sugarless ketchup (1 teaspoon) [R13]
Hoisin sauce (3 tablespoons) [R16]

SPICES

Sea salt (keep on hand)
Black pepper (keep on hand)
Crushed red pepper flakes [R1] [R12] [R16]
Sage [R2] [R3] [R4] [R7] [R19]
Thyme [R4] [R7] [R8] [R17] [R18]
Paprika [R4] [R5] [R9] [R10]
Celery salt [R4]
Cumin [R5] [R11]
Cayenne pepper [R5]
Dried basil [R6]
Oregano [R6] [R8] [R13] [R20]
Cinnamon [R9] [R10]
Ginger [R11]
Coriander [R11]
Dry mustard [R14] [R15]

PRODUCE

Onions (1)[R5] [R20]
Red onion
Garlic (38 cloves) [R3] [R4] [R5] [R6] [R7] [R8] [R9] [R10]
[R11] [R12] [R14] [R15] [R16] [R18] [R20]
Red bell pepper (1)[R20]
Green bell pepper (1)[R20]
Poblano pepper (1) [R20]
Carrot
Celery
Orange (2) [R1] [R3]
Lemon (1 + 1 teaspoon zest) [R2] [R19]
Lime (2 + 1 tablespoon juice) [R5] [R11] [R13]

CANNED GOODS

Low sodium beef broth, or use homemade (3 quarts) [R12]
Low sodium chicken broth, or use homemade
Unsweetened red grape juice (1/2 cup) [R14]
Unsweetened pineapple juice (1/2 cup) [R16]
1 (14.5oz) can diced tomatoes [R20]

OTHER

Large zipper-topped plastic bags
Gallon size: 40



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[R1] – [R20] = Recipe 1, Recipe 2, Recipe 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

20 for the Freezer – Paleo – Volume 3

At Time of Cooking Shopping List

Recipe 1: Grilled Pork Chops with Mango

- 1 tablespoon coconut oil, melted
- 1/2 red onion, chopped
- 2 jalapenos, seeded and chopped
- 1/2 cup unsweetened white grape juice
- 1/2 cup fresh orange juice
- 2 mangoes, peeled and chopped
- 1 teaspoon sea salt
- 2 tablespoons freshly chopped cilantro
- **Cauliflower
- **Broccoli spears

Recipe 2: Apple Spiced Pork Chops

- 2 cups crispy dried apple chips
- 1 tablespoon coconut oil, melted
- **Mixed greens
- **Red onion
- **Avacado
- **Cucumber
- **Extra virgin olive oil
- **Balsamic vinegar
- **Garlic
- **Oregano
- **Basil

Recipe 3: Cranberry Apple Pork

- 1 tablespoon coconut oil, melted
- 1 shallot, minced
- 1 cup unsweetened apple juice
- 1 green apple, sliced with peel
- 1 cup fresh or frozen cranberries
- 1 cup low sodium chicken broth
- 1 sprig fresh thyme
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- **Sweet potatoes
- **Beets
- **Cauliflower
- **Brussels sprouts

Recipe 4: Sausage Stuffed Poblanos

- 1 tablespoon coconut oil, melted
- 4 poblano peppers
- 1 red pepper, diced
- 1 small zucchini, diced
- 1 yellow squash, diced
- 2 tablespoons freshly chopped cilantro
- 2 tablespoons almond flour
- **Cauliflower
- **Asparagus

Recipe 5: Green Chili Pork Wraps

- 1 head red or green leaf lettuce, shredded
- 1 carrot, shredded
- 3 radishes, thinly sliced
- 2 tablespoons freshly chopped cilantro
- **Baby bok choy
- **Cucumber

Recipe 6: Pork Bolognese with Squash Noodles

- 4 slices frozen bacon, chopped
- 1 onion, chopped
- 1 rib celery, chopped
- 1/2 pound assorted mushrooms, sliced
- 2 carrots, shredded
- 1 (28 ounce) can plum tomatoes
- 1 1/2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons ghee, melted
- 2 zucchini, cut into thin ribbon like strips
- 2 yellow squash, cut into thin ribbon like strips
- 1/2 teaspoon sea salt
- 2 tablespoons freshly chopped parsley
- **Mixed greens
- **Red onion
- **Cucumber
- **Extra virgin olive oil
- **Balsamic vinegar
- **Garlic
- **Oregano
- **Basil

Recipe 7: Pork Stuffed Autumn Squash

- 2 medium acorn squashes
- 1 teaspoon nutmeg
- 1 teaspoon sea salt
- 1 granny smith apple, peeled and chopped
- 1/2 cup dried cranberries
- 3/4 cup chopped walnuts
- 3 tablespoons almond flour
- **Cauliflower
- **Spinach
- **Extra virgin olive oil
- **Balsamic vinegar
- **Garlic
- **Oregano
- **Basil

Recipe 8: Cuban Pork Stufado

1 red onion, sliced
2 sweet potatoes, peeled and cubed
2 jalapeno peppers, seeded and chopped
4 plum tomatoes, chopped
3 cups low sodium chicken broth
2 bay leaves
2 avocados, sliced
3 green onions, sliced white and green parts
**Mixed greens
**Red onion
**Cucumber
**Extra virgin olive oil
**Balsamic vinegar
**Garlic
**Oregano
**Basil

Recipe 9: Slow Cooked Asian Pork

1/2 cup coconut aminos
1/4 cup white vinegar
3 cups low sodium chicken broth
1/4 cup unsweetened ketchup
2 tablespoon freshly chopped ginger
1 lemon, zest and juice
**Sweet potatoes
**Green beans

Recipe 10: Pork Shoulder Adobo

1 tablespoon coconut oil, melted
2 tablespoons freshly chopped cilantro
2 limes, cut into wedges
**Cauliflower
**Spinach
**Extra virgin olive oil
**Balsamic vinegar
**Garlic
**Oregano
**Basil

