



**20 FOR THE FREEZER -  
VOLUMES 1-5 BUNDLE**

102 delicious recipes

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# Saving Dinner with



## Mega Menu-Mailer

The Menu, Recipes, Instructions,  
and Assembly Guidelines  
for

**22 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to Mega Menu-Mailer

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 22 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 Mega Menu-Mailer, 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 Charlotte, NC. 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. Even still, the total cost for every item was only \$349.97. That breaks down to a per meal cost of \$17.50 for 4 people for 20 meals. If you make all 22 meals, that breaks down to \$15.91. (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 Mega Menu-Mailer – but again, this is straight retail, no penny pinching.

My assistant Kandi was able to take the shopping list and after carefully combing thru her pantry and refrigerator, was able to purchase what she needed to make the recipes for \$191.79. That worked out to be an average cost of \$8.72 per meal for all 22 meals, \$2.18 per serving for 4 people. She shopped at a grocery store that matched competitor sale items and used her coupons.

See our website for  
**MONEY SAVING HINTS**  
for great tips on saving while shopping!

## Once begun, half done

Cooking dinner can be exhausting. Preparing 22 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.

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 22 meals in the freezer in just over two hours.

### Supplies and Tools to have on hand:

- Freezer bags in gallon and quart sizes (figure 2 one gallon sized bags per meal)
- 1-2 plastic storage containers (GladWare®, Ziploc®, etc) in a variety of sizes
- 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 or chopper
- Sharp knives and long-handled cooking utensils
- Cutting boards (1 for veggies, 1 for meats)

### You may also need:

- Baking pans or foil containers
- Large stock pots and a couple of frying pans in varying sizes
- Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

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 couldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And Mega Menu-Mailer 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 Mega Menu-Mailer 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. (See our web site for more about online grocery shopping.)

### 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

## 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.*

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 22 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 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 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. But let's cover 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°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.

## Stations Everyone

A place for everything, and everything in it's 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.

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

### **FlyLady says . . . Baby Steps!**

If you are overwhelmed doing all 22 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.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

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, fish, pork/lamb, and turkey. 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 lamb items, 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! Congratulations!

### **Something's Fishy!**

Ask anyone in my customer service 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 Mega Menu-Mailer 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?" We 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 22 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 22 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.

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 months 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 every one, even the youngest, feel 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!**

### Mega Menu-Mailer 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 Mega Menu-Mailer 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 Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)**

# Dinner Kit Shopping List

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## MEAT

- 1 7/8 pounds extra-lean ground beef [M1, M2, M4]
- 2 1/3 pounds lean top round steak [M3, M5]
- 14 boneless skinless chicken breast halves [M6, M7, M8, M9]
- 4 salmon fillets [M10]
- 8 fish fillets (your choice) [M11, M12]
- 12 boneless pork chops [M13, M14, M15]
- 1 1/8 pounds pork shoulder roast [M16]
- 16 turkey cutlets [M17, M19]
- 1 1/2 pounds + 1 1/3 cups precooked turkey breast  
(buy this in the deli dept. and have them slice it in  
1/3-1/2" thick slices for you to take home and cut  
into "cubes") [M18, M20]
- 4 lamb shanks [BR1]

## PRODUCE

- 9 onions (3 medium sliced, 6 cups chopped) [M4, M5, M10, M13, M16, M17, M18, BR1]
- 4 heads garlic (need 28 cloves) (if not using  
preminced garlic) [M3, M5, M8, M10, M11, M15, M16, M18, M19, BR1]
- 1 bunch cilantro (1 cup chopped) [M2, M11]
- 1 bunch basil (4 leaves + 2 tablespoons) [M6, M7]
- 1 bunch parsley (2 tablespoons) [BR2]
- 8 limes (need juice plus wedges and peel) (9  
tablespoons juice + 1/3 teaspoon zest) [M3, M8, M11, M15]
- 5 lemons (1 small for zest+ 2 teaspoons zest + 8  
tablespoons juice) [M7, M10, M12]
- 1 large green bell pepper [M5]
- 2 large red bell peppers [M17, M20]
- Gingerroot (5 teaspoons) [M8]
- Mushrooms (8 ounces, sliced) [M10]

## CONDIMENTS

- Ketchup (1 2/3 cups) [M1, M9, M13]
- Mustard (2 tablespoons) [M3, M13]
- Dijon mustard (2 tablespoons) [M19]
- Low fat mayonnaise (2 tablespoons) [M8]
- Honey (3/4 cup) [M1, M3, M13, M19]
- Worcestershire sauce (3 1/2 tablespoons) [M1, M5, M9, M16]
- Tabasco sauce (1/8 teaspoon) [M12]
- Soy sauce (low sodium, if available) (4 tablespoons)  
[M5, M8, M9]
- Barbecue sauce, your favorite (1/2 cup) [M13]
- Chunky salsa, your favorite (need 2/3 cup) [M2]
- Olive oil (11 tablespoons) [M5, M6, M11, M16, M17, M18]
- Vegetable oil (1/3 cup) [M3, M19]
- Sesame oil (2 teaspoons) [M8]
- Rice wine vinegar OR Rice Vinegar (5 1/2  
tablespoons) [M8]
- Cider vinegar (3 tablespoons) [M9, M16]
- 1 (7-oz.) jar sun-dried tomatoes [M6]
- Black olives (need 1/3 cup, sliced) [M18]
- Kalamata olives (1 cup, sliced) [BR1]
- White wine (if not using grape juice (1 1/2  
tablespoons) [M12]; (if not using chicken or  
vegetable broth) (1/8 cup) [M14] (if not using  
Apple juice) (1/4 cup) [M19]
- White grape juice (if not using wine) (1 1/2  
tablespoons) [M12]
- Vinegar (if using white grape juice, or apple juice)  
(splash) [M12, M19]
- Apple jelly (1/4 cup) [M13]
- Sweet pickle relish (1 1/2 teaspoons) [M13]

# Dinner Kit Shopping List

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## CANNED GOODS

- 1 (16-oz.) can black beans [M2]
- 2 (16-oz.) cans Great Northern beans [M18]
- 1 (14.5-oz.) can beef broth or vegetable broth (½ cup) [M5]
- 1 (14.5-oz.) can chicken broth or vegetable broth (if not using wine) (need 1/8 cup) [M14]
- 2 (6-oz.) cans tomato paste [M16, BR1]
- 4 (15-oz.) can diced tomatoes [M10, M18, BR1]
- 1 (4.5-oz.) jar chopped garlic (organic if you can find it) (14 tsp) [M3, M5, M8, M10, M11, M15, M16, M18, M19, BR1]
- Apple juice (if not using white wine) (1/4 cup) [M19]

## SPICES - (be sure to check your spice pantry)

- Garlic powder (2 2/3 teaspoons) [M1, M4, M9]
- Thyme (2/3 teaspoon) [M1]
- Tarragon (½ teaspoon) [M14]
- Basil (½ teaspoon) [M18]
- Chili powder (½ tablespoon) [M2]
- Cumin (½ teaspoon) [M2]
- Oregano (2 tablespoons) [M4, M6, M15]
- Ginger (1/8 teaspoon) [M5]
- Rosemary (4 teaspoons) [M6, M17, BR1]
- Red pepper flakes (½ teaspoon) [M9]
- Cinnamon (1/3 teaspoon) [M13]
- Cinnamon sticks (1) [BR1]
- Whole cloves (3) [BR1]
- Cayenne pepper (1-2 pinches) [M15]
- Dry mustard (1 teaspoon) [M16]
- Dill weed (½ tablespoon) [M10]

## DAIRY/DAIRY CASE

- Butter (1/4 cup) [M12]
- Eggs (5) [M1, M7, BR2]
- Buttermilk (need 2/3 cup) [M1]
- Colby cheese (need 1/3 cup, shredded) [M2]
- Mozzarella cheese (need 2 cups) ( 1 ½ cups + 4 ounces shredded) [M6, BR2]
- Romano cheese (½ cup, grated) [M7]
- Parmesan cheese (1/4 cup, grated) [M20]
- 1 (15-oz.) container low fat Ricotta cheese [BR2]
- Orange juice (1 cup) [M14, M15]

## DRY GOODS

- Flour (1 cup) [M7]
- Brown sugar (3 tablespoons) [M9, M13]
- Dry breadcrumbs (1 ½ cups) [M7]
- Dry stuffing mix, any flavor (need 2/3 cup) [M1]
- Oatmeal (need 1/3 cup) [M2]
- Pine nuts (½ cup, coarsely ground) [M7]
- Brown rice (2 cups) [M10]

## FREEZER

- 1 (10-oz.) package chopped spinach [M2]

## BAKERY

- 8 (12-inch) flour tortillas [M2, M20]
- 4 whole wheat pita breads [M4]

## Menu-Mailer 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.

**Brown Rice:** [M10] This is one item you'll need to cook. Put this on very first and let it cook while you assemble. You'll need 2 cups cooked. While you're at it, throw in some extra and bag up 3 baggies of rice to pull out for the Serving Suggestions, portioned just right for your family so you don't have to cook rice 3 more times! This is a great time saver. Follow package directions for making rice.

**Onions:** [M4, M5, M7, M10, M13, M16, M18, BR1]

Out of your 9 medium onions you will need to:

- Slice 3 onions into thin rings. [M4, M7]
- Chop the remaining onions to yield 6 cups chopped onion (1 large onion is about 1 cup chopped; 1 medium onion is about ¾ cup chopped). [M5, M10, M13, M16, M18, BR1]

**Peppers:** [M5, M20, M17] Wash all of your bell peppers. Cut off the tops, remove all seeds and then remove the ribs

- Chop 1 green pepper into thin slices [M5]
- Chop 1 red pepper into thin slices [M20]
- Chop 1 red pepper into ½" thick slices [M17]

**Ginger:** [M8] Take your ginger root and peel the skin. Grate enough gingerroot to make 5 teaspoons. (Or you can use ginger powder and skip this entire step; OR in the produce area, by the minced garlic, they sell jars of "Ginger paste". Just follow the measurements on the jar!)

**Garlic:** [M3, M5, M8, M10, M11, M15, M16, M18, M19, BR1] Press 28 cloves of garlic to yield 14 teaspoons garlic. ½ teaspoon is about the same as 1 clove of garlic. OR you can also use preminced garlic that comes in a jar (We prefer fresh!)

**Basil:** [M6] Holding a clean bunch of basil by the stems, strip the leaves off with your fingers.

- Reserve 4 whole leaves
- Pile remaining leaves on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knifepoint firmly in place. Discard the stems and any buds—these are bitter. Need 2 tablespoons chopped.

**Cilantro:** [M2, M11] Cut and remove the longer ends of the stems. Pile your cilantro on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knifepoint firmly in place. Stems are fine. Need 1 cup chopped.

**Parsley:** [BR2] Cut and remove the longer ends of the stems. Pile your parsley on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knifepoint firmly in place. Need 2 tablespoons minced.

**Lemons and Limes:** Using your palm, press and roll the lemons and limes on your countertop a few times to help release the juice from the pulp. (Tip: lemons and limes stored at room temperature release more juice than refrigerated ones.)

Zest your lemons and lime before you juice them. When zesting, remove only the colored part of the peel with the zester or vegetable peeler. Avoid grating the white membrane (pith) that lies just beneath the peel, it will make your food taste bitter.

- You need 3 teaspoons lemon zest. [M7, M12]
- You need 1/3 teaspoon lime zest. [M3]

If you do not have a juicer, squeeze the lemons and limes over a bowl by hand, removing any seeds.

- You need 7 tablespoons lemon juice (about ¾ cup). [M7, M10]
- You need about 5 tablespoons lime juice (about 2/3 cup) [M8, M11, M15]

**Olives:** [M18, BR1]

- Slice enough Kalamata olives to make 1 cup.
- Slice black olives to make ½ cup if not already sliced.

**Chicken:** [M6] Flatten 4 chicken breasts by placing them between 2 sheets of plastic wrap and hammering with a mallet or rolling pin.

**Turkey:** [M18] (Cook turkey if you bought fresh.) Then cut 1/8-1/4" thick turkey into slices, then into cubes/small bite size pieces.

# 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.)

## 1. Son of Manic Meatloaf

- \*\* Russet Potatoes
- \*\* Baked potato toppings
- \*\* Green Beans
- \*\* Crusty Whole Wheat Rolls

## 2. Easy Beef and Bean Burritos

- \*\* Bag of Mixed Greens
- \*\* Salad veggies—your choice
- \*\* Salad dressing(s)—your choice
- \*\* Baby Carrots

## 3. Caribbean Steak

- Lime wedges
- \*\* Brown Rice
- \*\* Broccoli
- \*\* Lettuce for 1 salad (not Iceberg—no nutrition)
- \*\* Salad veggies—your choice
- \*\* Salad dressing(s)—your choice

## 4. Ground Beef Gyros

- Plain low fat yogurt (need 1/2 cup)
- 1 cucumber (need 1/8 cup chopped)
- Dried dillweed
- 1 small tomato
- \*\* Lettuce for 1 salad (not Iceberg—no nutrition)
- \*\* Salad veggies—your choice
- \*\* Salad dressing(s)—your choice
- \*\* Raw Baby Carrots

## 5. Crock Pot Beef and Peppers

- \*\* Russet Potatoes
- \*\* Baked potato toppings of your choice  
(sour cream, butter, chives...)
- \*\* Broccoli
- \*\* Lettuce for 1 salad (not Iceberg—no nutrition)
- \*\* Salad veggies—your choice
- \*\* Salad dressing(s)—your choice

## 6. Stuffed Chickents

- Olive oil (1 tablespoon)
- \*\* Sun-dried tomatoes (use leftovers from assembly)
- \*\* Angel Hair Pasta
- \*\* Clove of Garlic Clove
- \*\* Spinach leaves
- \*\* Salad veggies—your choice
- \*\* Salad dressing(s)—your choice

## 7. Lemon Chicken Scaloppini

- Butter
- Olive Oil
- 1 lemon
- \*\* Noodles
- \*\* Broccoli
- \*\* Salad

## 8. Ginger Chicken Breasts with Chinese Coleslaw

- 10 ounces cabbage OR coleslaw mix
- Rice Wine Vinegar
- Mayonnaise
- Green Onions
- \*\* Fresh Fruit
- \*\* Yogurt

## 9. Barbecue Crock Pot Chicken

- \*\* Brown Rice
- \*\* Baby Carrots
- \*\* Package Frozen Petite Peas

## 10. Baked Dill Salmon on Rice

- Olive Oil
- \*\* Kale
- \*\* Russet Potatoes
- \*\* Baked potato toppings

## 11. Fish with Cilantro and Lime

- \*\* Noodles
- \*\* Butter
- \*\* Mixed Baby Greens
- \*\* Salad dressing(s)—your choice
- \*\* Apple
- \*\* Walnuts

## 12. Lemon Grilled Fish

- \*\* Rice Pilaf
- \*\* Green Beans

## 13. Honey Apple Pork Chops

- \*\* Russet Potatoes
- \*\* Baked potato toppings
- \*\* Broccoli

## 14. Orange Tarragon Pork Chops

- Olive oil
- Cornstarch
- \*\* Brown Rice
- \*\* Spinach
- \*\* Baby Carrots

## 15. Spicy Citrus Pork Chops

- \*\* Eggplant
- \*\* Baby Carrots

## 16. Carolina Crock Pot Pork

- \*\* Whole-Wheat Hamburger Buns
- \*\* Barbecue Sauce
- \*\* Bagged Coleslaw Mix
- \*\* Low Fat Mayo
- \*\* Rice Vinegar
- \*\* Russet Potatoes
- \*\* Olive Oil
- \*\* Garlic Powder

## 17. Roasted Lemon Turkey and Peppers

- \*\* Russet Potatoes
- \*\* Baked potato toppings

## 18. Tuscan Bean and Turkey Skillet

- Olive oil
- \*\* Zucchini
- \*\* Yellow Squash
- \*\* Tomatoes
- \*\* Lettuce for 1 salad
- \*\* Salad veggies—your choice
- \*\* Salad dressing(s)—your choice

## 19. Honey Dijon BBQ Turkey

- \*\* Potato Salad – from the deli or make your own

## 20. Turkey Caesar Wraps

- Creamy Caesar salad dressing (1/3 cup)
- Romaine Lettuce (12 big leaves)
- \*\* Baby Carrots
- \*\* Fresh Fruit

## 21. Crock Pot Braised Lamb

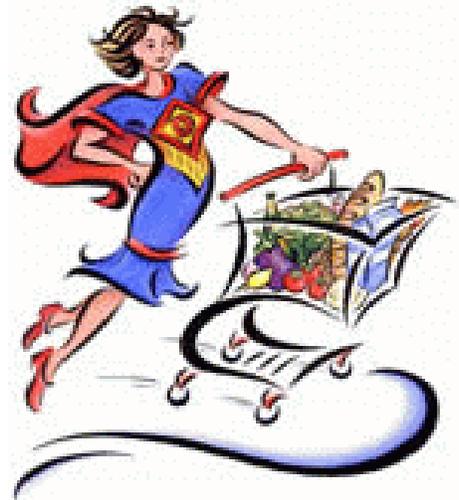
- \*\* Wide Noodles
- \*\* Broccoli
- \*\* Baby Carrots

## 22. Layered Lasagna

- 8 ounces rotini pasta
- 1 (28-oz.) can/jar spaghetti sauce, your favorite
- \*\* Spinach Salad
- \*\* Whole Grain Rolls
- \*\* Baby Carrots

## Saving Dinner with Mega Menu-Mailer Dinner Planner

- 1. Son of Manic Meatloaf
- 2. Easy Beef and Bean Burritos
- 3. Caribbean Steak
- 4. Ground Beef Gyros
- 5. Crock Pot Beef and Peppers
- 6. Stuffed Chicken Breasts
- 7. Lemon Chicken Scaloppini
- 8. Ginger Chicken Breasts w/Chinese Cole Slaw
- 9. Barbecue Crock Pot Chicken
- 10. Baked Dill Salmon on Rice
- 11. Fish with Cilantro and Lime
- 12. Lemon Grilled Fish
- 13. Honey Apple Pork Chops
- 14. Orange Tarragon Pork Chops
- 15. Spicy Citrus Pork Chops
- 16. Carolina Crock Pot Pork
- 17. Roasted Lemon Turkey and Peppers
- 18. Tuscan Bean and Turkey Skillet
- 19. Honey Dijon BBQ Turkey
- 20. Turkey Caesar Wraps
- 21. Crock Pot Braised Lamb
- 22. Layered Lasagna



## Son of Manic Meatloaf

Mega Menu-Mailer Recipe 1 — Assembly Guidelines

In a 1 gallon plastic freezer bag, mix and blend well together:

- 2/3 cup dried stuffing mix
- 1 egg
- 2/3 cup buttermilk
- 1 pound extra-lean ground beef
- 1 1/3 teaspoons garlic powder
- 2/3 teaspoon thyme
- 1/3 cup ketchup
- 2/3 teaspoon honey
- 2 teaspoons Worcestershire sauce
- Salt and Pepper to taste



**Volume 1**

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**Serves 4**

Mix the ingredients together until well blended. Seal the bag and blend the mixture together by squeezing and kneading the bag. Unseal the bag, starting at the bottom of the bag, roll the mixture to force out any air then seal the bag again.

Shape the mixture into a flat “pancake” so it will freeze and defrost evenly.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today’s date using a Sharpie marker (it’s the only brand that doesn’t run in the freezer!) on the bag and place in the freezer.