Recipe 11: Beef Satays with Dipping Sauce

Bamboo skewers
1 tablespoon coconut oil, melted
1/2 medium red onion, diced
1 teaspoon minced gingerroot
Zest and juice of 1 lime
1/2 cup canned, unsweetened coconut milk
1 cup almond butter
1 tablespoon coco-aminos
1 tablespoon unsweetened ketchup
1 tablespoon raw honey
1 tablespoon sriracha sauce
**Baby bok choy
**Cucumber

Recipe 12: Spicy Asian Broth with Beef

1 medium red bell pepper
12 shiitake mushrooms, trimmed and thinly sliced
1 medium carrot, chopped
2 pounds beef sirloin, cut into 2-inch strips
1/2 pound spinach, chopped
**Mixed greens
**Red onion
**Cucumber
**Extra virgin olive oil
**Balsamic vinegar
**Garlic
**Oregano
**Basil

Recipe 13: Barbequed Sirloin Steaks

1/2 cup sugarless ketchup
1 tablespoon Dijon mustard
1/4 raw honey
1 tablespoon Worcestershire sauce
1 tablespoon apple cider vinegar
1 teaspoon sea salt
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon hot sauce
2 cups almond flour
1 tablespoon dried oregano
1 teaspoon freshly ground black pepper
2 tablespoons coconut oil, melted
**Cauliflower
**Spinach
**Extra virgin olive oil
**Balsamic vinegar
**Garlic
**Oregano
**Basil

Recipe 14: Steak Diane

2 tablespoons ghee, melted
1 shallot, minced
6 mushrooms, sliced
1 tablespoon lemon juice
1/2 teaspoon minced thyme leaves
3 tablespoons canned, unsweetened coconut milk
2 tablespoons minced parsley
1 tablespoon minced chives
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
**Sweet potatoes
**Green beans

Recipe 15: Grilled Steaks with Salsa Verde

2 cloves garlic, minced
2 tablespoons capers, drained and minced
4 sweet gherkins, drained and minced
4 anchovy fillets, minced (optional)
1 bunch parsley, chopped
8 fresh basil leaves, chopped
8 fresh mint leaves, chopped
1 tablespoon Dijon mustard
Juice of 1 lemon
2 tablespoons red wine vinegar
4 tablespoons extra virgin olive oil
1/2 teaspoon sea salt
1 1/2 teaspoons freshly ground black pepper
**Cauliflower
**Lettuce (not iceberg – no nutrition)
**Extra virgin olive oil
**Balsamic vinegar
**Garlic
**Oregano
**Basil

Recipe 16: Spicy Garlic Beef Stir Fry

3 tablespoons coconut oil, melted
1 medium red onion, halved then cut into thin slices
2 medium carrots, chopped
1 bunch asparagus tips, cut with about 1 inch of stems
6 cloves garlic, minced
2 tablespoons sriracha sauce
1/4 cup chopped cilantro
**Spinach
**Extra virgin olive oil
**Balsamic vinegar
**Garlic
**Oregano
**Basil

Recipe 17: Swiss Style Beef

2 tablespoon coconut oil, melted
2 tablespoon ghee, melted
1 shallot, minced
1 pound white or crimini mushrooms, sliced
1 cup unsweetened white grape juice
1 cup low sodium beef broth, or use homemade
1 1/2 cups canned, unsweetened coconut milk
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
2 tablespoons chopped fresh tarragon
**Cauliflower
**Asparagus

Recipe 18: Parisian Beef Stew

2 tablespoons coconut oil, melted
20 pearl onions, peeled
2 medium carrots, diced
2 medium stalks celery, diced
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 1/2 quarts low sodium beef broth, or use homemade
1 tablespoon white wine vinegar
1 tablespoon Dijon mustard
2 sprigs fresh thyme
1 bay leaf
1 1/2 cups unsweetened almond milk
2 egg yolks
2 tablespoons chopped parsley
** Sweet potatoes
**Beets
**Cauliflower
**Brussels sprouts

Recipe 19: Tenderloin Skewers Saltimbocca

12 metal or bamboo skewers
24 cherry tomatoes
24 (1-inch) cubes ham
24 pitted black olives
2 medium zucchini, cubed
2 tablespoons olive oil
1 teaspoon sea salt
1 1/2 tablespoons balsamic vinegar
2 tablespoons chopped parsley
**Mixed greens
**Red onion
**Avacado
**Cucumber
**Extra virgin olive oil
**Balsamic vinegar
**Garlic
**Oregano
**Basil

Recipe 20: Steak Piperade

2 pounds beef flank steak, cubed
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 teaspoon dried thyme
2 tablespoons coconut oil, melted
2 sprigs fresh thyme
1 cup low sodium beef broth, or use homemade
3 tablespoons chopped chives
**Cauliflower
**Broccoli spears

Grilled Pork Chops with Mango

Recipe 1 – Serves 4

ASSEMBLE:

Ingredients:

1 orange, zest and juice	
1 tablespoon coconut aminos	1 teaspoon red pepper flakes
1 teaspoon freshly ground black pepper	4 (7 ounce) pork chops

To Assemble:

In a mixing bowl, combine the orange zest and orange juice. Add the coconut aminos, black pepper and pepper flakes. Whisk the ingredients together to combine them. Add the pork chops to the bowl. Coat the pork chops well in the orange zest and seasonings. Place the pork chops and the contents of the bowl in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 tablespoon coconut oil, melted	1/2 cup fresh orange juice
1/2 red onion, chopped	2 mangoes, peeled and chopped
2 jalapenos, seeded and chopped	1 teaspoon sea salt
1/2 cup unsweetened white grape juice	2 tablespoons freshly chopped cilantro

Cooking Instructions:

Prepare a charcoal grill for cooking the pork chops.

In a sauté pan, heat the coconut oil until hot. Sauté the diced red onion and jalapenos in the coconut oil until they begin to soften. Add the white grape juice and the fresh orange juice. Bring the juices in the pan to a boil and allow to reduce by half. Add the diced mango and the sea salt. Stir the sauce to mix the mango and sea salt through the liquid in the pan.

Remove the sauce from the heat and cover, keeping warm. When the grill is ready begin cooking the pork chops. Grill to the desired doneness, about 7 minutes on each side for medium, or about 10 minutes on each side for well done pork chops. Serve the pork chops with some of the mango sauce spooned over them. Garnish the sauced pork chops with the freshly chopped cilantro.

Serving suggestion: Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork). Add steamed broccoli spears on the side.

Apple Spiced Pork Chops

Recipe 2 – Serves 4

ASSEMBLE:

Ingredients:

1 lemon, juiced	1/2 teaspoon dried sage
1/2 teaspoon sea salt	1/2 teaspoon dried thyme
1/2 teaspoon freshly ground black pepper	4 (7 ounce) pork chops

To Assemble:

Rub each pork chop on both sides with the fresh lemon juice. Season each side of the pork chops with the salt, black pepper, sage and thyme. Place the seasoned pork chops in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 cups crispy dried apple chips
1 tablespoon coconut oil, melted

Cooking Instructions:

Preheat an oven to 400 degrees.

Use your food processor to make "apple flour". In the bowl of a food processor, chop the dried apple chips until they turn into a fine powder.

Brush a baking sheet with the melted coconut oil. "Bread" each pork chop in the apple flour, coating it on all sides. Place the pork chops on the baking sheet and place in the oven. Roast in the oven for 6 minutes and then turn the pork chops over so that they other side can crisp in the apple "flour". Continue to roast the pork chops to the desired doneness, about 20 minutes total cooking time for medium, 25 to 30 minutes for pork chops that are well done.

Serving suggestion: A big salad of mixed baby greens, sliced red onion, avocado and cucumber, tossed with Leanne's Basic Vinaigrette.

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Cranberry Apple Pork

Recipe 3 – Serves 4

ASSEMBLE:

Ingredients:

1 teaspoon sea salt	1 clove garlic, minced
1 teaspoon freshly ground black pepper	1 orange, zest
1/2 teaspoon dried sage	4 (7 ounce) pork chops

To Assemble:

In a mixing bowl, combine the dried spices with the minced garlic and orange zest. Use a kitchen spoon to work the mixture into a loose paste. Rub the paste into the pork chops, coating them on both sides. Place the pork chops in a 1-gallon freeze bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 tablespoon coconut oil, melted	1 cup low sodium chicken broth
1 shallot, minced	1 sprig fresh thyme
1 cup unsweetened apple juice	1 teaspoon sea salt
1 green apple, sliced with peel	1/2 teaspoon freshly ground black pepper
1 cup fresh or frozen cranberries	

Cooking Instructions:

Preheat an oven to 400 degrees.

In a sauté pan, heat the coconut oil until hot. Sear the pork chops on both sides until golden brown. If your pan is not large enough to hold all the pork chops at once, sear them in batches. Place the seared pork chops in an oven proof baking dish and hold them at room temperature while completing the next steps of the recipes.

Drain any remaining coconut oil from the sauté pan, but do not wipe out any crusty bits that remain in the pan after cooking the pork. (They will flavor the sauce) Add the shallot to the pan and sauté until it begins to soften and release its aroma. Add the apples and sauté until they begin to soften. Add the cranberries and continue to sauté the mixture for 2 minutes, allowing the cranberries to soften. Add the chicken broth. Stir to combine the ingredients. Now add the thyme sprig, sea salt and black pepper, again stirring the ingredients to combine them.

Pour the contents of the pan over the pork chops in the baking dish. Place the pork chops in the oven and bake for 25 minutes. Remove the pork chops from the oven and plate. Remove the thyme sprig from the baking dish. Stir the apples and cranberries in the baking dish together along with any leftover liquid in the dish to make a simple "compote" for the pork. Garnish each serving of pork with some of the compote.

Serving suggestion: A mélange of roasted vegetables (sliced sweet potatoes, beets, cauliflower, Brussels sprouts).

Sausage stuffed Poblanos

Recipe 4 – Serves 4

ASSEMBLE:

Ingredients:

2 pounds ground pork	1/2 teaspoon dried sage
3 cloves garlic, minced	1/2 teaspoon dried thyme
1 teaspoon sea salt	1/2 teaspoon paprika
1 teaspoon freshly ground black pepper	1/2 teaspoon celery salt

To Assemble:

In a large sauté pan, combine all the ingredients. Cook over medium heat, stirring the spices into the ground pork to combine them. Continue the process until the pork is fully cooked. Drain any released fat from the drained pork. Place the cooked, seasoned pork in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 tablespoon coconut oil, melted	1 small zucchini, diced
4 poblano peppers, cut in half with stems, ribs and seeds removed	1 yellow squash, diced
1 red pepper, diced	2 tablespoons freshly chopped cilantro
	2 tablespoons almond flour

Cooking Instructions:

Preheat an oven to 375 degrees.

Brush a baking tray with the melted coconut oil. In a mixing bowl, combine the cooked pork with the diced red pepper, zucchini, yellow squash and cilantro. Use a kitchen spoon to mix the ingredients together. Place the ground pork and vegetable mixture in each of the poblano pepper halves. Sprinkle the tops of the stuffed peppers with the almond flour. Place the peppers in the oven and bake until the pork stuffing is hot and the peppers are fully cooked.

To test the peppers for doneness, pierce them with the tip of a paring knife to determine the softness of the pepper and continue to bake as needed.

Serving suggestion: Faux-Tay-Toes (steam cauliflower till tender; drain; mash with ghee, salt and pepper to taste till you get a mashed potatoes texture). Add steamed asparagus on the side.