## Son of Manic Meatloaf

Mega Menu-Mailer Recipe 1 — Cooking Instructions

### Preassembled Ingredients

- 2/3 cup dried stuffing mix, any flavor
- 1 egg, beaten
- 2/3 cup buttermilk
- 1 pound extra-lean ground beef
- 1 1/3 teaspoons garlic powder
- 2/3 teaspoon thyme
- 1/3 cup ketchup
- 2/3 teaspoon honey
- 2 teaspoons Worcestershire sauce
- Salt and pepper to taste

**Volume 1**

**\***

**Serves 4**

Remove preassembled Son of Manic Meatloaf from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat oven to 375 degrees.

Shape into a “blimp” on a 9 x 13-inch casserole or baking dish and bake for about 1 hour or until done.

**Serving Suggestions:** Serve with mashed potatoes, steamed green beans and crusty whole wheat rolls.

**Nutrition per serving:** 390 Calories; 24g Fat; 26g Protein; 17g Carbohydrate; 1g Dietary Fiber; 133mg Cholesterol; 578mg Sodium. Exchanges: 1/2 Grain (Starch); 3 1/2 Lean Meat; 0 Non-Fat Milk; Fat; 1/2 Other Carbohydrates. Points: 10.

## Easy Beef and Bean Burritos

Mega Menu-Mailer Recipe 2 — Assembly Guidelines

In a 1 quart freezer bag combine and mix well:

**1/3 pound extra-lean ground beef**  
**1/3 cup oatmeal**



Seal the bag and blend the mixture together by squeezing and kneading the bag. Unseal the bag, starting at the bottom of the bag, roll the mixture to force out any air then seal the bag.

**Volume 1**

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**Serves 4**

In a 1 gallon freezer bag combine:

**1/2 tablespoon chili powder**  
**1/2 teaspoon ground cumin**  
**2/3 cup chunky salsa**  
**1 (16-oz.) can black beans (drained)**  
**Salt and pepper to taste**

Gently and carefully squeeze the bag to force out any air then seal the bag. In a 1 quart freezer bag combine:

**1/3 cup Colby cheese (shredded)**  
**2/3 cup cilantro (chopped)**

Insert all 3 bags into a gallon sized plastic freezer bag, add:

**4 (12-inch) flour tortillas**

and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Easy Beef and Bean Burritos

Mega Menu-Mailer Recipe 2 — Cooking Instructions

### Preassembled Ingredients

1/3 pound extra-lean ground beef  
1/3 cup oatmeal  
1/2 tablespoon chili powder  
1/2 teaspoon ground cumin  
1 (10-oz.) package frozen chopped spinach, defrosted



2/3 cup chunky salsa, your favorite  
1 (16-oz.) can black beans, drained

Salt and pepper to taste

**Serves 4**  
1/3 cup Colby cheese, shredded  
2/3 cup cilantro, chopped  
4 (12-inch) flour tortillas

**Volume 1**

**\***

**Serves 4**

Remove preassembled Easy Beef and Bean Burritos from the freezer and defrost. (For help with this, see defrost instructions.)

In a large nonstick skillet, brown ground beef and oatmeal mixture over medium heat for 8 to 10 minutes, or until no longer pink, stirring occasionally. Remove from heat, pour off drippings and blot well with paper towels.

Season beef/oatmeal with the beans, spinach and salsa mixture and heat through. Remove from heat; stir in cheese and cilantro.

To serve, spoon beef and bean mixture in center of each tortilla.

Fold bottom edge up over filling; fold sides to center, overlapping edges.

**Serving Suggestions:** Serve with a big green salad and bowl of baby carrots.

**Nutrition per serving:** 491 Calories; 16g Fat; 24g Protein; 62g Carbohydrate; 10g Dietary Fiber; 35mg Cholesterol; 902mg Sodium. Exchanges: 4 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 Fat. Points: 11.

## Caribbean Steak

Mega Menu-Mailer Recipe 3 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 4 tablespoons honey
- 1/4 cup lime juice
- 1 1/2 tablespoons vegetable oil
- 1 1/2 tablespoons mustard
- 1 teaspoon chopped garlic
- 1/3 teaspoon grated lime peel zest
- Salt and Pepper to taste
- 1 1/3 pounds lean top round steak



**Volume 1**

**\***

**Serves 4**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Caribbean Steak

Mega Menu-Mailer Recipe 3 — Cooking Instructions

### Preassembled Ingredients

- 4 tablespoons honey
- 1/4 cup lime juice
- 1 1/2 tablespoons vegetable oil
- 1 1/2 tablespoons mustard
- 1 teaspoon chopped garlic
- 1/3 teaspoon grated lime peel zest
- Salt and pepper to taste
- 1 1/3 pounds lean top round steak



**Volume 1**

**\***

**Serves 4**

### At time of cooking ingredients

Lime wedges

Remove preassembled Caribbean Steak from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat barbecue OR grill of your choice. Cook to preferred level of doneness.

Slice thinly on the diagonal. Serve with lime wedges.

**Serving Suggestions:** Serve with brown rice, steamed broccoli and a salad.

**Nutrition per serving:** 375 Calories; 19g Fat; 32g Protein; 19g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 138mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates. Points: 10.

## Ground Beef Gyros

Mega Menu-Mailer Recipe 4 — Assembly Guidelines

In a 1 quart freezer bag combine:

- 1/2 pound extra-lean ground beef**
- 1 teaspoon garlic powder**
- 1/8 teaspoon dried oregano (crushed)**



Seal the bag and blend the mixture together by squeezing and kneading the bag. Unseal the bag, starting at the bottom of the bag, roll the mixture to force out any air then seal the bag again. Insert this bag into a gallon sized plastic freezer bag.

**Volume 1**

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**Serves 4**

In a 1 quart sized freezer bag, place:

**2 medium onions, sliced into rings**

In a 1 gallon sized freezer bag place:

**4 whole wheat pita breads**

Place both bags into a 1 gallon sized freezer bag and seal it.

On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Ground Beef Gyros

Mega Menu-Mailer Recipe 4 — Cooking Instructions

### Preassembled Ingredients

- 1/2 pound extra-lean ground beef
- 1 teaspoon garlic powder
- 1/8 teaspoon dried oregano, crushed
- 2 medium onions, sliced into rings
- 4 whole wheat pita breads

### At time of cooking ingredients

- 1/2 cup plain low fat yogurt
- 1/8 cup cucumber, finely chopped
- 1/2 teaspoon dried dill
- 1 small tomato, chopped

**Volume 1**

**\***

**Serves 4**

Remove preassembled Ground beef Gyros from the freezer and defrost. (For help with this, see defrost instructions.)

Combine yogurt, cucumber and dill weed. Cover and refrigerate.

In a large non-stick skillet add the beef, garlic powder and oregano mixture; brown ground beef mixture over medium heat for 8 to 10 minutes, or until no longer pink, stirring occasionally. Add the sliced onions and cook for 2 minutes, stirring occasionally. Drain the rendered oil from the skillet.

Stuff beef mixture in warmed pita breads and serve with yogurt sauce and chopped tomatoes.

**Serving Suggestions:** Serve with a big salad. It is really all you need. A bowl of raw baby carrots.

**Nutrition per serving:** 369 Calories; 14g Fat; 19g Protein; 44g Carbohydrate; 6g Dietary Fiber; 41mg Cholesterol; 402mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat. Points: 8.

## Crock Pot Beef and Peppers

Mega Menu-Mailer Recipe 5 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 2 teaspoons olive oil**
- 1 pound lean round steak**  
(cut into serving size pieces)
- 1 large green bell pepper**  
(seeded and thinly sliced)
- 1 cup chopped onion**
- 1/2 cup beef broth OR vegetable broth**
- 1 tablespoon soy sauce (low sodium)**
- 1/8 teaspoon ground ginger**
- 1 teaspoon chopped garlic**
- 1/2 teaspoon Worcestershire sauce**



**Volume 1**

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**Serves 4**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Crock Pot Beef and Peppers

Mega Menu-Mailer Recipe 5 — Cooking Instructions

### Preassembled Ingredients

- 2 teaspoons olive oil
- 1 pound lean round steak
- 1 large green bell pepper, seeded, de-ribbed and thinly sliced
- 1 cup chopped onion
- 1/2 cup beef broth OR vegetable broth
- 1 tablespoon soy sauce, low sodium ( if available)
- 1/8 teaspoon ground ginger
- 1 teaspoon chopped garlic
- 1/2 teaspoon Worcestershire sauce



**Volume 1**

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**Serves 4**

Remove preassembled Crock Pot Beef and Peppers from the freezer and defrost. (For help with this, see defrost instructions.)

Cover and cook on low for 6 to 8 hours or on high for about 4 hours.

**Serving Suggestions:** Serve atop mashed potatoes, accompanied by steamed broccoli and a salad.

**Nutrition per serving:** 259 Calories; 16g Fat; 24g Protein; 4g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 219mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. Points: 7.

## Stuffed Chicken Breasts

Mega Menu-Mailer Recipe 6 — Assembly Guidelines



- 4 boneless skinless chicken breast halves**  
(pounded flat)
- 4 fresh basil leaves**
- 1 tablespoon oil**

Use the oil to coat one side of each flattened chicken breast. Place 1 basil leaf on the oil-coated side of each breast.

**Volume 1**

**\*** In a small bowl, combine:

- Serves 4**
- 1/2 cup chopped sun dried tomatoes, drained and chopped**
- 4 ounces Mozzarella cheese (shredded)**
- 1/3 teaspoon rosemary**
- 1/3 teaspoon oregano**
- Salt and pepper to taste.**

Spoon equal amounts of tomato/cheese filling on top of the basil leaf side of each breast.

Carefully roll the edges of each breast round the basil leaf and tomato/cheese filling. Secure with toothpicks if needed.

Place in a plastic food container or casserole dish seam side down. Brush or drizzle remaining oil over chicken breast and place cover or lid on the container.

On the container, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Stuffed Chicken Breasts

Mega Menu-Mailer Recipe 6 — Cooking Instructions



### Preassembled Ingredients

- 4 boneless skinless chicken breast halves, pounded flat
- 1 tablespoon olive oil
- 4 fresh basil leaves
- ½ cup sun-dried tomatoes, drained and chopped
- 4 ounces low fat Mozzarella cheese, shredded
- Salt and pepper to taste
- 1/3 teaspoon rosemary
- 1/3 teaspoon oregano

**Volume 1**

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**Serves 4**

### At time of cooking ingredients

- 1 tablespoon olive oil

Remove preassembled Stuffed Chicken Breasts from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat your oven to 375 degrees.

Place in a casserole dish, seam side down. Secure with toothpicks, if needed.

Brush or drizzle 1 tablespoon oil over **chicken; bake until golden brown and meat is no longer pink.**

**Serving Suggestions:** Serve with angel hair pasta topped with a mixture of the remaining sun-dried tomatoes, a pressed garlic clove and a drizzle of olive oil. Add a large spinach salad on the side.

**Nutrition per serving:** 271 Calories; 13g Fat; 35g Protein; 1g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 233mg Sodium. Exchanges: 0 Grain (Starch); 5 Lean Meat; 1 1/2 Fat. Points: 7.

# Lemon Chicken Scaloppini

Mega Menu-Mailer Recipe 7 — Assembly Guidelines

In a 1 gallon freezer bag combine:

- 1 cup flour**
- Salt and Pepper to taste**
- 4 boneless skinless chicken breast halves**

Seal the bag and gently shake and roll to evenly coat the chicken breast with flour. Remove the chicken breast and set aside on a plate. Pour the flour out of the freezer bag and discard. Using the same bag, combine:

- 1 1/2 cups dry bread crumbs**
- 1/2 cup grated Romano cheese**
- 1/2 cup coarsely ground pine nuts**
- 2 tablespoons fresh chopped basil**
- 1 teaspoon lemon zest**

Seal the bag and gently shake to mix and set bag aside. Then, in a small bowl beat:

- 3 eggs**

Take the floured chicken breast and dip each breast in the egg bath and then place the chicken breast in the bag containing the dry bread crumb mix. Seal the bag and gently shake and toss the bag to coat the chicken breasts. Once the chicken has been coated, gently squeeze the air out.

In a quart sized bag, add

- 3 tablespoons lemon juice**

Carefully squeeze the air out and seal the bag. For best results, place filled bags into a 2nd gallon freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker on the bag and place in the freezer.



**Volume 1**

**\***

**Serves 4**

# Lemon Chicken Scaloppini

Mega Menu-Mailer Recipe 7 — Cooking Instructions

## Preassembled Ingredients

- 1 cup flour
- Salt and pepper to taste
- 3 eggs, beaten
- 1 1/2 cups dry bread crumbs
- 1 teaspoon lemon zest
- 3 tablespoons lemon juice
- 1/2 cup grated Romano cheese
- 1/2 cup coarsely ground pine nuts
- 2 tablespoons fresh chopped basil
- 4 boneless skinless chicken breasts halves

## At time of cooking ingredients

- 1 1/2 tablespoons butter
- 1 1/2 tablespoons olive oil
- 1 lemon, sliced

Remove preassembled Lemon Chicken Scaloppini from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet over medium heat, melt butter and oil. Brown chicken on both sides, then squeeze the lemon juice from the quart sized bag onto chicken pieces. Simmer for a minute or two.

Cut a lemon into slices. Garnish each chicken piece with a lemon slice and serve.

**Serving Suggestions:** Serve with buttered noodles, steamed broccoli and a salad.

**Nutrition per serving:** 682 Calories; 28g Fat; 49g Protein; 58g Carbohydrate; 3g Dietary Fiber; 235mg Cholesterol; 681mg Sodium. Exchanges: 3 1/2 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat. Points: 16.

## Ginger Chicken Breasts with Chinese Cole Slaw

Mega Menu-Mailer Recipe 8 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 4 boneless skinless chicken breast halves
- 1 ½ tablespoons soy sauce
- 3 teaspoons fresh grated gingerroot
- 2 teaspoons chopped garlic
- 1/4 cup rice wine vinegar



### Volume 1

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### Serves 4

Carefully shake the bag to mix the ingredients and coat the chicken. Gently and carefully squeeze the bag to force out any air then seal the bag.

In a quart size freezer bag combine:

- ½ tablespoon soy sauce
- 2 teaspoons fresh grated gingerroot
- 1 ½ tablespoons rice wine vinegar
- 1 teaspoon chopped garlic
- 2 teaspoons sesame oil
- 2 teaspoons lime juice
- 2 tablespoons mayonnaise (low fat)

Seal the bag and carefully shake the bag to mix the ingredients. Gently and carefully squeeze the bag to force out any air then seal the bag. Insert the 2 bags into a gallon sized plastic freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

**Note:** This is a very gingery recipe. If you (or your family) do not like too much ginger, feel free to decrease the amount used.

## Ginger Chicken Breasts with Chinese Cole Slaw

Mega Menu-Mailer Recipe 8 — Cooking Instructions

### Preassembled Ingredients

- 4 boneless skinless chicken breast halves
- 2 tablespoons soy sauce, divided
- 5 teaspoons fresh grated gingerroot, divided
- 3 teaspoons chopped garlic, divided
- 5 ½ tablespoons rice wine vinegar, divided
- 2 teaspoons sesame oil
- 2 teaspoons lime juice
- 2 tablespoons mayonnaise, low fat

### Volume 1

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### Serves 4

### At time of cooking ingredients

- 10 ounces cabbage, shredded (buy the coleslaw mix for ease of accomplishment)
- 2 green onions, chopped

Remove preassembled Ginger Chicken Breasts with Chinese Coleslaw from the freezer and defrost.

Place cabbage and green onions in a large bowl. Toss dressing and cabbage mixture together. Cover and refrigerate, allowing flavors to meld for at least an hour.

When you are ready for dinner, pre-heat your indoor or outdoor grill, OR, if you want, you can even pre-heat your oven to 350 degrees. Grill chicken till done OR, if you are cooking these in the oven, place all ingredients in a large baking dish and cook for about 20 minutes, or until chicken is done. Slice cooked chicken breasts and serve over coleslaw.

**Serving Suggestions:** If you need more food than the chicken and coleslaw, add some fresh fruit topped with yogurt.

**Nutrition per serving:** 250 Calories; 12g Fat; 29g Protein; 8g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 659mg Sodium. Exchanges: 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. Points: 6.

## Barbecue Crock Pot Chicken

Mega Menu-Mailer Recipe 9 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 2 boneless skinless chicken breast halves
- 1 cup ketchup
- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce
- 2 teaspoons soy sauce (low sodium)
- 2 teaspoons cider vinegar
- 1/2 teaspoon ground red pepper flakes
- 1/3 teaspoon garlic powder



**Volume 1**

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**Serves 4**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Barbecue Crock Pot Chicken

Mega Menu-Mailer Recipe 9 — Cooking Instructions

### Preassembled Ingredients

- 2 boneless skinless chicken breast halves
- 1 cup ketchup
- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce
- 2 teaspoons soy sauce-low sodium, if available
- 2 teaspoons cider vinegar
- 1/2 teaspoon ground red pepper flakes
- 1/3 teaspoon garlic powder



**Volume 1**

**\***

**Serves 4**

Remove preassembled Barbecue Crock Pot Chicken from the freezer and defrost. (For help with this, see defrost instructions.)

Place entire contents of plastic bag in a crock pot; cook on high for 3 to 4 hours, or low for 6 to 8 hours, or until chicken is fully cooked.

Then shred or cut up the chicken, and replace it in the BBQ sauce in the crock pot; blend well so that all the chicken pieces are coated.

**Serving Suggestions:** Serve with brown rice, steamed baby carrots and frozen petite peas.

**Nutrition per serving:** 149 Calories; 1g Fat; 15g Protein; 22g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 876mg Sodium. Exchanges: 0 Grain (Starch); 2 Lean Meat; 0 Vegetable; 1 1/2 Other Carbohydrates. Points: 3.

## Baked Dill Salmon on Rice

Mega Menu-Mailer Recipe 10 — Assembly Guidelines

In a 1 gallon freezer bag place:

### 4 salmon fillets

Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag combine:

1 1/2 cups chopped onion

1 tablespoon chopped garlic

8 ounces sliced mushrooms

1 (15 ounce) can diced tomatoes (drained)

4 tablespoons lemon juice

1/2 tablespoon dried dill

**Volume 1**

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**Serves 4**



Gently and carefully squeeze the bag to force out any air then seal the bag.

In a gallon sized freezer bag, place:

### 2 cups cooked brown rice

Gently and carefully squeeze the bag to force out any air then seal the bag. Insert this bag, the veggie mixture bag and the bag containing the salmon fillets into a 1 gallon sized plastic freezer bag and seal it.

On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Baked Dill Salmon on Rice

Mega Menu-Mailer Recipe 10 — Cooking Instructions

### Preassembled Ingredients

1 1/2 cups chopped onion

1 tablespoon chopped garlic

1 (15-oz.) can diced tomatoes, drained

8 ounces sliced mushrooms

4 tablespoons lemon juice

1/2 tablespoon dried dillweed

4 salmon fillets

2 cups cooked brown rice

**Volume 1**

**\***

**Serves 4**

### At time of cooking ingredients

Salt and pepper to taste

2 teaspoons olive oil

Remove preassembled Baked Dill Salmon on Rice from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat your oven to 350 degrees.

Place salmon in a greased baking dish. Bake, uncovered, for 15 minutes, or until salmon flakes with a fork. While the salmon is cooking, heat olive oil in a large skillet, over medium heat; add the vegetable mixture to the skillet and saute for approximately 5 minutes. Remove skillet from heat and set aside.

Salt and pepper salmon to taste. Make a bed of rice on each plate and top each with a salmon fillet. Spoon vegetable mixture evenly over salmon fillets, covering each fillet and serve.