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Green Chili Pork Wraps

Recipe 5 – Serves 4

ASSEMBLE:

Ingredients:

1 1/2 pounds ground pork	
3 cloves garlic, minced	1/2 teaspoon cumin
1 white onion, minced	1/2 teaspoon paprika
1 teaspoon sea salt	1/4 teaspoon cayenne pepper
1 teaspoon freshly ground black pepper	1 lime, juiced

To Assemble:

In a mixing bowl, combine all the ingredients. Mix the ingredients together as you would for making meatballs. Place the seasoned ground pork mixture in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

- 1 head red or green leaf lettuce, shredded
- 1 carrot, shredded
- 3 radishes, thinly sliced
- 2 tablespoons freshly chopped cilantro

Cooking Instructions:

In a large sauté pan, cook the ground pork until it is fully cooked. Using a colander, drain the cooked pork from any fat released during cooking. Allow the pork to cool slightly.

Place some of the cooked pork in each of the lettuce leaves. Place some to the shredded carrots and sliced radishes over the pork in the lettuce cups. Garnish each lettuce and pork wrap with some of the chopped cilantro and serve.

Serving Suggestion: Serve with stir-fried chopped baby bok choy. Add sliced cucumber on the side.

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Pork Bolognese with Squash Noodles

Recipe 6 – Serves 4

ASSEMBLE:

Ingredients:

1 1/2 pounds ground pork	1 teaspoon freshly ground black pepper
2 cloves garlic, minced	1 tablespoon dried basil
1 teaspoon sea salt	1/2 tablespoon dried oregano

To Assemble:

In a large bowl, combine all ingredients. Mix the ingredients together as you would for making meatballs. When the mixture is well combine place it in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

4 slices frozen bacon, chopped	1 teaspoon freshly ground black pepper
1 onion, chopped	2 tablespoons ghee, melted
1 rib celery, chopped	2 zucchini, cut into thin ribbon like strips
1/2 pound assorted mushrooms, sliced	2 yellow squash, cut into thin ribbon like strips
2 carrots, shredded	1/2 teaspoon sea salt
1 (28 ounce) can plum tomatoes	2 tablespoons freshly chopped parsley
1 1/2 teaspoons sea salt	

Cooking Instructions:

In a large sauce pan, cook the bacon until it is crispy. Using a slotted spoon, remove the bacon and drain it on a paper towel lined plate. Add the seasoned ground pork to the pan and begin to cook the pork, stirring it often to prevent sticking. Continue to the pork is fully cooked. Place a colander over a large bowl. Drain the cooked pork in the colander, allowing any fat to accumulate in the bowl underneath. Do not wash the pan used to cook the bacon and the pork as you will use it to continue making the sauce. Add 2 tablespoons of the accumulated fat from draining the pork to the sauce pan. Heat the reserved fat until it is hot and then add the diced onions, cooking them until they begin to soften. Next, add the celery and the diced mushrooms, stirring the vegetables often and allowing them to cook until the mushrooms begin to release some of their liquid. Now add the shredded carrots and continue to cook the vegetables for another 2 to 3 minutes.

Next, add the canned tomatoes and their liquid to the pan. Use a kitchen spoon to break up the tomatoes, gently smashing them against the side of the pan to break them up a bit. Now add the bacon and cooked ground pork to the pan. Bring the mixture up to a boil and then reduce the heat so that the sauce gently simmers. Cook the sauce for 1 hour and 30 minutes.

To serve the sauce with the noodles begin by heating the ghee in a sauté pan. When the ghee is hot add the ribbons of zucchini and summer squash. Cook until the squashes begin to soften and then remove the pan from the heat. You want the noodles to be softened somewhat, but not limp and floppy. Season the noodles with the sea salt. Top the noodles with some of the hot Bolognese sauce. Garnish each serving of Bolognese and "noodles" with some of the freshly chopped parsley.

Serving suggestion: A salad of mixed baby greens, sliced red onion and cucumber, tossed with Leanne's Basic Vinaigrette.

Pork Stuffed Autumn Squash

Recipe 7 – Serves 4

ASSEMBLE:

Ingredients:

1 1/2 pounds ground pork	
1 teaspoon sea salt	1/2 teaspoon dried thyme
1 teaspoon freshly ground black pepper	2 cloves garlic, minced
1/2 teaspoon ground sage	1 onion, chopped

To Assemble:

In a mixing bowl, combine all the ingredients. Mix the ingredients together well, as you would in making a meat loaf. When the mixture is well combined place it in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 medium acorn squashes	
1 teaspoon nutmeg	1/2 cup dried cranberries
1 teaspoon sea salt	3/4 cup chopped walnuts
1 granny smith apple, peeled and chopped	3 tablespoons almond flour

Cooking Instructions:

Preheat an oven to 350 degrees.

Cut the acorn squashes in half. Remove the seeds and any fiber from squash cavity. On the outside of the squash, cut a small piece off the squash so that it can sit flat on a baking tray. Prick the insides of each squash with a fork. Season the insides of each squash with the nutmeg and sea salt. Place the squashes on a baking sheet large enough to hold all the squash.

In a mixing bowl combine the ground pork with the apples and cranberries. Mix the cranberries and apples into the ground pork. Stuff each of the squash halves with the pork mixture. Sprinkle the chopped walnuts and almond flour over the pork stuffing in the squash. Place the squashes in an oven and bake until the squashes are tender and the stuffing is fully cooked, about 1 hour and 10 minutes. The squashes should be easily pierced by the tip of a paring knife. You can use the paring knife to pierce the stuffing and judge doneness or use a kitchen thermometer. If using a thermometer, the pork stuffing will be fully cooked at 165 degrees.

Serving Suggestion: Faux-Tay-Toes (steam cauliflower till tender; drain; mash with ghee, salt and pepper to taste till you get a mashed potatoes texture). Add a big spinach salad tossed with Leanne's Basic Vinaigrette.

Cuban Pork Stufado

Recipe 8 – Serves 4

ASSEMBLE:

Ingredients:

3 tablespoons raw honey	
1 teaspoon sea salt	1 teaspoon dried thyme
1 teaspoon freshly ground black pepper	1 teaspoon dried oregano
4 cloves garlic, minced	2 pounds pork shoulder, cubed

To Assemble:

In a mixing bowl, combine the honey, dried spices and minced garlic. Whisk together the contents of the bowl to make a marinade for the pork. Add the diced pork shoulder to the bowl. Coat the diced pork on all sides with the honey, garlic and dried spice mixture. Place the pork and any loose marinade in a 1-gallon freeze bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 red onion, sliced	3 cups low sodium chicken broth
2 sweet potatoes, peeled and cubed	2 bay leaves
2 jalapeno peppers, seeded and chopped	2 avocados, sliced
4 plum tomatoes, chopped	3 green onions, sliced white and green parts

Cooking Instructions:

In a crock cooker, place the diced pork shoulder. Add the red onion, sweet potatoes, sliced jalapenos and tomatoes. Next add the chicken broth and the bay leaves.

Stir the ingredients to combine them and distribute them evenly in the crock cooker. Cover and cook on low for 7 hours or until the pork is fork tender and fully cooked. Remove the bay leaves. Serve the pork Stufado in bowls garnished with the diced avocados and sliced green onions.

Serving Suggestion: A salad of mixed baby greens, sliced red onion and cucumber, tossed with Leanne's Basic Vinaigrette.

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Slow Cooked Asian Pork

Recipe 9 – Serves 4

ASSEMBLE:

Ingredients:

2 tablespoon raw honey	1 teaspoon freshly ground black pepper
4 cloves garlic, minced	1/2 teaspoon paprika
1 teaspoon ground cinnamon	3 pounds pork shoulder, whole, trimmed of as much fat as possible
1 teaspoon sea salt	

To Assemble:

Using a pastry brush, rub all surfaces of the pork shoulder with the raw honey. Next, rub the minced garlic into the pork shoulder, coating all surfaces with the garlic. Next rub each of the dried seasonings into the pork on all sides. The pork should be well coated in the spices and garlic. Place the pork shoulder in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1/2 cup coconut aminos	1/4 cup unsweetened ketchup
1/4 cup white vinegar	2 tablespoon freshly chopped ginger
3 cups low sodium chicken broth	1 lemon, zest and juice

Cooking Instructions:

Preheat an oven to 325 degrees.

In a large bowl combine all ingredients and use a whisk to combine them. Place the seasoned pork shoulder in a baking dish large enough to hold it and the liquid in the mixing bowl. Add the liquid in the bowl to the pork in the baking dish. Cover the baking dish with aluminum foil. Leave a space between the top of the pork and the aluminum foil so that the foil does not touch the pork. Place the pork in the oven and cook for 2 hours.

After 2 hours remove the foil and increase the heat of the oven to 350 degrees. Continue to cook the pork for another hour, basting the pork with the liquid in the pan every 15 minutes. This will glaze the pork nicely. After 3 hours the pork will be fully cooked and should be fork tender. Remove the pork from the oven. Carefully remove the pork from the baking dish and place on a clean cutting board. Cover with aluminum foil to keep it warm. Carefully pour any remaining liquid from the baking dish into a sauce pan. Over low heat, gently simmer the cooking liquid, reducing it down until it can be used as a sauce for the pork. Slice the pork and serve with the sauce made from the remaining basting liquid.

Serving suggestion: Baked sweet potatoes and steamed green beans.

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Pork Shoulder Adobo

Recipe 10 – Serves 4

ASSEMBLE:

Ingredients:

2 tablespoon raw honey	
4 cloves garlic, minced	1/2 teaspoon paprika
1 teaspoon ground cinnamon	1/2 cup coconut oil, melted
1 teaspoon sea salt	3 pounds pork shoulder, whole, trimmed of as much fat as possible
1 teaspoon freshly ground black pepper	

To Assemble:

In a food processor, combine all the ingredients for the adobo paste. Score the outside of the pork shoulder in a cross hatch pattern with a sharp paring knife. Do not cut down into the pork, just score it about 1/8 inch deep on the surface of the pork. Puree the ingredients in the food processor into a smooth paste. Using a spatula, scrape the adobo paste into a clean mixing bowl. Place the scored pork shoulder in the bowl and turn it through the adobo paste, coating its entire surface. Place the pork shoulder and any loose adobo marinade in a 1-gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

- 1 tablespoon coconut oil, melted
- 2 tablespoons freshly chopped cilantro
- 2 limes, cut into wedges

Cooking Instructions:

Preheat an oven to 300 degrees.

Brush a baking sheet with the melted coconut oil. Recoat the pork shoulder in any loose adobo paste from the freezer bag. Place the pork on the baking sheet and place it in the oven. Roast the pork uncovered for three hours in the oven. The pork should be brown and crispy on the outside and very tender when pierced with a kitchen fork.

Remove the pork from the oven. Place the pork on a cutting board and cover it with aluminum foil. Allow the pork to rest for ten minutes so that its juices can redistribute through the pork. Slice the pork into portions. Garnish each portion with some of the chopped cilantro. Serve with the lime wedges.

Serving suggestion: Faux-Tay-Toes (steam cauliflower till tender; drain; mash with ghee, salt and pepper to taste till you get a mashed potatoes texture). Add a big spinach salad tossed with Leanne's Basic Vinaigrette.