**Serving Suggestions:** Serve with steamed kale and baked potatoes.

**Nutrition per serving:** 365 Calories; 9g Fat; 38g Protein; 31g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 125mg Sodium. Exchanges: 1 1/2 Grain (Starch); 5 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. Points: 8.

## Fish with Cilantro and Lime

Mega Menu-Mailer Recipe 11 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 4 tablespoons olive oil**
- 2 tablespoons lime juice**
- Salt and Pepper to taste**
- 1/3 cup cilantro (chopped)**
- 1 teaspoon chopped garlic**
- 4 firm fish fillets (white fish)**



**Volume 1**

**\***

**Serves 4**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Fish with Cilantro and Lime

Mega Menu-Mailer Recipe 11 — Cooking Instructions

### Preassembled Ingredients

- 4 tablespoons olive oil
- 1 lime, juiced (need 2 tablespoons juice)
- Salt and pepper to taste
- 1/3 cup cilantro, chopped
- 1 teaspoon chopped garlic
- 4 firm fish fillets (white fish, fresh, your choice)



**Volume 1**

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**Serves 4**

Remove preassembled Fish with Cilantro and Lime from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat indoor or outdoor grill or even oven broiler.

Grill fish on each side till fish flakes easily when tested with a fork.

**Serving Suggestions:** Serve with hot buttered noodles and a salad of mixed baby greens with diced apple and walnuts.

**Nutrition per serving:** 317 Calories; 15g Fat; 42g Protein; 2g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 130mg Sodium. Exchanges: 0 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat. Points: 8.

## Lemon Grilled Fish

Mega Menu-Mailer Recipe 12 — Assembly Guidelines

In a 1 gallon freezer bag place:

**4 fish fillets**  
(white fish of your preference)

Gently and carefully squeeze the bag to force out any air then seal the bag.

In a quart sized freezer bag combine:

**1/4 cup butter, melted**  
**2 tablespoons lemon juice**  
**2 teaspoons lemon zest**  
**1 1/2 tablespoons white wine**  
(or white grape juice with a splash of vinegar)  
**1/8 teaspoon Tabasco sauce**  
(or to your heat preference)

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



**Volume 1**  
**\***

**Serves 4**

## Lemon Grilled Fish

Mega Menu-Mailer Recipe 12 — Cooking Instructions

### Preassembled Ingredients

4 fish fillets (white fish, your choice)  
1/4 cup butter, melted  
2 tablespoons lemon juice  
2 teaspoons lemon zest  
1 1/2 tablespoons white wine (or white grape juice with splash of vinegar)  
1/8 teaspoon Tabasco sauce (or to your heat preference)

**Volume 1**  
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**Serves 4**

Remove preassembled Lemon Grilled Fish from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat indoor or outdoor grill.

Brush the lemon sauce mixture on the fish fillets.

Grill until fish is done and flakes easily with a fork.

**Serving Suggestions:** Serve with rice pilaf and fresh sauteed green beans.

**Nutrition per serving:** 286 Calories; 12g Fat; 41g Protein; 1g Carbohydrate; trace Dietary Fiber; 127mg Cholesterol; 230mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat. Points: 7.

## Honey Apple Pork Chops

Mega Menu-Mailer Recipe 13 — Assembly Guidelines

In a large bowl combine:

- 1/2 cup barbecue sauce (your favorite brand)
- 1/4 cup honey
- 1/4 cup apple jelly
- 2 tablespoons ketchup
- 2 tablespoons water
- 2 tablespoons chopped onion
- 2 teaspoons brown sugar
- 1 1/2 teaspoons sweet pickle relish
- 1 teaspoon yellow mustard
- 1/3 teaspoon ground cinnamon



**Volume 1**  
\*

**Serves 4**

Whisk to mix the ingredients thoroughly. Divide the mixture in half. Place half the mixture into a 1 quart freezer bag and seal.

In a 1 gallon freezer bag place:

### 4 boneless pork chops

### The remaining half of the marinade mixture

Gently and carefully squeeze the bag to force out any air then seal the bag.

Insert this bag and the bag containing the marinade into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Honey Apple Pork Chops

Mega Menu-Mailer Recipe 13 — Cooking Instructions

### Preassembled Ingredients

- 1/2 cup barbecue sauce, your favorite brand
- 1/4 cup honey
- 1/4 cup apple jelly
- 2 tablespoons ketchup
- 2 tablespoons water
- 2 tablespoons chopped onion
- 2 teaspoons brown sugar
- 1 1/2 teaspoons sweet pickle relish
- 1 teaspoon yellow mustard
- 1/3 teaspoon ground cinnamon
- 4 boneless pork chops



**Volume 1**  
\*

**Serves 4**

Remove preassembled Honey Apple Pork Chops from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat your oven to 400 degrees.

Remove chops from marinade and discard marinade and plastic bag.

Place chops in a 9x13-inch casserole or baking dish. Place in oven and baste with remaining marinade as needed. Bake for about 30 to 45 minutes, or until chops are done.

In a saucepan over medium heat, cook till sauce is bubbly but not boiling. Reduce heat to low and simmer for about 15 minutes, stirring often. Remove from heat. Serve chops with warmed marinade.

**Serving Suggestions:** Serve with baked potatoes and steamed broccoli.

**Nutrition per serving:** 367 Calories; 15g Fat; 21g Protein; 37g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 476mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 1 1/2 Fat; 2 1/2 Other Carbohydrates. Points: 9.

## Orange Tarragon Pork Chops

Mega Menu-Mailer Recipe 14 — Assembly Guidelines

In a 1 gallon sized freezer bag add:

### 4 boneless pork chops

Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag combine:

**1/2 cup orange juice**  
**1/8 cup dry white wine - OPTIONAL (OR use chicken or vegetable broth)**  
**1/2 teaspoon dried tarragon leaves**



**Volume 1**  
**\***

**Serves 4**

Gently and carefully force out any air then seal the bag. Insert this bag and the bag containing the pork chops into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Orange Tarragon Pork Chops

Mega Menu-Mailer Recipe 14 — Cooking Instructions

### Preassembled Ingredients

4 boneless pork chops  
1/2 cup orange juice  
1/8 cup dry white wine-**OPTIONAL** (or use chicken or vegetable broth)  
1/2 teaspoon dried tarragon leaves



### At time of cooking ingredients

1 tablespoon cornstarch  
2 tablespoons water  
2 teaspoons olive oil  
Salt and pepper to taste

**Volume 1**  
**\***

**Serves 4**

Remove preassembled Orange Tarragon Pork Chops from the freezer and defrost. (For help with this, see defrost instructions.)

Heat oil in a skillet for 1 to 2 minutes over medium heat. Sprinkle salt and pepper over both sides of pork chops and cook in hot skillet for about 5 minutes, turning once, until light brown. Remove the skillet from the heat. Add the bag of orange juice, wine and tarragon mixture to the skillet. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and simmer for 10 to 15 minutes, stirring occasionally, until pork chops are cooked through.

While the chops are cooking, mix the cornstarch and water together. When the pork is done, remove from the skillet with a slotted spoon and keep warm. Stir cornstarch mixture into orange juice mixture in skillet. Cook over medium heat, stirring constantly, until mixture thickens and boils. Continue boiling 1 minute, stirring constantly. Pour over pork chops and serve.

**Serving Suggestions:** Serve with brown rice, steamed spinach and baby carrots.

**Nutrition per serving:** 268 Calories; 17g Fat; 21g Protein; 5g Carbohydrate; trace Dietary Fiber; 72mg Cholesterol; 59mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Fruit; 1 1/2 Fat. Points: 7.

## Spicy Citrus Pork Chops

Mega Menu-Mailer Recipe 15 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 1/3 cup orange juice
- 2 tablespoons lime juice
- 1 teaspoon chopped garlic
- 1 1/2 tablespoons oregano
- Salt and Pepper to taste

A pinch or two of cayenne pepper (more or less depending on your heat tolerance)

4 boneless pork chops



Volume 1

\*

Serves 4

Gently and carefully force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Spicy Citrus Pork Chops

Mega Menu-Mailer Recipe 15 — Cooking Instructions

### Preassembled Ingredients

- 1/3 cup orange juice
- 2 tablespoons lime juice
- 1 teaspoon chopped garlic
- 1 1/2 tablespoons oregano
- Salt and pepper to taste
- Pinch or two of cayenne pepper (more or less depending on your heat tolerance)
- 4 boneless pork chops

Volume 1

\*

Serves 4

Remove preassembled Spicy Citrus Pork Chops from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat your outdoor or indoor grill or oven broiler.

Remove pork chops from plastic bag and dispose of marinade.

Cook chops on grill to desired level of doneness.

**Serving Suggestions:** Serve with grilled eggplant and steamed baby carrots.

**Nutrition per serving:** 237 Calories; 15g Fat; 21g Protein; 4g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 58mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. Points: 6.

## Carolina Crock Pot Pork

Mega Menu-Mailer Recipe 16 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 1 1/8 pounds pork shoulder roast
- 1/2 cup chopped onion
- 1 teaspoon chopped garlic
- 1 teaspoon dry mustard
- 1/4 cup tomato paste
- 1/8 cup Worcestershire sauce
- Salt and Pepper to taste
- 2 tablespoons cider vinegar
- 2 teaspoons olive oil



**Volume 1**

**\***

**Serves 4**

Gently and carefully force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Carolina Crock Pot Pork

Mega Menu-Mailer Recipe 16 — Cooking Instructions

### Preassembled Ingredients

- 1 1/8 pounds pork shoulder roast
- 1/2 cup chopped onion
- 1 teaspoon chopped garlic
- 1 teaspoon dry mustard
- Salt and pepper to taste
- 1/4 cup tomato paste
- 1/8 cup Worcestershire sauce
- 2 tablespoons cider vinegar
- 2 teaspoons olive oil

**Volume 1**

**\***

**Serves 4**

Remove preassembled Carolina Crock Pot Pork from the freezer and defrost. (For help with this, see defrost instructions.)

Place entire plastic bag contents in a crock pot; cook on high for 5 to 7 hours or low 8 to 9 hours, depending on your crock pot.

When done, shred with two forks and serve with crock pot juices.

**Serving Suggestions:** Serve on whole-wheat hamburger buns with a good barbecue sauce and coleslaw (use the bagged coleslaw mix and toss with low fat mayo and touch of rice vinegar). If you're from the South or wish you were, put the slaw directly on the bun and chow down. Roasted Garlic Fries work well with this too (peel russet potatoes and cut into thick "fries", toss with olive oil and a little garlic powder and salt and pepper to taste. Bake on a cookie sheet in a 400-degree oven till browned on one side, then turn over and cook again till golden and tender)

**Nutrition per serving:** 286 Calories; 20g Fat; 18g Protein; 7g Carbohydrate; 1g Dietary Fiber; 70mg Cholesterol; 278mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. Points: 8.

## Roasted Lemon Turkey and Peppers

Mega Menu-Mailer Recipe 17 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 8 boneless skinless turkey breast cutlets**
- 2 tablespoons olive oil**
- 1 1/4 teaspoons rosemary (crushed)**
- 1 1/4 tablespoons lemon juice**
- Salt and Pepper to taste**



**Volume 1**  
**\***

Gently and carefully force out any air then seal the bag.

**Serves 4**

In a 1 quart freezer bag add:

- 1 large red bell pepper**  
(seeded and de-ribbed and cut into 1/2 inch strips)
- 1 medium onion, sliced**
- 2 tablespoon olive oil**

Gently and carefully force out any air then seal the bag. Insert this bag and the bag containing the turkey cutlets into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Roasted Lemon Turkey and Peppers

Mega Menu-Mailer Recipe 17 — Cooking Instructions

### Preassembled Ingredients

- 8 boneless skinless turkey breast cutlets
- 4 tablespoons olive oil, divided
- 1 1/4 teaspoons rosemary, crushed
- 1 1/4 tablespoons lemon juice
- Salt and pepper, to taste
- 1 large red bell pepper, deseeded, de-ribbed and cut into 1/2 inch strips
- 1 medium onion, sliced

**Volume 1**  
**\***

**Serves 4**

Remove preassembled Roasted Lemon Turkey and Peppers from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat your oven to 475.

Place turkey in a roasting pan or baking dish.

Roast in the oven for 15 minutes.

Turn the oven down to 375. Add the tossed veggies to the roasting pan, around the cutlets. Finish cooking an additional 20 to 40 minutes depending on the size of the turkey cutlets.

**Serving Suggestions:** Add baked potatoes.

**Nutrition per serving:** 300 Calories; 16g Fat; 35g Protein; 5g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 322mg Sodium. Exchanges: 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat. Points: 8.

## Tuscan Bean and Turkey Skillet

Mega Menu-Mailer Recipe 18 — Assembly Guidelines



In a 1 gallon sized freezer bag combine:

- 2 teaspoons olive oil
- 1/2 teaspoon dried basil
- 1 teaspoon chopped garlic
- 1 cup chopped onion
- 1 1/2 cups turkey (cooked, chopped, and cubed)
- 1/3 cup canned diced tomatoes
- 1/3 cup black olives (sliced)
- 2 (16-ounce) cans Great Northern Beans (rinsed and drained)

**Volume 1**  
\*

**Serves 4**

Gently and carefully force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Tuscan Bean and Turkey Skillet

Mega Menu-Mailer Recipe 18 — Cooking Instructions



### Preassembled Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon dried basil
- 1 teaspoon chopped garlic
- 1 cup chopped onion
- 1 1/2 cups turkey, cooked and chopped/cubed
- 1/3 cup canned diced tomatoes
- 1/3 cup black olives, sliced
- 2 (16-ounce) cans Great Northern beans, rinsed and drained

**Volume 1**  
\*

**Serves 4**

### At time of cooking ingredients

- 1 tablespoon olive oil

Remove preassembled Tuscan Bean and Turkey Skillet from the freezer and defrost. (For help with this, see defrost instructions.)

Heat oil in a skillet over medium heat, add ingredients from plastic bag and continue to cook till hot and bubbling.

**Serving Suggestions:** Sautéed zucchini, yellow squash and tomatoes. Add a salad.

**Nutrition per serving:** 319 Calories; 7g Fat; 24g Protein; 40g Carbohydrate; 10g Dietary Fiber; 30mg Cholesterol; 385mg Sodium. Exchanges: 2 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. Points: 7.

## Honey Dijon BBQ Turkey

Mega Menu-Mailer Recipe 19 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 8 turkey breast cutlets**
- 1/4 cup vegetable oil (to reduce fat grams, cut oil in half)**
- 1/4 cup white wine (OR substitute apple juice with a splash of vinegar)**
- 2 tablespoons honey**
- 2 tablespoons Dijon mustard**
- 1 teaspoon chopped garlic**
- Salt and Pepper to taste**



**Volume 1**  
**\***

**Serves 4**

Gently and carefully force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Honey Dijon BBQ Turkey

Mega Menu-Mailer Recipe 19 — Cooking Instructions



### Preassembled Ingredients

- 8 turkey breast cutlets
- 1/4 cup vegetable oil (to reduce fat grams, cut oil in half)
- 1/4 cup white wine (or sub. Apple juice with a splash of vinegar)
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 teaspoon chopped garlic
- Salt and pepper to taste

**Volume 1**  
**\***

**Serves 4**

Remove preassembled Honey Dijon BBQ Turkey from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat your outdoor or indoor grill.

Grill turkey cutlets until they are tender and meat is no longer pink.

**Serving Suggestions: Serve with a great potato salad.**

**Nutrition per serving:** 329 Calories; 16g Fat; 34g Protein; 10g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 415mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 3 Fat; 1/2 Other Carbohydrates. Points: 8.

## Turkey Caesar Wraps

Mega Menu-Mailer Recipe 20 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 1 1/3 cups chopped cooked turkey
- 1 large red bell pepper cut into thin strips (seeded and de-ribbed)
- 1/4 cup grated Parmesan cheese



Gently and carefully force out any air then seal the bag.

**Volume 1**  
\*

**Serves 4** In a 1 gallon freezer bag add:

**4 (12-inch) flour tortillas**

Gently and carefully force out any air then seal the bag. Insert this bag and the bag containing the turkey into a third 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Turkey Caesar Wraps

Mega Menu-Mailer Recipe 20 — Cooking Instructions

### Preassembled Ingredients

- 4 (12-inch) flour tortillas
- 1 1/3 cups chopped cooked turkey
- 1 large red bell pepper, de-ribbed, seeded and cut into thin strips
- 1/4 cup grated Parmesan cheese



**Volume 1**  
\*

**Serves 4** 1/3 cup prepared thick, creamy Caesar salad dressing

Remove preassembled Turkey Caesar Wraps from the freezer and defrost. (For help with this, see defrost instructions.)

Spread a generous 2 to 3 tablespoons of the Caesar dressing over the entire surface of each flour tortilla.

Lay 3 romaine leaves on each tortilla, pressing them gently into the dressing.

Spoon turkey, Parmesan cheese and red bell pepper strips equally on one-half side of each tortilla.

Roll up each sandwich tightly like a jelly roll, starting with the turkey side. Before serving, cut each wrap into halves, quarters or 1 1/2-inch bite-size rounds.

**Serving Suggestions:** A bowl of raw baby carrots and some fresh fruit would make this easy meal even easier!

**Nutrition per serving:** 348 Calories; 9g Fat; 23g Protein; 43g Carbohydrate; 3g Dietary Fiber; 39mg Cholesterol; 473mg Sodium. Exchanges: 2 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. Points: 8.

## Crock Pot Braised Lamb

Mega Menu-Mailer BONUS RECIPE 1 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

- 1 cinnamon stick
- 3 cloves, whole
- 1 1/2 cups chopped onion
- 1 teaspoon chopped garlic
- 1 1/3 teaspoons dried rosemary
- Salt and Pepper to taste
- 4 lamb shanks
- 2 (14.5-ounce) cans diced tomatoes (undrained)



**Volume 1**

**\***

**Serves 4**

Gently and carefully force out any air then seal the bag.

In a 1 quart freezer bag add:

- 1 cup kalamata olives (sliced)
- 1 (6 ounce) can tomato paste

Gently and carefully force out any air then seal the bag. Insert this bag and the bag containing the lamb into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Crock Pot Braised Lamb

Mega Menu-Mailer BONUS RECIPE 1 — Cooking Instructions

### Preassembled Ingredients

- 1 cinnamon stick
- 3 cloves, whole
- 1 1/2 cups chopped onions
- 1 teaspoon chopped garlic
- 1 1/3 teaspoons dried rosemary
- Salt and pepper to taste
- 4 lamb shanks
- 2 (14.5-oz.) cans diced tomatoes, undrained
- 1 cup kalamata olives, sliced
- 1 (6-oz.) can tomato paste



**Volume 1**

**\***

**Serves 4**

Remove preassembled Crock Pot Braised Lamb from the freezer and defrost. (For help with this, see defrost instructions.)

Place the gallon sized plastic bag (save quart size one for later) contents in a crock pot; cover and cook on low for 7 to 8 hours.

15 minutes before you are ready to serve, raise heat to high and add tomato paste and olive mixture.

Remove cinnamon sticks and cloves; serve.

**Serving Suggestions:** Serve lamb over wide noodles topped with the sauce from the crock pot. Serve steamed broccoli and baby carrots on the side.

**Nutrition per serving:** 324 Calories; 22g Fat; 9g Protein; 29g Carbohydrate; 8g Dietary Fiber; 19mg Cholesterol; 1251mg Sodium. Exchanges: 1/2 Grain (Starch); 1 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 3 1/2 Fat. Points: 8.