Beef Satays with Dipping Sauce

Recipe 11 – Serves 4

ASSEMBLE:

Ingredients:

Zest of 1 lime	1/2 teaspoon sea salt
1 tablespoon coco-aminos	1/2 teaspoon freshly ground black pepper
1 clove garlic, minced	1/2 teaspoon ground cumin
1/2 teaspoon ground ginger	1/2 teaspoon ground coriander
1 teaspoon raw honey	1 1/2 pounds beef sirloin, thinly cut into 4-inch strips

To Assemble:

Place beef strips in a large bowl. In a small bowl, whisk together remaining ingredients (lime zest through coriander); pour mixture over beef and toss to coat well. Cover and marinate beef strips at room temperature for 15 minutes then transfer to a 1-gallon zipper-topped plastic freezer bag. Gently squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

Bamboo skewers	1 cup almond butter
1 tablespoon coconut oil, melted	1 tablespoon coco-aminos
1/2 medium red onion, diced	1 tablespoon unsweetened ketchup
1 teaspoon minced gingerroot	1 tablespoon raw honey
Zest and juice of 1 lime	1 tablespoon sriracha sauce
1/2 cup canned, unsweetened coconut milk	

Cooking Instructions:

Place contents of freezer bag in a colander to drain off excess marinade. Thread beef strips onto skewers; refrigerate until cooking time.

Heat the melted coconut oil in a medium saucepan over medium-high heat until hot. Add onion and gingerroot; cook until onion is translucent. Add remaining ingredients (lime zest and juice through sriracha sauce) and whisk into a smooth sauce. Bring mixture to a high simmer and cook for 10 minutes. Remove from heat and set aside.

Preheat grill to MEDIUM-HIGH. Grill beef satays until they reach desired level of doneness. Serve with dipping sauce.

Serving Suggestion: Serve beef satays over stir-fried chopped baby bok choy. Add sliced cucumber on the side.

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Spicy Asian Broth with Beef

Recipe 12 – Serves 4

ASSEMBLE:

Ingredients:

3 quarts low sodium beef broth, or use homemade	
3 teaspoons crushed red pepper flakes	2 teaspoons freshly ground black pepper
2 tablespoons white wine vinegar	2 tablespoons coco-aminos
1 teaspoon sea salt	3 cloves garlic, thinly sliced

To Assemble:

Combine all ingredients in a large saucepan with a tight-fitting lid; bring to a boil then reduce heat, cover and simmer for 10 minutes. Remove from heat, cool to room temperature and transfer to an airtight plastic container; place it in the freezer.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1 medium red bell pepper, de-seeded, de-ribbed and sliced	1 medium carrot, chopped
12 shiitake mushrooms, trimmed and thinly sliced	2 pounds beef sirloin, cut into 2-inch strips
	1/2 pound spinach, choppe

Cooking Instructions:

Place the seasoned beef broth in a large saucepan with a tight-fitting lid over medium-high heat. Bring to a boil then reduce heat, so that broth is at a high simmer. Add bell pepper, mushrooms and carrot; cover and simmer for 3 to 5 minutes or until softened. Add beef strips and spinach; cover and simmer for 3 to 5 minutes. Serve hot.

Serving Suggestion: A salad of mixed baby greens, sliced red onion and cucumber, tossed with Leanne's Basic Vinaigrette.

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Barbequed Sirloin Steaks

Recipe 13– Serves 4

ASSEMBLE:

Ingredients:

1 teaspoon freshly ground black pepper	1 teaspoon coco-aminos
1 teaspoon dried oregano	1 tablespoon fresh lime juice
1 teaspoon sugarless ketchup	4 (6-oz.) beef sirloin steaks

To Assemble:

In a small bowl, combine first 5 ingredients; blend into a smooth paste then brush mixture over both sides of steaks then place them in a 1-gallon zipper-topped plastic freezer bag. Gently squeeze the bag to force out excess air; then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

1/2 cup sugarless ketchup	
1 tablespoon Dijon mustard	1 teaspoon garlic powder
1/4 raw honey	1 teaspoon hot sauce
1 tablespoon Worcestershire sauce	2 cups almond flour
1 tablespoon apple cider vinegar	1 tablespoon dried oregano
1 teaspoon sea salt	1 teaspoon freshly ground black pepper
1 teaspoon chili powder	2 tablespoons coconut oil, melted

Cooking Instructions:

Remove the steaks from the freezer bag and scrape off any remaining seasoning paste; refrigerate until cooking time.

In a medium saucepan, combine first 9 ingredients (ketchup through hot sauce); bring mixture to a boil then reduce heat and simmer for 25 minutes, stirring occasionally. Remove from heat and allow sauce to cool to room temperature.

In a medium bowl, combine almond flour, oregano and black pepper; set aside.

Preheat oven broiler. Brush the tops of the steaks with prepared barbecue sauce then sprinkle with seasoned flour mixture; broil until steaks reach desired level of doneness (10 minutes for medium-rare, 13 to 15 minutes for medium and about 20 minutes for well done. Be sure to watch the steaks as they broil so as not to burn the seasoned almond flour crumbs.

Serving Suggestion: Faux-Tay-Toes (steam cauliflower till tender; drain; mash with ghee, salt and pepper to taste till you get a mashed potatoes texture). Add a big spinach salad tossed with Leanne's Basic Vinaigrette.

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Steak Diane

Recipe 14 – Serves 4

ASSEMBLE:

Ingredients:

4 (6-oz.) beef sirloin steaks	1/2 teaspoon sea salt
1/2 cup unsweetened red grape juice	1 teaspoon freshly ground black pepper
2 cloves garlic, minced	1 teaspoon dry mustard

To Assemble:

Place steaks in a 1-gallon zipper-topped plastic freezer bag. In a small bowl, whisk together remaining ingredients (grape juice through dry mustard); pour mixture over the steaks. Gently squeeze the bag to force out excess air then seal and turn several to coat steaks well.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 tablespoons ghee, melted	3 tablespoons canned, unsweetened coconut milk
1 shallot, minced	2 tablespoons minced parsley
6 mushrooms, sliced	1 tablespoon minced chives
1 tablespoon lemon juice	1/2 teaspoon sea salt
1/2 teaspoon minced thyme leaves	1/2 teaspoon freshly ground black pepper

Cooking Instructions:

Remove the steaks from marinade and pat dry.

Heat the melted ghee in a large sauté pan over medium-high heat until hot. Add steaks and sear until lightly browned on both sides; transfer to a large baking pan or dish, cover and keep warm. In the same pan, add the shallot; cook until fragrant. Add mushrooms and cook until their liquid has evaporated. Stir in lemon juice, thyme and coconut milk.

Return the steaks to the sauté pan and gently simmer them in the sauce for 8 minutes (for medium). The sauce will thicken as the steaks simmer. Transfer steaks to dinner plates. Stir chopped parsley and chives into to the sauce. Serve steaks topped with sauce.

Serving Suggestion: Baked sweet potatoes and steamed green beans.

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Grilled Steak with Salsa Verde

Recipe 15 – Serves 4

ASSEMBLE:

Ingredients:

1 tablespoon olive oil	1 teaspoon freshly ground black pepper
2 cloves garlic, minced	1 teaspoon dry mustard
1 teaspoon sea salt	4 (6-oz.) beef sirloin steaks

To Assemble:

In a small bowl, combine first 5 ingredients (olive oil through dry mustard); blend well then brush mixture over both sides of steaks, coating completely. Place the steaks in a 1-gallon zipper-topped plastic freezer bag. Gently squeeze the bag to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 cloves garlic, minced	1 tablespoon Dijon mustard
2 tablespoons capers, drained and minced	Juice of 1 lemon
4 sweet gherkins, drained and minced	2 tablespoons red wine vinegar
4 anchovy fillets, minced (optional)	4 tablespoons extra virgin olive oil
1 bunch parsley, chopped	1/2 teaspoon sea salt
8 fresh basil leaves, chopped	1 1/2 teaspoons freshly ground black pepper
8 fresh mint leaves, chopped	

Cooking Instructions:

Remove steaks from freezer bag and pat dry. Set aside at room temperature. Preheat grill or oven broiler.

Prepare Salsa Verde: In a medium bowl, combine all of the above ingredients (garlic through black pepper); set aside at room temperature.

Grill or broil steaks until they reach desired level of doneness. To serve, top steaks with Salsa Verde.

Serving Suggestion: Mexi-Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; toss with salt, pepper, chili powder, chopped green onions and cilantro to taste). Add a big salad tossed with Leanne's Basic Vinaigrette.

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Spicy Garlic Beef Stir Fry

Recipe 16 – Serves 4

ASSEMBLE:

Ingredients:

2 pounds beef sirloin steak, cut into 2-inch strips	
3 tablespoons hoisin sauce	1 teaspoon crushed red pepper flakes
1/2 cup unsweetened pineapple juice	1 teaspoon sea salt
2 cloves garlic, minced	1 teaspoon freshly ground black pepper

To Assemble:

In a large mixing bowl, combine the hoisin sauce, pineapple juice, garlic, pepper flakes, salt and pepper. Whisk the ingredients together to combine them. Add the beef to the bowl. Using your clean hands or a kitchen spoon, toss the beef through the marinade, coating it well. Place the beef and any loose marinade in a one gallon freezer bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

3 tablespoons coconut oil, melted	
1 medium red onion, halved then cut into thin slices	6 cloves garlic, minced
2 medium carrots, chopped	2 tablespoons sriracha sauce
1 bunch asparagus tips, cut with about 1 inch of stems	1/4 cup chopped cilantro

Cooking Instructions:

Place contents of freezer bag in a colander to drain off excess marinade.

Heat the melted coconut oil in a wok or large sauté pan over medium high heat until hot. Add beef strips; cook and stir until lightly browned then transfer to a bowl; cover and keep warm.

Add the onion to the pan; cook until fragrant. Add the carrots and asparagus tips; cook and stir for 2 to 3 minutes. Next, add the garlic; cook until fragrant. Return the beef strips to the pan then add the hot sauce; cook and stir to coat meat and vegetables and heat through. Add chopped cilantro and serve.

Serving Suggestion: A big spinach salad tossed with Leanne's Basic Vinaigrette.

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Swiss Style Beef

Recipe 17 – Serves 4

ASSEMBLE:

Ingredients:

2 pounds strip steak, cut into 2-inch cubes
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 teaspoon dried thyme

To Assemble:

Place meat in a 1-gallon zipper-topped plastic bag. In a small bowl or cup, combine seasonings (salt through thyme); sprinkle mixture over meat, seal bag and shake to coat completely. Open the bag and gently squeeze it to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 tablespoon coconut oil, melted	1 cup low sodium beef broth, or use homemade
2 tablespoon ghee, melted	1 1/2 cups canned, unsweetened coconut milk
1 shallot, minced	1 teaspoon sea salt
1 pound white or crimini mushrooms, sliced	1 teaspoon freshly ground black pepper
1 cup unsweetened white grape juice	2 tablespoons chopped fresh tarragon

Cooking Instructions:

Heat the melted coconut oil in a large sauté pan with a tight-fitting lid over medium-high heat until hot. Add beef cubes; cook until nicely browned on all sides; remove from pan, cover and set aside at room temperature.

In the same pan, heat the melted ghee until hot. Add the shallot; cook until fragrant. Add mushrooms; cook until they begin to soften. Stir in grape juice, broth and coconut milk and whisk up all of the browned bits from the bottom of the pan. Return veal cubes to the pan along with any accumulated juices. Bring mixture to a slow boil, cover and gently simmer for 1 hour or until veal is fork-tender, checking often to prevent sticking (the liquid will reduce as the beef cooks). Stir in salt, pepper and chopped tarragon.

Serving Suggestion: Serve beef and sauce over Faux-Tay-Toes (steam cauliflower till tender; drain; mash with ghee, salt and pepper to taste till you get a mashed potatoes texture). Add steamed asparagus on the side.