## Layered Lasagna

Mega Menu-Mailer BONUS RECIPE 2 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

**1 (15-oz.) container low fat ricotta cheese**

**1 egg white (beaten)**

**1 cup low fat mozzarella cheese (shredded)**

**2 tablespoons minced fresh parsley**

**1/3 teaspoon salt**

**1 pinch black pepper**



**Volume 1**

**\***

**Serves 4**

Seal the bag and blend the mixture together by squeezing and kneading the bag. Unseal the bag, starting at the bottom of the bag, roll the mixture to force out any air then seal the bag again.

In a quart sized freezer bag, place:

**1/2 cup low fat mozzarella cheese, shredded**

Seal the bag, forcing out any air.

Place the two filled bags into a gallon size freezer bag and seal it. On the outside bag, label or write the recipe title and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Layered Lasagna

Mega Menu-Mailer BONUS RECIPE 2 — Cooking Instructions

**Preassembled Ingredients**

**1 (15-oz.) container low fat ricotta cheese**

**1 egg white, beaten**

**1 1/2 cups low fat Mozzarella cheese, shredded and divided**

**2 tablespoons minced fresh parsley**

**1/3 teaspoon salt**

**1 pinch black pepper**



**Volume 1**

**\***

**Serves 4**

**At time of cooking ingredients**

**8 ounces rotini pasta, cooked and drained**

**1 (28-oz.) can/jar spaghetti sauce-your favorite**

Remove preassembled Layered Lasagna from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat your oven to 350 degrees.

Cook pasta according to package directions; drain.

In bowl, combine hot cooked pasta and spaghetti sauce.

Layer half of pasta mixture in an 11 - x 7-inch baking dish. Evenly layer with cheese mixture and remaining pasta mixture.

Bake, covered, for 35 to 40 minutes or until bubbly. Uncover; top with **remaining 1/2 cup Mozzarella cheese**. **Bake** 5 minutes or until cheese melts.

**Serving Suggestions:** Serve with a big spinach salad and some whole grain rolls. A bowl of baby carrots for the table is nice, too.

**Nutrition per serving:** 451 Calories; 12g Fat; 20g Protein; 65g Carbohydrate; 6g Dietary Fiber; 19mg Cholesterol; 1054mg Sodium. Exchanges: 3 Grain (Starch); 1 1/2 Lean Meat; 4 Vegetable; 1 1/2 Fat. Points: 10.

# Saving Dinner with



## Mega Menu-Mailer Volume 2

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**20 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to Mega Menu-Mailer

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 Mega Menu-Mailer, 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 Mega Menu-Mailer – 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 her coupons.

See our website for  
**MONEY SAVING HINTS**  
for great tips on saving while shopping!

## 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)
- ❑ 2 plastic storage containers (GladWare®, Ziploc®, etc) in a flat, "casserole" style.
- ❑ 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 that you have in your kitchen.

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 couldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And Mega Menu-Mailer 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 Mega Menu-Mailer 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. (See our web site for more about online grocery shopping.)

### 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°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 shorter 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 it's 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, fish, pork/lamb, and turkey. 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 lamb items, 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 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 Mega Menu-Mailer 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?” We 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 months 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 pickup 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 every one, even the youngest, feel 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!

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### Mega Menu-Mailer 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 Mega Menu-Mailer 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 Mega Menu-Mailer 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.

Page 1 of 2

## MEAT

- 3 1/2 lbs. flank steak [M1,M2]
- 2 lbs. extra lean ground beef [M3,M4]
- 12 boneless skinless chicken breast halves (about 5 lbs) [M5,M6,M8]
- 8 skinless chicken legs [M7]
- 8 salmon fillets [M9,M11]
- 1 1/2 pounds boneless firm-fleshed fish (such as cod, haddock or flounder) [M10]
- 1 pound pork tenderloin roast [M12]
- 1 1/2 pounds boneless pork chops [M13]
- 1 2/3 pounds boneless pork roast [M14]
- 2 pounds ham steak [M15]
- 24 turkey breast cutlets [M16,M17,M19] (if you have trouble finding turkey breast cutlets buy 8 additional boneless skinless chicken breasts (2 cutlets = 1 breast) and 8 skinless chicken legs)
- 1 pound ground turkey [M18]
- 4 loin lamb chops (or 8, if small) (OR use beef steak) [M20]

## PRODUCE

- 6 heads garlic [M1,M2,M3,M5,M6,M7,M8,M12,M13,M16,M20] (you may check out "preminced" garlic that comes in a jar to speed up prep times. Equivalentents are on the jar label.)
- 5 large onions [M4, M6,M8,M19]
- 1 large + 1 medium red onion [M13,M14]
- 2 bunches green onions (about 2 cups) [M1,M5,M7,M10]
- 8 limes (about 2/3 cup juice + 1/3 teaspoon peel) [M5,M6,M7,M16]
- 5 lemons (about 1/4 cup juice +1 teaspoon peel) [M2,M4]
- 1 jalapeno chili pepper (optional) [M5]
- 3 large green bell peppers [M1,M6,M13]
- 4 large red bell peppers [M1,M6,M8,M13]
- 1 large yellow bell pepper [M13]
- 1 bunch celery (1 stalk) [M10]
- 1 bag baby carrots (1 cup) [M19]
- Gingerroot (if not using ginger powder) (about 2 tablespoons) [M2,M7,M9,M12]
- Favorite mixed vegetables (to make 1 cup chopped) [M17]

## CONDIMENTS

- Ketchup (1/4 cup) [M4]
- Mustard (7 tablespoons) [M5,M15,M16]
- Dijon mustard (about 3 tablespoons) [M9,M17]
- Honey (about 5 tablespoons) [M9,M16]
- Teriyaki sauce (2/3 cup) [M12]
- Soy sauce (low sodium, if available) (1/2 cup) [M2,M7,M13]
- Barbecue sauce, your favorite (2/3 cup) [M14]
- Salsa, your favorite (1 cup) [M18]
- Olive oil (about 3/4 cup) [M1,M2,M6,M9,M13,M17,M19]
- Vegetable oil (4 tablespoons) [M13,16]
- Rice wine vinegar or Rice vinegar (2 tablespoons) [M6]
- Apricot jelly (1/2 cup) [M7]
- 1 (10-oz.) jar pimento-stuffed olives (4) [M3]
- 1 (12 oz.) jar chili sauce (1 cup) [M4]
- Black strap molasses (1/4 tsp) [M15]
- White wine (or white grape juice with a splash of vinegar) (3 tablespoons) [M7]
- White grape juice (if not using white wine) (3 tablespoons) [M7]
- Vinegar (if not using white wine) (splash) [M7]
- Apple cider (1 cup) [M19]

# Dinner Kit Shopping List

Ingredients need to do initial assembly of dinner kits.

## CANNED GOODS

- 2 (14.5 oz.) cans chicken broth (or vegetable broth) (20 ounces) [M8,M12,M19]
- 1 (16 oz.) can jellied cranberry sauce (10 ounces) [M4]
- 1 (14.5-oz.) can diced tomatoes (12 ounces) [M8]
- 1 (6 oz.) can tomato paste (2 tablespoons) [M8]
- 1 (8 oz.) can tomato sauce (5 ounces) [M14]
- 1 (2.5-oz.) can diced green chilies [M14]

## SPICES

- Salt [M3,M5,M7,M10,M13,M16,M17,M18,M19]
- Black Pepper (ground) [M3,M7,M10,M13,M16,M17,M18,M19]
- Thyme (3 1/2 teaspoons) [M5,M17,M19]
- Basil (4 teaspoons) [M5,M10]
- Chili powder (2 tablespoons) [M14]
- Cumin (7 teaspoons) [M6,M8,M14]
- Oregano (1 teaspoon) [M14]
- Rosemary (1 teaspoon) [M5]
- Cinnamon (1/8 teaspoon) [M3]
- Dried parsley (1 teaspoons) [M3]
- Nutmeg (dash) [M3]
- Cajun spice or seasoning (about 2 tablespoons) [M11]
- Ginger powder (if not using fresh ginger) (1 1/2 teaspoons) [M2]

## DAIRY/DAIRY CASE

- Colby Jack cheese (1 cup shredded) [M18]
- 2 eggs [M4,M10]
- Butter (4 tablespoons) [M20]

## DRY GOODS

- Cornstarch (2 teaspoons) [M12]
- Brown sugar (about 6 tablespoons) [M2,M4,M15]
- Sugar (2 teaspoons) [M12]
- Dry breadcrumbs (2/3 cup) [M4]
- 1 pound brown rice (2 cups cooked) [M17]
- Box of raisins (2 tablespoons) [M8]

## FREEZER

- 1 (16-oz.) package frozen stir fry vegetables (11 ounces) (or purchase this at time of Meat Time shopping) [M12]

## BAKERY

- 1 package (12-inch) flour tortillas (whole wheat, if available) (4) [M14]
- 1 package corn tortillas (4) [M6]
- 1 package whole-wheat hamburger buns (4) [M18]
- 1 package whole wheat pita breads (4) [M3]
- 4 French rolls [M11]
- Whole wheat bread (4 slices, to make breadcrumbs) [M10]

## OTHER

- Bamboo skewers (about 8) [M13]
- 40-42 One (1) Gallon sized plastic freezer bags
- 10 One (1) Quart sized plastic freezer bags
- 2 Gladware®-type square/rectangular “casserole” or “entrée” style containers — OPTIONAL

## 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.)

### 1. Pepper Steak

Cornstarch  
Soy sauce (1/4 cup) (low sodium, if available)  
1 (14.5-oz.) can beef broth  
Olive oil  
\* Russet potatoes  
\* Garlic  
\* Mozzarella cheese  
\* Tomatoes  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 2. Polynesian Flank Steak

\* Asparagus  
\* Olive oil  
\* Salt and Pepper  
\* Russet Potatoes  
\* Potato toppings (sour cream, butter, bacon bits, cheese, etc.)

### 3. Greek Burgers

Low fat sour cream (1/3 cup)  
1 small cucumber  
Feta cheese (2 tablespoons)  
\* Coleslaw mix  
\* Rice vinegar  
\* Low fat mayonnaise  
\* Baby carrots

### 4. Crock Pot Meatballs

1 bunch parsley  
\* Brown rice  
\* Broccoli  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 5. Jamaican Barbecue Chicken

\* Brown rice  
\* Broccoli  
\* Acorn squash

### 6. Fajitas Pollo Loco

Salsa, jarred, your favorite  
Sour cream  
1 bunch cilantro  
Olive oil  
Avocados \*additional  
\* Refried beans  
\* Cheddar cheese  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 7. Apricot Barbecued Chicken Legs

\* Broccoli  
\* Corn on the cob  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 8. Crock Mock Morock Chicken

Peanut butter (2 tablespoons)  
\* Couscous  
\* Cauliflower

### 9. Ginger Honey Glazed Salmon

\* Brown rice  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice \* Baby carrots

### 10. New England Fish Cakes

Vegetable oil (3 tablespoons)  
Tartar sauce, your favorite brand  
1 Lemon, cut into wedges  
\* Whole wheat burger buns  
\* Coleslaw mix  
\* Rice vinegar  
\* Low fat mayonnaise  
\* Red potatoes  
\* Baby carrots

### 11. Cajun Salmon Sandwiches

1 head cabbage (1 cup shredded)  
2 tomatoes (8 slices)  
Low fat mayonnaise (6 tablespoons)  
Cajun spice  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 12. Saucy Pork Stir-Fry

1 (16 ounce) bag frozen stir-fry vegetables (11 ounces) (if not already purchased)  
\* Angel hair pasta  
\* Snow peas  
\* Olive oil

### 13. Hawaiian Pork Kebobs

1 (20 oz.) can pineapple chunks  
\* Brown rice  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 14. Tex-Mex Pork Wraps

\* Lettuce (not Iceberg – no nutrition)  
\* Tomatoes  
\* Green onion  
\* Low Fat Sour Cream  
\* Cilantro  
\* Spanish Rice  
\* Refried Beans

### 15. Glazed Ham Steak

Vegetable oil  
\* Sweet potatoes  
\* Broccoli  
\* Cauliflower  
\* Butter  
\* Nutmeg

### 16. Caribbean Turkey

1-2 limes (4 wedges)  
\* Whole grain rolls  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 17. Stir-Fry Turkey and Veggies

White wine OR Grape juice OR Vegetable broth  
Butter  
Olive oil

### 18. Sloppy Jose's

\* Whole wheat burger buns  
\* Russet potatoes  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 19. Crock Pot Turkey

Flour  
\* Russet potatoes  
\* Butter  
\* Green beans  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

### 20. Garlic Lamb Steaks

\* Brown Rice  
\* Broccoli  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

## 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.

**Brown Rice:** This is the one item you'll need to cook. Put this on very first and let it cook while you assemble. You'll need 2 cups for Meal 17. While you're at it, throw in some extra and bag up 5 baggies of rice to pull out for the serving suggestions portioned just right for your family so you don't have to cook rice 5 more times! This saves even more time later. Follow package directions for making rice.

**Onions:** Out of your 5 onions you will need to:

- ❑ Slice 3 onions and separate the rings.
- ❑ Chop the remaining 2 onions.
- ❑ Out of your 2 chopped onions, separate and mince enough onion to make 1 1/3 tablespoons of minced onion.

**Red Onions:** Out of your 2 red onions you will need to:

- ❑ Slice 1 onion and separate the rings.
- ❑ Cut into wedges the 1 remaining red onion for kabobs.

**Green Onions:** Wash both bunches of green onions under running water to remove any grit. Chop both bunches of green onions using the white part and some of the green stem.

**Peppers:** Wash all of your bell peppers. Cut off the tops, remove all seeds and then remove the ribs

- ❑ Slice 2 green peppers lengthwise into strips.
- ❑ Cut 1 green pepper into 1" chunks for kabobs.
- ❑ Slice 2 red peppers lengthwise into strips.
- ❑ Chop 1 red pepper
- ❑ Cut 1 red pepper into 1" chunks for kabobs.
- ❑ Cut 1 yellow pepper into 1" chunks for kabobs.

**Celery:** From the bunch of celery, choose and remove 1 large stalk; wash the stalk under running water. (Use the remaining celery for snacks or school lunches.) Chop the stalk of celery.

**Ginger:** Take your ginger root and peel the skin. Grate enough gingerroot to make 3 tablespoons. (Or you can use ginger powder and skip this entire step.)

**Lemons:** Using your palm, press and roll the lemons on your countertop a few times to help release the juice from the pulp. (Tip – lemons and limes stored at room temperature release more juice than lemons stored in your refrigerator.)

Carefully grate the yellow peel for zest. If you do not have a zester, use a vegetable grater or a cheese grater to remove the peel. (Zest is the outer colored portion of the citrus peel. Only grate the peel and not the white flesh beneath which can give your dish a bitter taste.)

If you do not have a juicer, squeeze the lemons over a bowl by hand. Be sure to remove any seeds from the juice.

**Limes:** Using your palm, press and roll the limes on your countertop a few times to help release the juice from the pulp.

Carefully grate the green peel for zest. If you do not have a zester, use a vegetable grater or a cheese grater to remove the peel. (Only grate the peel and not the white flesh beneath which can give your dish a bitter taste.)

If you do not have a juicer, squeeze the limes over a bowl by hand. Be sure to remove any seeds from the juice. Save 2 remaining limes for wedges to be used at meal time.

**Meats:** Take 1 1/3 pound flank steak and cut it into 1/4" strips. Be sure to cut across the grain of the meat for this recipe. (Tip – cutting this type of meat across the grain results in the muscle tissue fibers being shorter, which means your meat will be more tender and less chewy)

Take 1 1/3 pounds of boneless pork chops and cut it into 1 1/2" cubes.

Take 1 1/2 pounds boneless skinless chicken breasts and cut into strips.

## **Saving Dinner with Mega Menu-Mailer Dinner Planner**

### **Beef**

1. Pepper Steak
2. Polynesian Flank Steak
3. Greek Burgers
4. Crock Pot Meatballs

### **Chicken**

5. Jamaican Barbecue Chicken
6. Fajitas Pollo Loco
7. Apricot Barbecued Chicken Legs
8. Crock Mock Morock Chicken

### **Fish**

9. Ginger Honey Glazed Salmon
10. New England Fish Cakes
11. Cajun Salmon Sandwiches

### **Pork**

12. Saucy Pork Stir-Fry
13. Hawaiian Pork Kebobs
14. Tex-Mex Pork Wraps
15. Glazed Ham Steak

### **Turkey**

16. Caribbean Turkey
17. Stir-Fry Turkey and Veggies
18. Sloppy Jose's
19. Crock Pot Turkey

### **Lamb**

20. Garlic Lamb Steaks

## Pepper Steak

Mega Menu-Mailer Recipe 1 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine and mix well:

- 1 1/3 pounds flank steak, sliced into 1/4" strips (against the grain)**
- 1 1/3 tablespoons olive oil**
- 2 cloves garlic, pressed**
- 1 cup green onions, chopped**
- 1 large green bell pepper, seeded, deribbed and sliced thin**
- 1 large red bell pepper, seeded, deribbed and sliced thin**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Pepper Steak

Mega Menu-Mailer Recipe 1 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

- 1 1/2 pounds flank steak, sliced into 1/4" strips
- 2 cloves garlic, pressed
- 1 cup green onions, chopped
- 1 large green bell pepper, seeded, deribbed and sliced thin
- 1 large red bell pepper, seeded, deribbed and sliced thin

### At time of cooking ingredients

- 2 tablespoons olive oil
- 2 teaspoons cornstarch
- 1/4 cup water
- 1/4 cup soy sauce
- 1 1/4 cups beef broth (low sodium, no MSG, if available)

Remove preassembled Pepper Steak from the freezer and defrost. (For help with this, see defrost instructions.)

In a skillet, heat the olive oil over medium heat. Add the beef and veggie bag contents to the skillet. Cook until the meat browns on both sides. Now add the beef broth; cover and simmer for about 10 minutes. Remove the lid and turn up the heat.

While steak, onions and peppers are simmering, mix together the cornstarch, water and soy sauce. Stir into steak mixture and stir till sauce has nicely thickened.

**Serving Suggestions:** Garlic mashed potatoes, broiled mozzarella tomatoes (slice salad tomatoes in half, top each half with a piece of mozzarella cheese and cook under broiler till cheese is melty) and a big green salad.

**Nutrition per serving:** 355 Calories; 20g Fat; 34g Protein; 8g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 656mg Sodium. Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 Fat. Points: 8.5.

## Polynesian Flank Steak

Mega Menu-Mailer Recipe 2 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

**2 pounds flank steak**  
**1 teaspoon lemon peel, grated**  
**2 tablespoons olive oil**  
**1/4 cup lemon juice**  
**1/4 cup soy sauce**  
**1 teaspoon fresh ginger, grated (or 1 1/2**  
**teaspoons ginger powder)**  
**2 cloves garlic, pressed**  
**1 teaspoon brown sugar**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Polynesian Flank Steak

Mega Menu-Mailer Recipe 2 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

**2 pounds flank steak**  
**1 teaspoon lemon peel, grated**  
**2 tablespoons olive oil**  
**1/4 cup lemon juice**  
**1/4 cup soy sauce**  
**1 teaspoon fresh ginger, grated (or 1 1/2**  
**teaspoons ginger powder)**  
**2 cloves garlic, pressed**  
**1 teaspoon brown sugar**

Remove preassembled Polynesian Flank Steak from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat oven broiler, George Foreman or barbeque grill.

Broil in oven 5 to 8 minutes on each side or fire up your barbeque and cook to preferred doneness. Cut very thinly, on a diagonal (across the grain), and serve.

**Serving Suggestions:** Serve with roasted asparagus (roast at 375 for 10 to 15 minutes, with a drizzle of olive oil and salt and pepper) and baked potatoes.

**Nutrition per serving:** 476 Calories; 30g Fat; 45g Protein; 4g Carbohydrate; trace Dietary Fiber; 116mg Cholesterol; 1073mg Sodium. Exchanges: 6 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates. Points: 12.

## Greek Burgers

Mega Menu-Mailer Recipe 3 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 quart freezer bag combine:

**1 pound extra lean ground beef**  
**4 green pimento-stuffed olives, chopped**  
**1 tablespoon dried parsley**  
**2 cloves garlic, pressed**  
**1/8 teaspoon cinnamon**  
**Dash of nutmeg**  
**Salt and pepper to taste**

Seal the bag and blend the mixture together by squeezing and kneading the bag. Unseal the bag, starting at the bottom of the bag, roll the mixture to force out any air then seal the bag again. Insert this bag into a gallon sized plastic freezer bag.

In the second plastic freezer bag, also add:

**4 whole wheat pita breads**

Seal the bag. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Greek Burgers

Mega Menu-Mailer Recipe 3 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

1 pound extra lean ground beef  
4 green pimento-stuffed olives, chopped  
1 tablespoon dried parsley  
2 cloves garlic, pressed  
1/8 teaspoon cinnamon  
Dash of nutmeg  
Salt and pepper to taste  
4 whole wheat pita breads

### At time of cooking ingredients

1/3 cup low fat sour cream  
1 small cucumber, peeled, seeded and diced  
2 tablespoons Feta cheese, crumbled

Remove preassembled Greek Burgers from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat outdoor or indoor grill. Remove cooking rack from grill and spray with non-stick cooking spray; OR pan fry, if you prefer.

Divide mixture evenly and form into 4 burger patties, each about 4 1/2 inches in diameter. Grill burgers 2 to 3 minutes per side until meat is no longer pink in center.

To serve, spread 1 tablespoon sour cream on pita. Place cooked burger on bottom half of pita and top evenly with cucumber and 1 tablespoon crumbled Feta cheese. Fold over top half of pita and serve.

**Serving Suggestions:** Serve with coleslaw (coleslaw mix, mayonnaise, and rice vinegar) and a bowl of baby carrots.

**Nutrition per serving:** 477 Calories; 23g Fat; 29g Protein; 39g Carbohydrate; 6g Dietary Fiber; 86mg Cholesterol; 534mg Sodium. Exchanges: 2 1/2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates. Points: 11.

## Crock Pot Meatballs

Mega Menu-Mailer Recipe 4 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

**1/4 cup ketchup**  
**2 tablespoons brown sugar**  
**2 teaspoons lemon juice**  
**10 ounces canned jellied cranberry sauce**  
**1 cup jarred chili sauce**

Seal bag and set aside.

In a large bowl combine:

**1 pound extra-lean ground beef**  
**2/3 cup dry bread crumbs**  
**1 egg white**  
**2 tablespoons minced fresh onion**

Mix the ingredients thoroughly; shape mixture into 8 - 2" inch diameter meatballs. Place the formed meatballs into the 1 gallon bag containing your sauce. Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

**(Place the bag in a part of the freezer so it and its contents can freeze flat and you're meatballs won't get squished.)**

## Crock Pot Meatballs

Mega Menu-Mailer Recipe 4 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

1/4 cup ketchup  
2 tablespoons brown sugar  
2 teaspoons lemon juice  
10 ounces canned jellied cranberry sauce  
8-ounces chili sauce  
1 pound extra-lean ground beef  
2/3 cup dry bread crumbs  
1 egg white  
2 tablespoons minced fresh onion

### At time of cooking ingredients

Parsley sprigs-OPTIONAL

Remove preassembled Crock Pot Meatballs from the freezer and defrost. (For help with this, see defrost instructions.)

Place meatballs and sauce in a crock pot.

Cover crock pot and cook on low-heat setting for 6 to 8 hours depending on your crock pot. Garnish with parsley, if desired. (If you will be away from the house for more than 8 hours, you may wish to add 1/2 a cup of water to help lessen the chance of burning.)

**Serving Suggestions:** Serve with brown rice, steamed broccoli and a nice green salad for an easy dinner.

**Nutrition per serving:** 519 Calories; 21g Fat; 25g Protein; 59g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 445mg Sodium. Exchanges: 1 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 3 Other Carbohydrates. Points: 12.

## Jamaican Barbecue Chicken

Mega Menu-Mailer Recipe 5 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a blender or food processor place:

- 1 fresh jalapeno chili pepper, seeded and chopped (OPTIONAL)**
- 2 tablespoons yellow mustard**
- 1 teaspoon rosemary, crumbled**
- 2 teaspoons basil**
- 2 teaspoons thyme leaves**
- 1/2 cup chopped green onion**
- 2 cloves garlic, pressed**
- 1 teaspoon salt**
- Black pepper to taste**
- 2 tablespoons lime juice**

Process until blended. Spread mixture on one side of each of the:

### **4 boneless skinless chicken breast halves**

Prepare chicken for the freezer using one of the following options. Place chicken in a:

- 1) large rectangular Gladware®-type container. Place your label on the lid or write the recipe name/number and date on freezer tape and attach to container, or write on the lid, and place in the freezer. **OR**
- 2) 1 gallon freezer bag. For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Jamaican Barbecue Chicken

Mega Menu-Mailer Recipe 5 — Cooking Instructions



Volume 2  
\*  
Serves 4

### **Preassembled Ingredients**

- 1 fresh jalapeno chili pepper, seeded and chopped (OPTIONAL)**
- 2 tablespoons yellow mustard**
- 1 teaspoon rosemary, crumbled**
- 2 teaspoons basil**
- 2 teaspoons thyme leaves**
- 1/2 cup chopped green onion**
- 2 cloves garlic, pressed**
- 1 teaspoon salt**
- Black pepper to taste**
- 2 tablespoons lime juice**
- 4 boneless skinless chicken breast halves**

Remove preassembled Jamaican Barbecue Chicken from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat oven to Broil.

Place chicken, coated side up, on broiler pan (NEVER use glass bakeware to broil!); broil about 5 inches from heat source for about 25 minutes total, turning chicken half way through cooking time; baste with remaining barbecue sauce and finish cooking.

**Serving Suggestions:** Serve with brown rice, steamed broccoli and baked acorn squash.

**Nutrition per serving:** 145 Calories; 2g Fat; 28g Protein; 3g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 706mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. Points: 3.

## Fajitas Pollo Loco

Mega Menu-Mailer Recipe 6 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

**1 1/2 pounds boneless skinless chicken breast meat, sliced into strips**  
**2 tablespoons lime juice**  
**2 tablespoons rice wine vinegar or rice vinegar**  
**6 cloves garlic, pressed**  
**3 teaspoons cumin**  
**1 tablespoon olive**

Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag combine:

**1 cup onion, sliced**  
**1 cup red bell pepper, sliced**  
**1/3 cup green bell pepper, sliced**  
**1 tablespoon olive oil**

Gently force out any air then seal the bag. In a 1 gallon freezer bag add:

**4 (12 inch) flour or corn tortillas**

Gently and carefully force out any air then seal the bag.

For best results, Insert this bag, the bag containing the chicken and the bag containing the vegetables into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Fajitas Pollo Loco

Mega Menu-Mailer Recipe 6 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

2 tablespoons lime juice  
2 tablespoons rice wine vinegar  
6 cloves garlic, pressed  
1 tablespoon cumin  
2 tablespoons olive oil, divided  
1 1/2 pounds boneless skinless chicken breast meat, sliced into strips  
1 cup onion, sliced  
1 small red bell pepper, deseeded & sliced  
1 small green bell pepper, deseeded & sliced  
4 (12 inch) flour or corn tortillas

### At time of cooking ingredients

Jarred salsa (your favorite)  
Sour Cream  
Chopped Cilantro  
Avocados  
1 tablespoon Olive Oil

Remove preassembled Fajitas Pollo Loco from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet over medium heat, sauté bell peppers and onions till tender-crisp in olive oil. Remove chicken from plastic bag and discard marinade. Add meat to the skillet with peppers and onions. Cook and stir till chicken is cooked through.

Warm tortillas in a dry skillet, quickly moving them over the heat. Place in a covered basket, to be served at the table. Serve with salsa, sour cream, chopped cilantro or any of your other favorite fajita toppings.

**Serving Suggestions:** Add refried beans topped with cheddar cheese and a green salad topped with avocados.

**Nutrition per serving:** 315 Calories; 8g Fat; 38g Protein; 23g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 157mg Sodium. Exchanges: 1 Grain (Starch); 5 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. Points: 6.5.

## Apricot Barbecued Chicken Legs

Mega Menu-Mailer Recipe 7 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

- 8 skinless chicken legs**
- 1/2 cup apricot jelly**
- 3 tablespoons white wine (or white grape juice with splash of vinegar)**
- 2 tablespoons soy sauce (low sodium, if available)**
- 2 tablespoons lime juice**
- 1 green onion, chopped (the white and part of the green)**
- 8 cloves garlic, pressed**
- 1 tablespoon fresh gingerroot, grated**
- Salt and pepper to taste**

Carefully shake the bag to mix the ingredients and coat the chicken. Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Apricot Barbecued Chicken Legs

Mega Menu-Mailer Recipe 7 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

- 8 skinless chicken legs
- 1/2 cup apricot jelly
- 3 tablespoons white wine (or white grape juice with splash of vinegar)
- 2 tablespoons soy sauce
- 2 tablespoons lime juice
- 1 green onion, chopped
- 8 cloves garlic, pressed
- 1 tablespoon fresh gingerroot, grated
- Salt and pepper to taste

Remove preassembled Apricot Barbecued Chicken Legs from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat indoor or outdoor grill.

Remove chicken from plastic bag and reserve marinade for basting.

Grill chicken and baste with marinade; cook until tender and meat is no longer pink. Salt and pepper to taste.

Discard remaining marinade and serve.

**Serving Suggestions:** Serve with steamed broccoli, corn on the cob and a green salad.

**Nutrition per serving:** 405 Calories; 10g Fat; 53g Protein; 21g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 526mg Sodium. Exchanges: 7 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit. Points: 9.

## Crock Mock Morock Chicken

Mega Menu-Mailer Recipe 8 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

- 4 boneless skinless chicken breast halves, cut into 1-inch cubes (easy to cut when partially frozen)**
- 12 ounces canned diced tomatoes, undrained**
- 1 large red bell pepper, seeded, chopped**
- 1 cup onion, chopped**
- 2 tablespoons raisins**
- 2 tablespoons tomato paste**
- 1/4 cup chicken broth or vegetable broth**
- 6 cloves garlic, pressed**
- 2 teaspoons ground cumin**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Crock Mock Morock Chicken

Mega Menu-Mailer Recipe 8 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

- 4 boneless skinless chicken breast halves, cut into 1-inch cubes (easy to cut when partially frozen)
- 12 ounces canned diced tomatoes, undrained
- 1 large red bell pepper, seeded, chopped
- 1 cup onion, chopped
- 2 tablespoons raisins
- 2 tablespoons tomato paste
- 1/4 cup chicken broth or vegetable broth
- 6 cloves garlic, pressed
- 2 teaspoons ground cumin

### At time of cooking ingredients

- 2 tablespoons peanut butter

Remove preassembled Crock Mock Morock Chicken from the freezer and defrost. (For help with this, see defrost instructions.)

Place chicken and veggie mixture in crock pot. Cover. Cook on low heat setting 6-7 hours, or until chicken is tender. Stir in peanut butter until well mixed. Serve.

**Serving Suggestions:** Serve over couscous and add steamed cauliflower.

**Nutrition per serving:** 253 Calories; 6g Fat; 32g Protein; 18g Carbohydrate; 4g Dietary Fiber; 68mg Cholesterol; 516mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat. Points: 5.

## Ginger Honey Glazed Salmon

Mega Menu-Mailer Recipe 9 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag place:

**4 salmon fillets**  
**2 teaspoons olive oil**  
**2 teaspoons honey**  
**2 teaspoons Dijon mustard**  
**2 teaspoons fresh gingerroot, grated**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Ginger Honey Glazed Salmon

Mega Menu-Mailer Recipe 9 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

4 salmon fillets  
2 teaspoons olive oil  
2 teaspoons honey  
2 teaspoons Dijon mustard  
2 teaspoons fresh gingerroot, grated

Remove preassembled Ginger Honey Glazed Salmon from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat oven to 350 degrees.

Remove salmon from bag and place in a medium-sized baking dish.

Bake for 15 to 20 minutes or until fish flakes with a fork and is fully cooked (but not over-cooked!).

**Serving Suggestions:** Brown rice, steamed kale, a big green salad and a little bowl of baby carrots will score huge nutritional points and be really tasty!

**Nutrition per serving:** 230 Calories; 8g Fat; 34g Protein; 3g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 145mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates. Points: 5.5.

## New England Fish Cakes

Mega Menu-Mailer Recipe 10 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a mixing bowl, add:

**4 slices bread, crumbled into fine bread crumbs**  
**1 medium stalk celery, finely chopped**

In a food processor or blender place:

**1 1/2 pounds boneless firm-fleshed fish (such as cod, haddock or flounder)**

Process fish into a chunky puree (sounds gross, but hang in there — this recipe is good!). Add the fish puree to the bowl of bread crumbs and celery; mix well. Add the following ingredients:

**1/2 cup green onions, finely chopped (the white part and part of the green stems)**  
**2 teaspoons dried basil**  
**1 egg, slightly beaten**  
**Salt and pepper to taste**

Mix well till all ingredients are well incorporated. Form fish mixture into 4 patties.

Prepare fish patties for the freezer using one of the following options. Place the patties in a:

- 1) large rectangular Gladware®-type container. Place your label on the lid or write the recipe name/number and date on freezer tape and attach to container, or write on the lid, and place in the freezer. **OR**
- 2) 1 gallon freezer bag. For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer. Freeze flat.

## New England Fish Cakes

Mega Menu-Mailer Recipe 10 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

4 slices bread, crumbled into fine bread crumbs  
1 medium stalk celery, finely chopped  
1 1/2 pounds boneless firm-fleshed fish  
1/2 cup green onions, finely chopped  
2 teaspoons dried basil  
1 egg, slightly beaten  
Salt and pepper to taste

### At time of cooking ingredients

Tartar sauce, your favorite brand  
Lemon wedges  
3 tablespoons vegetable oil

Remove preassembled New England Fish Cakes from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet over medium-high heat, cook fish cakes in oil for about 5 minutes. Carefully flip over and cook another five minutes, or until cakes are golden brown and fish is done.

Top with tartar sauce and a squeeze of lemon; serve.

**Serving Suggestions:** Serve as is or on a burger bun topped with coleslaw alongside steamed red potatoes and raw baby carrots. (To make coleslaw, mix mayonnaise with coleslaw mix and add a dash of rice vinegar to taste.)

**Nutrition per serving:** 313 Calories; 14g Fat; 31g Protein; 14g Carbohydrate; 1g Dietary Fiber; 136mg Cholesterol; 250mg Sodium. Exchanges: 1 Grain (Starch); 4 Lean Meat; 0 Vegetable; 2 1/2 Fat. Points: 7.5.

## Cajun Salmon Sandwiches

Mega Menu-Mailer Recipe 11 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag place:

**4 salmon fillets**

Gently squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag place:

**2 tablespoons Cajun spice**

Squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag place:

**4 French rolls**

For best results, insert this bag, the bag containing the Cajun spice and the bag containing the salmon into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Cajun Salmon Sandwiches

Mega Menu-Mailer Recipe 11 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

4 salmon fillets  
2 tablespoons Cajun spice  
Oil  
Salt and pepper, to taste  
4 French rolls

### At time of cooking ingredients

1 cup shredded cabbage  
8 slices tomato  
6 tablespoons low fat mayonnaise  
2 teaspoons Cajun spice

Remove preassembled Cajun Salmon Sandwiches from the freezer and defrost. (For help with this, see defrost instructions.)

Heat enough oil in a skillet to cover the bottom of the pan over high heat for several minutes (You need the pan really hot, but watch it carefully so the oil doesn't burn.) Mix mayonnaise with 1 to 2 teaspoons of Cajun spice. Taste, add salt, pepper or more Cajun spice as necessary; set aside.

Lightly oil both sides of the salmon and sprinkle with the remaining Cajun spice (the more you add, the hotter it becomes, so be careful). Place salmon in the hot skillet to blacken; cook for 2 to 3 minutes on the first side, turn and finish cooking. Cooking time will vary based on the thickness of fish and the heat of pan.

Split the French rolls in half, remove some of the inside breading and lightly toast the halves. Spread some of the mayonnaise mixture onto each French roll half. On the bottom half of the roll place blackened salmon, 2 slices of tomato, 1/4 cup of the shredded cabbage, and top with the other half of the roll. Serve.

**Serving Suggestions:** Serve with a tossed green salad.

**Nutrition per serving:** 443 Calories; 14g Fat; 41g Protein; 41g Carbohydrate; 6g Dietary Fiber; 92mg Cholesterol; 1120mg Sodium. Exchanges: 1 1/2 Grain (Starch); 5 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat. Points: 9.5.

## Saucy Pork Stir Fry

Mega Menu-Mailer Recipe 12 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag add:

**1 pound pork tenderloin roast, sliced into medallions**  
**2/3 cup teriyaki sauce**

Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag combine:

**1/3 cup low sodium chicken broth**  
**2 teaspoons cornstarch**  
**2 teaspoons sugar**  
**2 teaspoons gingerroot, grated**  
**2 cloves garlic, pressed**

Gently and carefully force out any air then seal the bag. Insert this bag and the bag containing the pork medallions into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Saucy Pork Stir Fry

Mega Menu-Mailer Recipe 12 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

1 pound pork tenderloin roast, sliced into medallions  
2/3 cup teriyaki sauce  
1/3 cup low sodium chicken broth  
2 teaspoons cornstarch  
2 teaspoons sugar  
2 teaspoons gingerroot, grated  
2 cloves garlic, pressed

### At time of cooking ingredients

11 ounces frozen stir-fry vegetables  
2 tablespoons vegetable oil

Remove preassembled Saucy Pork Stir Fry from the freezer and defrost. (For help with this, see defrost instructions.)

Remove pork medallions from bag and discard teriyaki marinade.

In a large skillet or wok, stir-fry pork in oil. Cook until meat is no longer pink; remove from skillet and set aside.

Add frozen vegetables to skillet and cook for about 4 minutes, or until vegetables are tender-crisp.

Add pork back to skillet/wok.

Add the bag containing chicken broth mixture and cook a few more minutes, or until sauce is thickened.

**Serving Suggestions:** Serve over angel hair pasta with sautéed snow peas on the side.

**Nutrition per serving:** 292 Calories; 15g Fat; 22g Protein; 16g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 1947mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. Points: 7.

## Hawaiian Pork Kebobs

Mega Menu-Mailer Recipe 13 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

**1/4 cup olive oil**  
**6 cloves garlic, pressed**  
**2 tablespoons soy sauce (low sodium, if available)**  
**Salt and pepper to taste**  
**1 1/2 pounds boneless pork chops, cut into 1 1/2" cubes**

Gently and carefully force out any air then seal the bag.

In a 1 gallon freezer bag add:

**2 tablespoons vegetable oil**  
**1 large red onion, cut into 1 1/2"-inch chunks**  
and  
**1 large red bell pepper**  
**1 large green bell pepper**  
**1 large yellow bell pepper**

(All 3 peppers seeded, de-ribbed and cut into chunks)

Gently and carefully force out any air then seal the bag. Insert this bag and the bag containing the pork chops into a 1 gallon freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

**Tip:** Place your bamboo skewers in a freezer bag with water and place in your freezer. This way, your skewers will be pre-soaked and ready for use after they thaw.