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Parisian Beef Stew

Recipe 18 – Serves 4

ASSEMBLE:

Ingredients:

2 pounds beef chuck roast, cut into 2-inch cubes
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 teaspoon dried thyme
2 cloves garlic, minced

To Assemble:

Place veal cubes in a 1-gallon zipper-topped plastic freezer bag. In a small bowl, combine seasonings and garlic; sprinkle mixture over meat, seal the bag and shake to coat completely. Open the bag and gently squeeze it to force out excess air; then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 tablespoons coconut oil, melted
20 pearl onions, peeled
2 medium carrots, diced
2 medium stalks celery, diced
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 1/2 quarts low sodium beef broth, or use homemade
1 tablespoon white wine vinegar
1 tablespoon Dijon mustard
2 sprigs fresh thyme
1 bay leaf
1 1/2 cups unsweetened almond milk
2 egg yolks
2 tablespoons chopped parsley

Cooking Instructions:

Heat the melted coconut oil in a large sauté pan over medium-high heat until hot. Add pearl onions, carrots and celery. Sprinkle vegetables with the salt and pepper and cook until they begin to soften. Transfer to a bowl and set aside.

In a large saucepan with a tight-fitting lid, whisk together beef broth, vinegar and mustard; bring mixture to a boil then reduce heat to a medium simmer. Add beef cubes, thyme sprigs and bay leaf. Cover and simmer for 1 1/2 hours or until beef is fork-tender.

Using a slotted spoon or strainer, remove veal cubes from the liquid to a bowl; cover and keep warm. Continue to simmer the pan juices until reduced by half. Add the sautéed vegetables and continue to cook until liquid has reduced to 1 quart. Return the cooked veal cubes to the saucepan and continue to simmer with the vegetables.

In a small bowl, whisk together almond milk and egg yolks; whisk mixture into the stew and cook until thickened and smooth. Add chopped parsley and serve

Serving Suggestion: A mélange of roasted vegetables (sliced sweet potatoes, beets, cauliflower, Brussels sprouts).

Tenderloin Skewers Saltimbocca

Recipe 19 – Serves 4

ASSEMBLE:

Ingredients:

1 1/2 pounds beef tenderloin, cut into 1-inch cubes	
1 teaspoon lemon zest	1 teaspoon freshly ground black pepper
1 teaspoon sea salt	1/2 teaspoon ground sage

To Assemble:

Place beef cubes in a 1-gallon zipper-topped plastic freezer bag. In a small bowl, combine remaining ingredients (lemon zest through sage); sprinkle mixture over the beef cubes then seal the bag and shake well to coat. Open the bag and gently squeeze it to force out excess air, then seal.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air, then seal. On the outside of the bag, label with the recipe name and date of preparation; place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

12 metal or bamboo skewers	
24 cherry tomatoes	2 tablespoons olive oil
24 (1-inch) cubes ham	1 teaspoon sea salt
24 pitted black olives	1 1/2 tablespoons balsamic vinegar
2 medium zucchini, cubed	2 tablespoons chopped parsley

Cooking Instructions:

Preheat oven to 400 degrees.

Alternately thread beef cubes, tomatoes, ham cubes, olives and zucchini onto the skewers. Arrange them in a single layer on a large baking sheet and brush them with olive oil and sprinkle them with salt. Roast skewers until vegetables are tender and beef cubes are cooked to desired level of doneness (about 10 minutes for medium-rare).

Place the balsamic vinegar in a large shallow bowl. Toss the hot skewers in the balsamic vinegar then sprinkle each skewer with chopped parsley and serve.

Serving Suggestion: A big salad of mixed baby greens, sliced red onion, avocado and cucumber, tossed with Leanne's Basic Vinaigrette.

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Steak Piperade

Recipe 20 – Serves 4

ASSEMBLE:

Ingredients:

2 tablespoons coconut oil, melted	
1 medium onion, diced	3 cloves garlic, minced
1 medium red bell pepper, de-seeded, de-ribbed and diced	1 teaspoon sea salt
1 medium green bell pepper, de-seeded, de-ribbed and diced	1 teaspoon freshly ground black pepper
1 Poblano pepper, diced	1 teaspoon dried oregano
	1 (14.5-oz.) can diced tomatoes
	1 tablespoon raw honey

To Assemble:

Heat the melted coconut oil in a large skillet over medium-high heat until hot. Add onion; sauté until fragrant. Add bell peppers and continue to sauté vegetables until peppers begin to soften. Stir in garlic, salt, pepper and oregano along with tomatoes and honey. Bring mixture to a slow boil then reduce heat to medium and simmer for 30 minutes. Remove from heat and cool to room temperature. Place mixture in an airtight container. Label and date then place it in the freezer.

THAW:

Defrost your freezer meal the night before in the fridge. If you don't have a full thaw at cooking time, remove it from the bag from the holding bag and place it in a sink of water to speed-thaw your food. New rules allow for thawing in hot water (100 degrees) with no issues regarding quality or safety (old rules said to use cold water for thawing; this isn't necessary, hot water is fast, effective and safe).

COOK:

At time of cooking ingredients:

2 pounds beef flank steak, cubed	2 tablespoons coconut oil, melted
1 teaspoon sea salt	2 sprigs fresh thyme
1 teaspoon freshly ground black pepper	1 cup low sodium beef broth, or use homemade
1 teaspoon dried thyme	2 tablespoons chopped chives

Cooking Instructions:

Place steak cubes in a large bowl; sprinkle with salt, pepper and thyme and toss to coat well.

Heat the melted coconut oil in a large skillet with a tight-fitting lid over medium-high heat until hot. Add steak cubes; sear on all sides until golden brown. Add contents of freezer container along with thyme sprigs and broth. Bring mixture to a boil then reduce heat, cover and simmer for 1 1/2 hours or until beef is fork-tender. Remove thyme sprigs and fold in chopped chives.

Serving Suggestion: Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork). Add steamed broccoli spears on the side.

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