## Hawaiian Pork Kebobs

Mega Menu-Mailer Recipe 13 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

1/4 cup olive oil  
6 cloves garlic, pressed  
2 tablespoons soy sauce-low sodium, if available  
Salt and pepper to taste  
1 1/2 pounds boneless pork chops, cut into 1 1/2" cubes  
2 tablespoons vegetable oil  
1 large red bell pepper\*  
1 large green bell pepper\*  
1 large yellow bell pepper\*  
1 large red onion, cut into 1 1/2"-inch chunks  
(\* Seeded, de-ribbed and cut into chunks)

### At time of cooking ingredients

10-ounces canned pineapple chunks in juice, drained, reserve juice

Remove preassembled Hawaiian Pork Kebobs from the freezer and defrost. (For help with this, see defrost instructions.)

If using bamboo skewers, soak for 30 minutes in water (if you didn't freeze skewers in bag of water when meal was prepped.) Meanwhile, pre-heat outdoor or indoor grill.

Prepare veggies for kebobs by mixing pineapple chunks with the bag of bell peppers and onions in a bowl. Toss well to coat fruit and veggies. Thread pork on skewers, alternating pineapple and veggies between pork pieces.

Brush with reserved pineapple juice as needed and grill kebobs until pork is done and lightly browned.

**Serving Suggestions:** Serve with brown rice and a big green salad.

**Nutrition per serving:** 449 Calories; 28g Fat; 30g Protein; 20g Carbohydrate; 2g Dietary Fiber; 89mg Cholesterol; 373mg Sodium. Exchanges: 4 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 4 Fat. Points: 11.

## Tex-Mex Pork Wraps

Mega Menu-Mailer Recipe 14 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

- 1 2/3 pounds boneless pork roast**
- 5 ounces canned tomato sauce**
- 2/3 cup barbecue sauce (your favorite)**
- 1 medium red onion, thinly sliced**
- 1 (2.5-oz.) can diced green chilies, or to taste**
- 2 tablespoons chili powder (or to taste, depending on your heat tolerance)**
- 1 teaspoon ground cumin**
- 1 teaspoon dried oregano**

Gently and carefully force out any air then seal the bag.

In a 1 gallon freezer bag place:

**4 flour tortillas (whole wheat, if available)**

Insert this bag and the bag containing the pork roast into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Tex-Mex Pork Wraps

Mega Menu-Mailer Recipe 14 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

- 1 2/3 pounds boneless pork roast
- 5 ounces canned tomato sauce
- 2/3 cup barbecue sauce (your favorite)
- 1 medium red onion, thinly sliced
- 1 (2.5-oz.) can diced green chilies, or to taste
- 2 tablespoons chili powder (or to taste, depending on your heat tolerance)
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 4 flour tortillas (whole wheat, if available)

Remove preassembled Tex-Mex Pork Wraps from the freezer and defrost. (For help with this, see defrost instructions.)

Place entire bag containing meat/sauce contents in a crock pot.

Cover and cook on low for about 8 to 10 hours.

When pork roast is done, take two forks and shred meat. Serve on warmed tortillas.

**Serving Suggestions:** Garnish wraps with chopped lettuce, diced tomatoes, diced green onion, sour cream and chopped cilantro or any other topping of your choice. Serve with Spanish rice and refried beans.

**Nutrition per serving:** 498 Calories; 22g Fat; 35g Protein; 41g Carbohydrate; 6g Dietary Fiber; 94mg Cholesterol; 1104mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates. Points: 11.

## Glazed Ham Steak

Mega Menu-Mailer Recipe 15 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag place:

**2 pounds ham steak, cut into 2 pieces**

Gently force out any air then seal the bag.

In a 1 quart freezer bag add:

**1/2 cup water**

**3 tablespoons prepared mustard**

**2 tablespoons brown sugar**

**1/4 teaspoon black strap molasses**

Gently and carefully force out any air then seal the bag.

Insert this bag and the bag containing the ham steaks into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Glazed Ham Steak

Mega Menu-Mailer Recipe 15 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

2 pounds ham steak, cut into 2 pieces

1/2 cup water

3 tablespoons prepared mustard

2 tablespoons brown sugar

1/4 teaspoon black strap molasses

### At time of cooking ingredients

2 tablespoons vegetable oil

Remove preassembled Glazed Ham Steak from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet over medium-high heat, sauté ham steak in vegetable oil, making sure to get it golden brown on both sides, about 3 minutes per side.

Remove steak from skillet and keep warm.

Into the skillet, add the bag containing the glaze mixture. Stir this around to get up all the browned bits from the bottom of the skillet. Simmer sauce a minute or so, then pour over ham steak and serve.

**Serving Suggestions:** Add baked sweet potatoes, steamed broccoli and cauliflower tossed in a little butter and topped with a little nutmeg.

**Nutrition per serving:** 298 Calories; 14g Fat; 36g Protein; 6g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 2419mg Sodium. Exchanges: 5 1/2 Lean Meat; 1 Fat; 1/2 Other Carbohydrates. Points: 7.5.

## Caribbean Turkey

Mega Menu-Mailer Recipe 16 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

**8 turkey breast cutlets**  
**4 tablespoons honey**  
**1/4 cup lime juice**  
**2 tablespoons vegetable oil**  
**2 tablespoons mustard**  
**2 cloves garlic, pressed**  
**1/3 teaspoon grated lime peel (zest)**  
**Salt and pepper to taste**

Gently and carefully force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Caribbean Turkey

Mega Menu-Mailer Recipe 16 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

8 turkey breast cutlets  
4 tablespoons honey  
1/4 cup lime juice  
2 tablespoons vegetable oil  
2 tablespoons mustard  
2 cloves garlic, pressed  
1/3 teaspoon grated lime peel (zest)  
Salt and pepper to taste

### At time of cooking ingredients

Lime wedges

Remove preassembled Caribbean Turkey from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat oven to 375 degrees.

Remove turkey from marinade bag and place turkey on a baking pan and cook until done.

Slice thinly on the diagonal. Serve with lime wedges.

**Serving Suggestions:** Serve with whole grain rolls and a green salad.

**Nutrition per serving:** 274 Calories; 7g Fat; 34g Protein; 19g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 384mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates. Points: 6.

## Stir Fry Turkey and Veggies

Mega Menu-Mailer Recipe 17 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

**8 turkey breast cutlets cut into strips**  
**2 tablespoons coarse Dijon mustard**  
**1 tablespoon olive oil**  
**1 cup mixed vegetables, chopped (your favorite or use any leftovers you may have on hand)**  
**1 teaspoon thyme**  
**Salt and pepper to taste**

Gently and carefully force out any air then seal the bag.

Cook rice according to package directions (if you did not already do this in the do ahead preparations.) In a 1 quart freezer bag place:

**2 cups cooked brown rice**

Place the meat bag and the rice bag into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Stir Fry Turkey and Veggies

Mega Menu-Mailer Recipe 17 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

8 turkey breast cutlets cut into strips  
2 tablespoons coarse Dijon mustard  
1 tablespoon olive oil  
1 cup mixed vegetables, chopped (your favorite or use any leftovers on hand)  
1 teaspoon thyme  
Salt and pepper to taste  
2 cups brown rice, cooked

### At time of cooking ingredients

1/3 cup white wine (or use grape juice or veggie broth)  
1 tablespoon butter  
1 tablespoon olive oil

Remove preassembled Caribbean Turkey from the freezer and defrost. (For help with this, see defrost instructions.)

Heat the oil in a wok or skillet and, when hot, add veggies and turkey, stirring frequently till cooked. Remove from pan and keep warm.

Add wine (or water or broth) to wok or skillet and, using a whisk, scrape up all the brown bits from the pan. Cook until reduced by half. Add the butter and whisk together till well mixed and bubbling.

Add turkey and veggies back to wok/skillet and heat through thoroughly. Serve on top of brown rice and enjoy!

**Serving Suggestions:** If you have enough veggies, you really don't need anything else with this meal!

**Nutrition per serving:** 268 Calories; 6g Fat; 22g Protein; 28g Carbohydrate; 4g Dietary Fiber; 55mg Cholesterol; 261mg Sodium. Exchanges: 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates. Points: 5.

## Sloppy Jose's

Mega Menu-Mailer Recipe 18 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 quart freezer bag add:

**1 pound ground turkey**  
**Salt and pepper to taste**

Gently force out any air then seal the bag.

In a 1 quart freezer bag add:

**1 cup salsa (use your favorite)**

Gently and carefully force out any air then seal the bag.

In a 1 quart freezer bag add:

**1 cup Colby Jack cheese, shredded**

In a 1 gallon freezer bag add:

**4 whole wheat buns**

Gently and carefully force out any air then seal the bag.

Insert this bag, the bag containing the ground turkey and the salsa and cheese bags into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Sloppy Jose's

Mega Menu-Mailer Recipe 18 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

1 pound ground turkey  
Salt and pepper to taste  
1 cup salsa (your favorite, jarred variety)  
1 cup Colby Jack cheese, shredded  
4 whole wheat buns

Remove preassembled Sloppy Jose's from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet, brown ground turkey.

Add salsa; stir till heated through.

Remove from heat and sprinkle with shredded Colby Jack cheese. Blend till cheese is melted.

**Serving Suggestions:** Serve on whole wheat burger buns with oven potato fries and a big salad on the side.

**Nutrition per serving:** 299 Calories; 19g Fat; 27g Protein; 5g Carbohydrate; 1g Dietary Fiber; 117mg Cholesterol; 559mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. Points: 7.5.

## Crock Pot Turkey

Mega Menu-Mailer Recipe 19 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon sized freezer bag combine:

**8 skinless turkey breast cutlets (or use skinless chicken thighs)**  
**2 onions, thinly sliced**  
**1 cup apple cider**  
**1 (14.5-oz.) can low sodium chicken broth**  
**1 cup baby carrots**  
**1/2 teaspoon thyme, crushed**  
**Salt and pepper to taste**  
**1 tablespoon olive oil**

Gently and carefully force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Crock Pot Turkey

Mega Menu-Mailer Recipe 19 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

8 skinless turkey breast cutlets (or use skinless chicken thighs)  
2 onions, thinly sliced  
1 cup apple cider  
1 (14.5-oz.) can low sodium chicken broth  
1 cup baby carrots  
1/2 teaspoon thyme, crushed  
Salt and pepper to taste  
1 tablespoon olive oil

### At time of cooking ingredients

1 tablespoon flour  
1/4 cup cold water

Remove preassembled Crock Pot Turkey from the freezer and defrost. (For help with this, see defrost instructions.)

In a crock pot place the entire contents of the bag containing the turkey and veggies. Turn crock pot on low and cook for 8 hours.

When carrots are tender and all is cooked, drain cooking liquid into a saucepan and simmer over medium heat till reduced.

In a cup, combine 1 tablespoon flour and 1/4 cup cold water; blend to make a paste, using a fork. Make sure there are no lumps! Add to simmering juices, blending the entire time with the fork or a whisk to incorporate flour mixture with the cooking juices. When sauce has thickened, serve over turkey.

**Serving Suggestions:** Serve with mashed potatoes, steamed green beans and a salad.

**Nutrition per serving:** 173 Calories; 7g Fat; 15g Protein; 11g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 254mg Sodium. Exchanges: 0 Grain (Starch); 2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat. Points: 4.

## Garlic Lamb Steaks

Mega Menu-Mailer Recipe 20 — Assembly Guidelines



Volume 2  
\*  
Serves 4

In a 1 gallon freezer bag combine:

**4 loin lamb chops (8, if very small) OR you could use beef steak**

Gently force out any air then seal the bag.

In a 1 quart freezer bag add:

**4 tablespoons butter, softened**  
**4 cloves garlic, pressed**

Gently force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Garlic Lamb Steaks

Mega Menu-Mailer Recipe 20 — Cooking Instructions



Volume 2  
\*  
Serves 4

### Preassembled Ingredients

4 loin lamb chops (8, if very small) OR you could use beef steak)

4 tablespoons butter, softened

4 cloves garlic, pressed

### At time of cooking ingredients

Salt and pepper to taste

2 tablespoons parsley, finely chopped

Remove preassembled Garlic Lamb Steaks from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat oven to broil.

Salt and pepper steaks to taste.

Empty the butter/garlic packet into a small mixing bowl and blend together well.

Place lamb steaks on broiler pan, then put half a tablespoon of garlic butter on top of each steak.

Cook to desired level of doneness, about 7 minutes per side for medium-well. Top each steak with remaining garlic butter, sprinkle with parsley and serve.

**Serving Suggestions:** Add brown rice.

**Low Carb Serving Suggestion:** Sautéed mushrooms, steamed broccoli and a green salad.

**Nutrition per serving:** 181 Calories; 18g Fat; 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 133mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 3 Fat. Points: 5.5.

# **Saving Dinner with**



# **Mega Menu-Mailer Volume 3**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**20 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to Mega Menu-Mailer

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, p, for all of the dinners, leaving you nothing but defrosting and co 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 Mega Menu-Mailer, 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 our Mega Menu-Mailer's average cost per meal is, we have shopped at stores from North Carolina to Phoenix, Arizona.

We used stores that are relatively high end – definitely not discount grocers. 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 - \$340 for the different Menu-Mailers 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 Mega Menu-Mailer – but again, this is straight retail, no penny pinching. whatsoever!

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 coupons.

See our website for

## MONEY SAVING HINTS

for great tips on saving while shopping!

## 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)
- ❑ 2 plastic storage containers (GladWare®, Ziploc®, etc) in a flat, "casserole" style.
- ❑ 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 that you have in your kitchen.

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 couldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And Mega Menu-Mailer 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 Mega Menu-Mailer 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. (See our web site for more about online grocery shopping.)

## 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°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 shorter 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 it's 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, fish, pork/lamb, and turkey. 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 lamb items, 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 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 Mega Menu-Mailer 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?” We 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 months 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 pickup 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 every one, even the youngest, feel 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!**

## Mega Menu-Mailer 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 Mega Menu-Mailer 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 Mega Menu-Mailer 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.

Page 1 of 2

## MEAT

- 2 pounds extra lean ground beef [M1,M4]
- 3 pounds flank steak [M2,M3]
- 12 boneless skinless chicken breast halves (you need 8 breasts + 3-4 breasts {about 1 pound that will be cooked before assembly}. If you don't want to cook during assembly, check your store's freezer section for 1 pound precooked chicken breast meat) [M5,M6,M7]
- 4-6 boneless skinless chicken thighs (depending on size, need 4 portions) [M8]
- 4 boneless firm-fleshed fish fillets (such as cod, haddock or flounder) (if not using frozen) [M9]
- 4 (4 oz.) salmon fillets or steaks [M10]
- 4 (5 oz.) tuna or other meaty fish steaks [M11]
- 1 ½ pounds pork loin roast [M13]
- 12 boneless pork chops (about ¾ inch thick) [M14,M15,M16]
- 4 large turkey cutlets (or tenderloins) [M17]
- 1 pound ground turkey [M18]
- 1 pound turkey bacon (8 slices) [M6]
- ½ pound turkey kielbasa sausage [M16]
- 1 pound ground lamb (or substitute a ground meat of your choice) [M19]

## CONDIMENTS

- Olive oil (10 tablespoons) [M2,M3,M7,M10,M13,M16]
- Vegetable oil (4 tablespoons) [M9,M11]
- Sesame oil (1 tablespoon) [M17]
- Ketchup (1 ½ cups) [M4]
- Mustard (1 ½ tablespoons) [M4]
- Mayonnaise (4 tablespoons) [M12]
- Dijon mustard (1 tablespoon) [M12]
- Honey (2/3 cup) [M9,M15]
- Soy sauce, (low sodium, if available) (1 ½ tablespoons) [M7]
- Vinegar (if using white grape juice) (splash) [M15]
- White vinegar (1 tablespoon) [M4]
- White wine (if not using white grape juice) (3 tablespoons) [M15]
- White grape juice (if not using white wine) (3 tablespoons) [M15]
- Tomato juice (2 cups) [M20]

## PRODUCE

- 5 large onions [M1,M4,M9,M11,M16,M20]
- 3 heads of garlic (15) [M1,M2,M7,M10,M11,M13,M14,M15,M19,M20] (TIP: we prefer fresh, but you may want to check out "preminced" garlic that comes in a jar to speed up prep times. Equivalents are on the jar label.)
- Gingerroot (2 ½ tablespoons) [M7,M9] (TIP: You can also buy gingerroot already grated in a "paste" form. Look in the produce area for it in a small jar!)
- 2 small red onions [M8,M18]
- 2 bunches green onions [M5,M7,M12,M17]
- 1 bunch cilantro (¾ cup chopped) [M8,M11]
- 6 limes (7 tablespoons juice) [M2,M7,M8,M13] (TIP: we prefer fresh, but you can buy lime juice already squeezed)
- 2-3 lemons (¼ cup juice) [M11] (TIP: we prefer fresh, but you can buy lemon juice already squeezed)
- 2 medium tomatoes [M11]
- 1 jalapeno pepper [M18]
- 5 green bell peppers (4 of them should be nicely shaped as they'll be stuffed) [M1,M16]
- 1 red bell pepper (2 tablespoons, finely chopped) [M18]
- 1 bunch celery (4 stalks + ½ cup) [M4,M9,M11,M16,M20]
- 7 carrots (2 cups sliced + 1 medium, sliced) [M5,M9,M20]
- 1 (8 oz or larger) carton sliced mushrooms (4 oz + 1 ¾ cups) [M1,M5]

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## CANNED GOODS

- 4 (4.5 oz.) cans chicken broth (or vegetable broth) (2/3 + 2 1/2 cups) [M7,M20]
- 2 (14.5 oz.) cans diced tomatoes [M16,M20]
- 2 (4.25 oz.) cans sliced black olives [M1,M11]
- 2 (16 oz.) cans black beans [M8]
- 2 (6 oz.) cans (or pouches) salmon in water [M12]
- 2 (16 oz.) jars Alfredo sauce, your favorite [M5]
- 2 (6 oz.) jars Kalamata olives (1 cup chopped) [M14]

## SPICES

- Black Pepper (ground) (4 teaspoons) [M3]
- Thyme (2 teaspoons) [M5,M15]
- Basil (1/2 tablespoon) [M20]
- Ginger powder
- Chili powder (4 teaspoons) [M3,M8]
- Cayenne pepper (1 1/4 teaspoons) [M3,M5,M16]
- Lemon pepper (2 teaspoons) [M10]
- Red pepper flakes (3 1/4 teaspoons) [M3,M7]
- Cumin (3 teaspoons) [M8,M19]
- Oregano (1 1/2 tablespoons + 1 3/4 teaspoons) [M3,M13,M16,M20]
- Sesame seeds (1/4 cup) [M17]
- Cajun spice or seasoning (1 teaspoon) [M16]
- Italian seasoning (1 teaspoon) [M1]
- 1 (1.25 oz.) package Taco seasoning mix [M8]
- Montreal steak seasoning (or make your own) (1 teaspoon) [M3]

### Additional spices needed if making homemade

#### Montreal seasoning:

- Garlic powder (2 teaspoons) [M3]
- Coriander seeds (4 teaspoons) [M3]
- Kosher salt (2 tablespoons) [M3]
- Dill weed (4 teaspoons) [M3]
- Paprika (4 teaspoons) [M3]

## DAIRY/DAIRY CASE

- Mozzarella cheese – (3 cups shredded) [M1,M5]
- 1 (15 oz.) container Ricotta cheese [M5]
- Swiss cheese (1/2 cup shredded) [M5]
- Baby Swiss cheese (4 slices) [M6]
- Feta cheese (4 tablespoons crumbled) [M19]
- Parmesan cheese (grated) (1/2 cup) [M20]
- 1 egg [M12]
- Orange juice (1 cup) [M9,M13]

## DRY GOODS

- Brown sugar (1/4 cup) [M4]
- 1 pound brown rice (1 1/2 cups cooked) [M1]
- Lasagna noodles (9 noodles) [M5]
- Pasta shells, your choice (1 cup) [M20]
- Cashews (1/3 cup) [M2]

## FREEZER

- 1 (10 oz.) package frozen peas (3/4 cup) [M5]
- 4 boneless firm-fleshed fish fillets (such as cod, haddock or flounder) (if not using fresh) [M9]

## BAKERY

- 1 package (12-inch) flour tortillas (whole wheat, if available) (4) [M18]
- 1 package (6-inch) flour tortillas (whole wheat, if available) (8) [M8]

## OTHER

- Wax paper [M12]
- 9x12 Gladware® or foil pan [M5]
- Medium Gladward® type container (for 4 burger patties) [M12] (OPTIONAL)
- 1 gallon freezer bags (about 40)
- 1 quart freezer bags (about 15)

### QUICK TIP

Some ingredients on the “Meal Time Shopping List” are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.

# 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.)

## 1. Stuffed Pepper

1 (28 oz.) can/jar spaghetti sauce, your favorite  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice  
\* Baby carrots

## 2. Cashew Steak

Olive oil  
1 large lime  
¼ cup chopped cilantro  
\*Brown rice  
\*snow peas  
\*Red bell peppers  
\*Kale  
\*Olive oil  
\*Clove of garlic

## 3. Spicy Montreal Grilled Steaks

\*Russet potatoes  
\*Baked potato toppings  
\*Broccoli  
\*Cauliflower  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

## 4. Dad's Favorite Sloppy Joes

\*Whole-wheat hamburger buns (4)  
\*Russet potatoes  
\*Olive oil  
\*Garlic powder  
\*Baby carrots

## 5. Chicken Pot Pie Lasagna

\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice  
\*Broccoli

## 6. Swiss Chicken

Butter (2 tablespoons)  
Honey mustard (4 teaspoons)  
\*Red potatoes  
\*Green beans

## 7. Grilled Chicken with Ginger

1 orange, sliced (optional)  
Cilantro (for garnish) (optional)  
\*Brown rice  
\*Zucchini  
\*Yellow squash

## 8. Mexican Crock Chicken with Black Beans

Vegetable oil  
Salsa, your favorite (about 1 cup)  
\*Baked tortilla chips  
\*Guacamole

## 9. Sweet and Sour Fish

Vegetable oil  
Cayenne pepper  
\*Sweet potatoes  
\*Spinach  
\*Olive oil  
\*Clove of garlic

## 10. Lemon Garlic Salmon

Olive oil  
2 lemons  
\*Russet potatoes  
\*Baked potato toppings  
\*Kale  
\*Baby carrots

## 11. Fish with Salsa

Salsa, your favorite  
\*Asparagus  
\*Baby carrots  
\*Red potatoes

## 12. Salmon Burgers

Olive oil  
\*Whole-wheat hamburger buns (4)  
\*Tartar sauce

## 13. Cuban Pork

\*Red potatoes  
\*Broccoli

## 14. Pan Fried Orange Pork Cutlets

Vegetable oil  
2 oranges, peeled and sectioned  
\*Orzo  
\*Baby spinach (about 6 cups)  
\*Garlic powder  
\*Lemons (need juice, to taste)

## 15. Honey Grilled Pork Chops

\*Brown rice  
\*Zucchini  
\*Yellow squash  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

## 16. Crock Pot Pork Jambalaya

\*Brown rice  
\*Spinach  
\*Olive oil  
\*Clove of garlic

## 17. Sesame Turkey Cutlets

Vegetable oil  
\*Snow peas  
\*Mushrooms  
\*Olive oil  
\*Clove of garlic  
\*Wild rice pilaf

## 18. Feisty Fiesta Turkey Wraps

Romaine lettuce (2 cups, shredded)  
Low fat cheddar cheese, shredded (a Mexican blend if you can find it!) (½ cup)  
Guacamole (prepared or make, your choice) (½ cup)  
Sour cream (2 tablespoons)  
2 medium tomatoes, diced  
\*Refried beans  
\*Spanish rice

## 19. Plums Lamburgers

\*Whole-wheat hamburger buns (4)  
\*Spinach  
\*Russet potatoes  
\*Olive oil  
\*Garlic powder

## 20. Crock Veggie Soup

Loaf of French bread  
\* Lettuce, your choice  
\* Salad toppings  
\* Salad dressing, your choice

## 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.

**Brown Rice:** This is one item you'll need to cook. Put this on very first and let it cook while you assemble. You'll need 1 ½ cups cooked for Meal 1. While you're at it, throw in some extra and bag up 4 baggies of rice to pull out for the Serving Suggestions portioned just right for your family so you don't have to cook rice 4 more times! This saves even more time later. Follow package directions for making rice.

**Onions:** Out of your 5 onions you will need to:

- ❑ Slice 1 onion in half and cut one of those halves into thin rings.
- ❑ Chop the remaining 5 onions. (1 large onion is about 1 cup chopped; 1 medium onion is about ¾ cup chopped)
- ❑ Take ¼ cup of the chopped onion and mince it even finer

**Red Onions:**

- ❑ Chop onion in half or even quarters, depending on size, and chop one portion into finely minced red onion to yield 2 tablespoons. (you can chop the rest of your onion and freeze for later use if you'd like!)

**Green Onions:** Wash both bunches of green onions under running water to remove any grit. Chop both bunches of green onions using the white part and some of the green stem. TIP: Keep an eye on how much 1 stem cuts up to be as some of the recipes will ask for 3 green onions, then, you'll know how much to grab.

**Carrots:**

- ❑ Thinly slice 1 carrot and set aside
- ❑ Thinly slice the remaining carrots to make 2 cups.

**Tomatoes:** Seed and chop 2 tomatoes.

**Peppers:** Wash all of your bell peppers. Cut off the tops, remove all seeds and then remove the ribs

- ❑ Put 4 nice large green bell peppers aside.
- ❑ Chop 1 green pepper
- ❑ Chop 1 red pepper
- ❑ Seed and chop 1 jalapeno pepper. **TIP:** Jalapeno can be VERY hot. You may want to wear rubber gloves when chopping so that you do not get the oils on your hands, and DON'T rub your eyes afterwards!

**Ginger:** Take your ginger root and peel the skin. Grate enough gingerroot to make 3 tablespoons. (Or you can use ginger powder and skip this entire step; or in the produce area, by the minced garlic, they sell jars of "Ginger paste". Just follow the measurements on the jar!)

**Garlic:** Press 15 cloves of garlic. ½ teaspoon is about the same as 1 clove of garlic.

**Celery:** From the bunch of celery, choose and remove about 6 large stalks; wash them under running water.

- ❑ Chop 3 stalks of celery and divide
- ❑ Slice the remaining 3 stalks and divide – you will need 1 stalk sliced; and ½ cup sliced.

**Lemons:** Using your palm, press and roll the lemons on your countertop a few times to help release the juice from the pulp. (Tip – lemons and limes stored at room temperature release more juice than refrigerated ones.)

If you do not have a juicer, squeeze the lemons over a bowl by hand. Be sure to remove any seeds from the juice. You need ¼ cup juice.

**Limes:** Using your palm, press and roll the limes on your countertop a few times to help release the juice from the pulp.

If you do not have a juicer, squeeze the limes over a bowl by hand. Be sure to remove any seeds from the juice. You need about 8 tablespoons juice.

**Beef:** Take your 3 pounds of flank steak meat and cut them into 8 equal sized steaks. Be sure to cut across the grain of the meat. (TIP: cutting flank steak across the grain results in the muscle tissue fibers being shorter, making the meat more tender and less chewy)

**Pork:** Take 4 boneless pork chops and cut it into 1" cubes.

**Chicken:** If you did not buy 1 pound of precooked chicken, take 1 pound of chicken breast meat and boil it till done. Remove from pan and let cool. Once the chicken breasts have cooled enough to handle, chop the meat into roughly ½ to 1 inch chunks.

**Turkey:** Take the turkey kielbasa and slice into roughly ¼ inch slices.

## **Saving Dinner with Mega Menu-Mailer Dinner Planner**

### **Beef**

1. Stuffed Pepper
2. Cashew Steak
3. Spicy Montreal Grilled Steaks
4. Dad's Favorite Sloppy Joes

### **Chicken**

5. Chicken Pot Pie Lasagna
6. Swiss Chicken
7. Grilled Chicken with Ginger
8. Mexican Crock Chicken with Black Beans

### **Fish**

9. Sweet and Sour Fish
10. Lemon Garlic Salmon
11. Fish with Salsa
12. Salmon Burgers

### **Pork**

13. Cuban Pork
14. Pan Fried Orange Pork Cutlets
15. Honey Grilled Pork Chops
16. Crock Pot Pork Jambalaya

### **Turkey**

17. Sesame Turkey Cutlets
18. Feisty Fiesta Turkey Wraps

### **Lamb**

19. Plums Lamburgers

### **Other**

20. Crock Veggie Soup

## Stuffed Peppers

Mega Menu-Mailer Recipe 1 — Assembly Guidelines

In a large mixing bowl combine and mix well:

- 1 ½ cups cooked brown rice**
- 1 pound extra-lean ground beef**
- Salt and pepper to taste**
- 4 ounces mushrooms, sliced**
- 1 onion, chopped**
- 1 clove garlic, pressed**
- 1 (4.25 oz.) can sliced black olives, drained (optional)**
- 1 teaspoon Italian seasoning**



Volume 3 • Serves 4

Spoon equal amounts of ground beef mixture into bell peppers:

- 4 green bell peppers, tops cut off, seeded and de-ribbed**

Place stuffed peppers carefully into 1 gallon sized freezer bags. Depending on the size of the peppers you may have to place 2 peppers per bag.

Gently and carefully squeeze the bag to force out any air then seal the bag. (You can also seal almost closed, then using a straw, suck out the remaining air, then seal quickly.)

In a 1 quart freezer bag add:

- 1 ½ cups mozzarella cheese, shredded**

Insert bag of shredded cheese into a gallon sized plastic freezer bag with the stuffed peppers and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Stuffed Peppers

Mega Menu-Mailer Recipe 1 — Cooking Instructions

### Preassembled Ingredients

- 1 ½ cups cooked brown rice
- 1 pound extra-lean ground beef
- Salt and pepper to taste
- 4 ounces mushrooms, sliced
- 1 onion, chopped
- 1 clove garlic, pressed
- 1 (4.25 oz.) can sliced black olives, drained (optional)
- 1 teaspoon Italian seasoning
- 4 green bell peppers, tops cut off, seeded and de-ribbed
- 1 ½ cups mozzarella cheese, shredded



Volume 3 • Serves 4

### At time of cooking ingredients

- 1 (28 oz.) can/jar of your favorite spaghetti sauce

Remove preassembled Stuffed Peppers from the freezer and defrost. (For help with this, see defrost instructions.)

Place stuffed peppers in slow cooker and cover with spaghetti sauce. Cover and cook on low for 6 to 7 hours or until ground beef is cooked thoroughly and pepper is tender.

Top with cheese and serve.

**Serving Suggestions:** Serve with a big green salad and a bowl of raw baby carrots.

**Nutrition per serving:** 486 Calories; 27g Fat; 27g Protein; 35g Carbohydrate; 6g Dietary Fiber; 86mg Cholesterol; 593mg Sodium. Exchanges: 1 Grain (Starch); 3 Lean Meat; 3 ½ Vegetable; 0 Fruit; 3 ½ Fat. Points: 11.

## Cashew Steak

Mega Menu-Mailer Recipe 2 — Assembly Guidelines

In a 1 gallon freezer bag combine and mix well:

**2 tablespoons olive oil**  
**2 cloves garlic, pressed**  
**1 ½ pounds flank steak, cut into 4 pieces**  
**Juice from 1 large lime (about 1 tablespoon)**



Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag add:

**1/3 cup cashews**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place the two filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Cashew Steak

Mega Menu-Mailer Recipe 2 — Cooking Instructions

### Preassembled Ingredients

2 tablespoons olive oil  
2 cloves garlic, pressed  
1 ½ pounds flank steak, cut into 4 pieces  
1 large lime, juiced  
1/3 cup cashews



### At time of cooking ingredients

1 tablespoon olive oil  
1 large lime, cut into 6 wedges  
¼ cup cilantro, chopped

Remove preassembled Cashew Steak from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet, over medium heat, add olive oil. Add the flank steaks and brown well on both sides, about 3 minutes per side.

Slice a lime into 6 wedges and set aside.

Continue to cook steaks until they reach desired doneness; place steaks on platter with a lime wedge next to each steak, sprinkle with cashews and chopped cilantro and serve.

**Serving Suggestions:** Serve with brown rice, sautéed snow peas, red bell pepper strips and braised kale (to make braised kale, sauté kale in a skillet with a little olive oil and garlic till bright green. Add ¼" water to the skillet and simmer, covered, until kale is fork tender; salt and pepper to taste).

**Nutrition per serving:** 402 Calories; 28g Fat; 32g Protein; 7g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 111mg Sodium. Exchanges: ½ Grain (Starch); 4 ½ Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat. Points: 10.5.

## Spicy Montreal Grilled Steaks

Mega Menu-Mailer Recipe 3 — Assembly Guidelines

In a mixing bowl combine and mix well:

- 1 tablespoon olive oil**
- 1 teaspoon chili powder**
- ½ teaspoon dried oregano**
- Salt and pepper to taste**
- 1 teaspoon Montreal steak seasoning (or make your own, recipe below)**



Spread rub on both sides of steak.

**1 ½ pounds flank steak, cut into 4 pieces**

Place seasoned steaks in a 1 gallon freezer bag

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

### **Homemade Montreal Steak Seasoning Recipe:**

- 2 teaspoons garlic powder
- 4 teaspoon coriander seeds, coarsely ground
- 2 tablespoons kosher salt
- 4 teaspoons dill weed
- 4 teaspoons paprika
- 3 teaspoons crushed red pepper flakes
- 1 teaspoon cayenne pepper
- 4 teaspoons coarse ground black pepper

Combine seasonings in a small bowl. Store in a small glass jar or zip-lock plastic bag.

## Spicy Montreal Grilled Steaks

Mega Menu-Mailer Recipe 3 — Cooking Instructions

### **Preassembled Ingredients**

- 1 tablespoon olive oil
- 1 teaspoon chili powder
- ½ teaspoon dried oregano
- Salt and pepper to taste
- 1 teaspoon Montreal steak seasoning (or make your own, see recipe on assembly guidelines to the left)
- 1 ½ pounds flank steak, cut into 4 pieces



Remove preassembled Spicy Montreal Grilled Steaks from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat grill or oven broiler.

Grill steaks to desired level of doneness: medium rare or well done. Serve and enjoy.

**Serving Suggestions:** Serve with baked potatoes, steamed broccoli and cauliflower and a green salad.

**Nutrition per serving:** 201 Calories; 13g Fat; 20g Protein; trace Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 77mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1 Fat. Points: 5.5.

## Dad's Favorite Sloppy Joes

Mega Menu-Mailer Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag combine and mix well:

**1 pound extra-lean ground beef**  
**½ cup chopped onion**  
**½ cup sliced celery**



Volume 3 • Serves 4

In a 1 quart freezer bag combine:

**1 ½ cups ketchup**  
**¼ cup brown sugar**  
**1 tablespoon white vinegar**  
**1 ½ tablespoons mustard**

Gently and carefully squeeze the bag to force out any air then seal the bag.

Insert the 2 bags into a 1gallon sized plastic freezer bag.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Dad's Favorite Sloppy Joes

Mega Menu-Mailer Recipe 4 — Cooking Instructions

### Preassembled Ingredients

1 pound extra-lean ground beef  
½ cup chopped onion  
½ cup sliced celery  
1 ½ cups ketchup  
¼ cup brown sugar  
1 tablespoon white vinegar  
1 ½ tablespoons mustard



Volume 3 • Serves 4

### At time of cooking ingredients

4 whole-wheat buns

Remove preassembled Dad's Favorite Sloppy Joes from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet, brown the ground beef mixture; then add the ketchup, brown sugar, vinegar and mustard mixture; stir to combine.

Simmer for about 10 minutes, then serve.

**Serving Suggestions:** Serve on lightly toasted whole-wheat hamburger buns with oven fries and a bowl of raw baby carrots.

**Nutrition per serving:** 160 Calories; 8g Fat; 9g Protein; 14g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 462mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1 Fat; 1 Other Carbohydrates. Points: 4.

## Chicken Pot Pie Lasagna

Mega Menu-Mailer Recipe 5 — Assembly Guidelines

In a large bowl combine and toss:

- 1 pound cooked chicken breast halves, diced (approx. 2-3 breast halves)**
- 1 ¾ cups sliced fresh mushrooms**
- 1 cup thinly sliced carrots**
- 1/3 cup sliced green onions**
- ¾ cup frozen green peas, thawed and well drained**
- 1 teaspoon ground thyme**



Volume 3 • Serves 4

In a large mixing bowl combine and mix thoroughly:

- 1 teaspoon ground thyme**
- ½ teaspoon salt**
- 1/8 teaspoon cayenne pepper**
- 1 (15 oz.) container low-fat Ricotta cheese**
- 1 cup shredded part-skim mozzarella cheese, divided**
- ½ cup shredded reduced-fat Swiss cheese**

In a 9x12 piece of Glad OvenWare or baking dish pour and spread **1 cup of your jarred alfredo sauce**. Arrange **3 pieces of the lasagna noodles** over the sauce. Top with half of cheese mixture, half of chicken/veggie mixture and ½ cup alfredo sauce. Repeat layers, ending with 3 pieces of lasagna noodles. Spread the last 1 cup of sauce over the last completed layer of lasagna, being sure to cover the noodles completely. Cover and place your label on the lid or write the name & date and the recipe page number on container.

In a 1 quart bag, add remaining **½ cup shredded mozzarella cheese**. For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) and place in the freezer with the lasagna dish.

## Chicken Pot Pie Lasagna

Mega Menu-Mailer Recipe 5 — Cooking Instructions

### Preassembled Ingredients

- 9 pieces lasagna noodles, uncooked (approx. 12 inch version)
- 1 pound cooked chicken breast halves, diced (approx. 3-4 breast halves)
- 1 ¾ cups sliced fresh mushrooms
- 1 cup thinly sliced carrots
- 1/3 cup sliced green onions
- ¾ cup frozen green peas, thawed and well drained
- 1 teaspoon ground thyme
- ½ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 (15 oz.) container low-fat Ricotta cheese
- 1 ½ cup shredded part-skim mozzarella cheese, divided
- ½ cup shredded reduced-fat Swiss cheese
- 2 (16 oz.) jars alfredo sauce (I use lowfat)



Volume 3 • Serves 4

Remove preassembled Chicken Pot Pie Lasagna from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat oven to 400 degrees.

Tent lasagna with foil and bake 30 minutes. Uncover lasagna, sprinkle remaining ½ cup Mozzarella cheese on top and bake an additional 5 minutes uncovered. Let stand 5 minutes before serving.

**Serving Suggestions:** A big salad and some steamed broccoli is plenty.

**Nutrition per serving:** 341 Calories; 7g Fat; 25g Protein; 39g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 388mg Sodium. Exchanges: 1 ½ Grain (Starch); 2 ½ Lean Meat; ½ Vegetable; ½ Non-Fat Milk; ½ Fat; ½ Other Carbohydrates. Points: 7.

## Swiss Chicken

Mega Menu-Mailer Recipe 6 — Assembly Guidelines

In a 1 gallon freezer bag place:

**4 boneless skinless chicken breast halves**

Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag add:

**8 slices turkey bacon**

Gently and carefully force out any air then seal the bag.

In a 1 quart freezer bag add:

**4 slices baby Swiss cheese**

Gently and carefully force out any air then seal the bag.

Insert all 3 bags into a 1 gallon freezer bag and seal it.

On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Volume 3 • Serves 4

## Swiss Chicken

Mega Menu-Mailer Recipe 6 — Cooking Instructions

### Preassembled Ingredients

4 boneless skinless chicken breast halves  
8 slices turkey bacon  
4 slices baby Swiss cheese

### At time of cooking ingredients

4 teaspoons honey mustard  
Salt and pepper to taste  
2 tablespoons butter



Volume 3 • Serves 4

Remove preassembled Swiss Chicken from the freezer and defrost. (For help with this, see defrost instructions.)

In a skillet, cook turkey bacon to desired doneness.

Meanwhile, in a large skillet, sauté chicken in butter over medium-high heat. Salt and pepper to taste. Cook until chicken is done or juices run clear when pierced.

Remove chicken from skillet; place one piece of chicken on each individual dinner plate; spread each with mustard. Top each with a slice of Swiss cheese and 2 slices cooked bacon; serve.

**Serving Suggestions:** Serve with roasted red potatoes along with sautéed green beans.

**Nutrition per serving:** 663 Calories; 42g Fat; 64g Protein; 5g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 568mg Sodium. Exchanges: 0; 9 Lean Meat; 5 Fat. Points: 17.

## Grilled Chicken with Ginger

Mega Menu-Mailer Recipe 7 — Assembly Guidelines

In a 1 gallon freezer bag add:

**4 boneless skinless chicken breast halves**

In a food processor or blender add:

**3 tablespoons olive oil**  
**2 tablespoons fresh gingerroot, grated**  
**1 ½ tablespoons soy sauce, low sodium, if available**  
**2 cloves garlic, pressed**  
**2 tablespoons minced green onions**  
**1 tablespoon lime juice**  
**¼ teaspoon crushed red pepper flakes**  
**1/3 cup chicken broth**

Process the ingredients until smooth. Add the mixture to the plastic bag with chicken. Carefully shake the bag to mix the ingredients and coat the chicken.

In a 1 quart freezer bag, add:

**1/3 cup chicken broth**

Gently and carefully squeeze the bag to force out any air then seal the bag. (Make sure it's sealed well!)

Place the filled bags into a 1 gallon freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Volume 3 • Serves 4

## Grilled Chicken with Ginger

Mega Menu-Mailer Recipe 7 — Cooking Instructions

### Preassembled Ingredients

4 boneless skinless chicken breast halves  
3 tablespoons olive oil  
2 tablespoons fresh gingerroot, grated  
1 ½ tablespoons soy sauce  
2 cloves garlic, pressed  
2 tablespoons minced green onions  
1 tablespoon lime juice  
¼ teaspoon crushed red pepper flakes  
2/3 cup chicken broth, divided

### At time of cooking ingredients

Orange slices  
Cilantro, chopped

Remove preassembled Grilled Chicken with Ginger from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat outdoor or indoor grill. Remove chicken from bag, reserving marinade.

Grill chicken over medium heat for about 20 minutes, turning and basting frequently with marinade. Remove from grill; cover, keep warm and let rest for 15 minutes.

Combine chicken broth with remaining marinade (about ½ cup). Heat to a boil. Simmer for 5-7 minutes.

Slice chicken and arrange on plates. Pour warm sauce over chicken. Garnish with cilantro and orange slices, if desired.

**Serving Suggestions:** Brown rice, sautéed zucchini and yellow squash rounds this off nicely.

**Nutrition per serving:** 221 Calories; 11g Fat; 28g Protein; 2g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 341mg Sodium. Exchanges: 4 Lean Meat; ½ Vegetable; 0 Fruit; 2 Fat. Points: 5.5.



Volume 3 • Serves 4

## Mexican Crock Pot Chicken with Black Beans

Mega Menu-Mailer Recipe 8 — Assembly Guidelines

In a 1 gallon freezer bag combine and mix well:

**4-6 boneless skinless chicken thighs**  
**1 (1.25 oz.) package taco seasoning mix**



Volume 3 • Serves 4

Gently squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag combine:

**2 (16 oz.) cans black beans, rinsed and drained**  
**1 small red onion, chopped**  
**1 tablespoon chili powder**  
**2 teaspoons ground cumin**

Gently squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, add:

**1/3 cup chopped cilantro**  
**2 tablespoons lime juice**  
**Salt to taste**

Insert the 3 bags into a gallon sized plastic freezer bag. To that bag, add and then seal:

**8 (6-inch) flour tortillas, (whole wheat, if available)**

Gently and carefully squeeze the bag to force out any air then seal the bag. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Mexican Crock Pot Chicken with Black Beans

Mega Menu-Mailer Recipe 8 — Cooking Instructions

### Preassembled Ingredients

4 – 6 boneless skinless chicken thighs  
1 (1.25-oz.) package taco seasoning mix  
2 (16-oz.) cans black beans, rinsed and drained  
1 small red onion, chopped  
1 tablespoon chili powder  
2 teaspoons ground cumin  
8 (6-inch) flour tortillas, warmed (whole wheat, if available)  
1/3 cup chopped cilantro  
2 tablespoons lime juice  
Salt to taste



Volume 3 • Serves 4

### At time of cooking ingredients:

Vegetable oil, as needed  
Salsa, your favorite brand

Remove preassembled Grilled Chicken with Ginger from the freezer and defrost. (For help with this, see defrost instructions.)

Place contents of the seasoned chicken bag in a slow cooker and cook till tender and falling off the bone, about 5-7 hours on low. (Depending on how hot your crock cooks, you may want to add 1/2 cup water if needed). Shred the chicken meat.

Heat a large skillet over medium-high heat, then film with a little oil; stir-fry bean mixture until heated through, about 3 to 4 minutes.

Toss bean mixture with chopped cilantro, lime juice and salt to taste. Serve shredded chicken and beans on warmed tortillas; garnish with salsa.

**Serving Suggestions:** Serve with baked tortilla chips and guacamole.

**Nutrition per serving:** 918 Calories; 15g Fat; 48g Protein; 148g Carbohydrate; 21g Dietary Fiber; 57mg Cholesterol; 1157mg Sodium. Exchanges: 9 1/2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates. Points: 19.

## Sweet and Sour Fish

Mega Menu-Mailer Recipe 9 — Assembly Guidelines

In a 1 gallon freezer bag add:

**4 firm-fleshed fish fillets (fresh or frozen)**  
**1 tablespoon vegetable oil**

In a 1 quart freezer bag combine:

**1 cup thinly sliced carrots**  
**½ cup thinly sliced celery**  
**½ cup thinly sliced onion**  
**1 tablespoon vegetable oil**

In a 1 quart freezer bag combine:

**½ cup orange juice**  
**¼ cup honey**  
**1 teaspoon fresh gingerroot, grated**

Gently and carefully squeeze the bag to force out any air then seal the bag

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Volume 3 • Serves 4

## Sweet and Sour Fish

Mega Menu-Mailer Recipe 9 — Cooking Instructions

### Preassembled Ingredients

4 firm-fleshed fish fillets (fresh or frozen)  
2 tablespoons vegetable oil, divided  
1 cup thinly sliced carrots  
½ cup thinly sliced celery  
½ cup thinly sliced onion  
½ cup orange juice  
¼ cup honey  
1 teaspoon fresh gingerroot, grated

### At time of cooking ingredients:

Vegetable oil (just a little to grease the pans)  
Salt and pepper to taste  
Cayenne pepper to taste

Remove preassembled Sweet and Sour Fish from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat oven to 425 degrees. Lightly grease a 9 x 13 baking dish. Arrange fish fillets in baking dish. Sprinkle fish with salt, black pepper and cayenne pepper to taste.

Bake until fish flakes easily with a fork (that's about 10 minutes per inch of fish's thickness).

In a large skillet or wok, stir fry veggies in oil over medium-high heat, cooking till crisp tender. (Add a little extra oil if oil in bag is not enough.)

To the vegetables, add the orange juice, honey and ginger mixture. (If you wish, you can add an additional pinch of cayenne pepper to vegetables). Bring mixture to a boil, then spoon the vegetable mixture over cooked fish and serve.

**Serving Suggestions:** Serve with baked sweet potatoes and sautéed spinach.

**Nutrition per serving:** 298 Calories; 3g Fat; 42g Protein; 24g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 151mg Sodium. Exchanges: 5 ½ Lean Meat; 1 Vegetable; 0 Fruit; ½ Fat; 1 Other Carbohydrates. Points: 6.



Volume 3 • Serves 4

## Lemon Garlic Salmon

Mega Menu-Mailer Recipe 10 — Assembly Guidelines

Season both sides of **salmon fillets** with:

**lemon pepper**

In a 1 gallon freezer bag place:

**Seasoned salmon fillets**

**2 tablespoons olive oil**

**2 cloves minced garlic**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Volume 3 • Serves 4

## Lemon Garlic Salmon

Mega Menu-Mailer Recipe 10 — Cooking Instructions

### Preassembled Ingredients

2 tablespoons olive oil

2 cloves minced garlic

2 teaspoons lemon pepper

4 (4-ounce) salmon fillets or steaks

### At time of cooking ingredients:

1 tablespoon olive oil

2 lemons, cut into wedges

Remove preassembled Lemon Garlic Salmon from the freezer and defrost. (For help with this, see defrost instructions.)

Heat olive oil in a large skillet over medium-high heat.

Place fillets in pan and cook for about 10 minutes (total) per inch of thickness, measured at thickest part, or until fish flakes easily when tested with a fork. Flip fish halfway through cooking time to brown on both sides. Sprinkle with lemon juice before serving; add lemon wedges on the side.

**Serving Suggestions:** Baked potatoes, steamed kale and baby carrots (cooked or raw).

**Nutrition per serving:** 187 Calories; 10g Fat; 23g Protein; 1g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 305mg Sodium. Exchanges: 0; 3 Lean Meat; 0 Vegetable; 1 Fat. Points: 5



Volume 3 • Serves 4

## Fish with Salsa

Mega Menu-Mailer Recipe 11 — Assembly Guidelines

In a 1 gallon freezer bag add:

**4 (5-oz.) tuna or other meaty fish steaks**

In a 1 gallon freezer bag combine and mix:

**½ cup fresh cilantro, finely chopped**

**¼ cup onion, finely chopped**

**¼ cup lemon juice**

**2 tablespoons vegetable oil**

**1/8 teaspoon salt**

**2 medium tomatoes, seeded and chopped**

**1 clove garlic, pressed**

**1 (4.25 oz.) can black olives, chopped and drained**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Volume 3 • Serves 4

## Fish with Salsa

Mega Menu-Mailer Recipe 11 — Cooking Instructions

### Preassembled Ingredients

½ cup fresh cilantro, finely chopped

¼ cup onion, finely chopped

¼ cup lemon juice

2 tablespoons vegetable oil

1/8 teaspoon salt

2 medium tomatoes, seeded and chopped

1 clove garlic, pressed

1 (4.25-oz.) can black olives, chopped and drained

4 (5-oz.) tuna or other meaty fish steaks

### At time of cooking ingredients

Salsa, your favorite (about 1 cup)

Remove preassembled Fish with Salsa from the freezer and defrost. (For help with this, see defrost instructions.)

Heat coals or gas grill.

Place tuna on oiled grill over medium-hot coals. Cook 3 minutes; turn steaks and cook 4 to 5 minutes or until tuna turns opaque in center. Remove from grill; keep warm. Serve with salsa.

### OR

Broil in the oven. Arrange steaks on oiled rack in broiler pan. Broil with steaks about 4 inches from heat 10 to 15 minutes, turning after 6 minutes, until fish flakes easily with fork.

**Serving Suggestions:** Steamed asparagus, baby carrots and red potatoes. Can all be done in the same steamer: start with halved potatoes (cook five minutes) add carrots on top (cook another five minutes) and then add asparagus (cook five minutes). Everything will be done at once. Cooking times will vary depending on the size, thickness etc.

**Nutrition per serving:** 261 Calories; 12g Fat; 34g Protein; 4g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 156mg Sodium. Exchanges: 4 ½ Lean Meat; ½ Vegetable; 0 Fruit; 1 Fat. Points: 6.



Volume 3 • Serves 4

## Salmon Burgers

Mega Menu-Mailer Recipe 12 — Assembly Guidelines

In a large mixing bowl combine:

- 2 (6 oz.) canned or pouched Salmon in water, drained**
- 1 stalk celery**
- 4 green onions, chopped, whites and some green**
- 1 egg**
- 1 tablespoon Dijon mustard**
- 4 tablespoons mayonnaise**
- Salt and pepper, to taste**



Mix till well incorporated. How well you mix will determine how well the tuna burgers stay together. Form tuna mixture into four patties.

You can either place the 4 patties in a Gladware® container, or a 1 gallon freezer bag. If you opt for the freezer bag, gently squeeze the bag to force out any air then seal the bag.

(Tip: To help prevent the patties from sticking to each other, place a square of wax paper between each patty.)

If using a freezer bag, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Salmon Burgers

Mega Menu-Mailer Recipe 12 — Cooking Instructions

### Preassembled Ingredients

- 2 (6-oz.) cans (or pouches) Salmon in water, drained
- 1 stalk celery
- 4 green onions, chopped, whites and some green
- 1 egg
- 1 tablespoon Dijon mustard
- 4 tablespoons mayonnaise
- Salt and pepper, to taste



### At the time of cooking ingredients:

- 4 whole-wheat hamburger buns
- 1 tablespoon olive oil

Remove preassembled Salmon Burgers from the freezer and defrost. (For help with this, see defrost instructions.)

In a skillet, heat oil over medium heat. Add tuna patties and cook till browned on one side, about 2 minutes or so and flip over carefully and brown on the other side. Serve.

**Serving Suggestions:** Serve on whole-wheat buns hamburger with tartar sauce.

**Nutrition per serving:** 253 Calories; 17g Fat; 24g Protein; 2g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 438mg Sodium. Exchanges: 3 ½ Lean Meat; ½ Vegetable; 2 Fat; 0 Other Carbohydrates. Points: 6.5.

## Cuban Pork

Mega Menu-Mailer Recipe 13 — Assembly Guidelines

In a 1 gallon freezer bag add:

**1/3 cup orange juice**  
**3 tablespoons lime juice**  
**2 cloves garlic, pressed**  
**1 ½ tablespoons dried oregano**  
**Salt and pepper to taste**  
**1 ½ pounds pork loin roast**



Volume 3 • Serves 4

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Cuban Pork

Mega Menu-Mailer Recipe 13 — Cooking Instructions

### Preassembled Ingredients

1/3 cup orange juice  
3 tablespoons lime juice  
2 cloves garlic, pressed  
1 ½ tablespoons dried oregano  
Salt and pepper to taste  
1 ½ pounds pork loin roast



Volume 3 • Serves 4

Remove preassembled Cuban Pork from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat oven to 375 degrees.

Place pork in a roasting pan, reserving marinade. Roast pork for about 45 minutes, or until it reaches an internal temperature of 165 degrees.

In a pan, bring reserved marinade to a boil. Let pork sit for 10 minutes, slice and serve with sauce (cooked marinade) on the side.

**Serving Suggestions:** Serve with steamed red potatoes and steamed broccoli.

**Nutrition per serving:** 218 Calories; 15g Fat; 16g Protein; 5g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain (Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 1 ½ Fat. Points: 5.5.

## Pan Fried Orange Pork Cutlets

Mega Menu-Mailer Recipe 14 — Assembly Guidelines

In a 1 gallon freezer bag add:

### 4 boneless pork chops

Gently and carefully force out any air then seal the bag.



Volume 3 • Serves 4

In a 1 quart freezer bag combine:

**1 cup kalamata olives, chopped**  
**1 clove garlic, pressed**  
**1 tablespoon olive oil**  
**Salt and pepper to taste**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Pan Fried Orange Pork Cutlets

Mega Menu-Mailer Recipe 14 — Cooking Instructions

### Preassembled Ingredients

1 cup kalamata olives, chopped  
1 clove garlic, pressed  
1 tablespoon olive oil  
Salt and pepper to taste  
4 boneless pork chops



Volume 3 • Serves 4

### At time of cooking ingredients

2 tablespoons vegetable oil  
2 oranges, peeled and sectioned

Remove preassembled Pan Fried Orange Pork Cutlets from the freezer and defrost. (For help with this, see defrost instructions.)

In a small mixing bowl, combine orange sections with the olives, garlic, salt, pepper and olive oil mixture; set aside.

In a large skillet, cook pork chops in vegetable oil until chops are lightly browned on each side and cooked through; remove from skillet and keep warm.

Add orange mixture to skillet, scraping up the browned bits from the bottom of the pan; cook for just a minute or two to heat oranges through, being careful not to burn or scorch.

Pour orange mixture over pork chops and serve.

**Serving Suggestions:** Serve with spinach orzo. (Prepare orzo according to package directions. Put about 6 cups baby spinach leaves in a bowl. Add hot orzo and toss till spinach is wilted. Season with garlic powder and lemon juice to taste.)

**Nutrition per serving:** 511 Calories; 41g Fat; 24g Protein; 12g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 1001mg Sodium. Exchanges: 3 ½ Lean Meat; 0 Vegetable; ½ Fruit; 6 Fat. Points: 13.5.

## Honey Grilled Pork Chops

Mega Menu-Mailer Recipe 15 — Assembly Guidelines

In a 1 gallon freezer bag combine:

- 1/3 cup honey**
- 3 tablespoons white wine (or white grape juice with a splash of vinegar)**
- 1 clove garlic, pressed**
- 1 teaspoon thyme**
- Salt and pepper to taste**
- 4 pork chops (about ¾ inch thick)**



Volume 3 • Serves 4

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Honey Grilled Pork Chops

Mega Menu-Mailer Recipe 15 — Cooking Instructions

### Preassembled Ingredients

- 1/3 cup honey
- 3 tablespoons white wine (or white grape juice with a splash of vinegar)
- 1 clove garlic, pressed
- 1 teaspoon thyme
- Salt and pepper to taste
- 4 pork chops (about ¾ inch thick)



Volume 3 • Serves 4

Remove preassembled Honey Grilled Pork Chops from the freezer and defrost. (For help with this, see defrost instructions.)

Preheat barbecue, grill, George Foreman electric grill or similar counter top grilling appliance, or oven broiler.

Remove chops from marinade; reserve marinade.

Grill chops 12-15 minutes, turning once and basting occasionally with reserved marinade. When finished grilling, discard remaining marinade. Serve.

**Serving Suggestions:** Brown rice, grilled zucchini and yellow squash, and a green salad.

**Nutrition per serving:** 328 Calories; 15g Fat; 23g Protein; 24g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 61mg Sodium. Exchanges: 0 Grain (Starch); 3 ½ Lean Meat; 0 Vegetable; 1 Fat; 1 ½ Other Carbohydrates. Points: 8.

## Crock Pork Jambalaya

Mega Menu-Mailer Recipe 16 — Assembly Guidelines

In a 1 quart freezer bag place:

**4 boneless pork chops, cut into 1" cubes**

Gently force out any air then seal the bag.

In a 1 gallon freezer bag add:

**1 tablespoon olive oil**

**Salt and pepper to taste**

**½ pound turkey kielbasa, sliced**

**1 (14.5 oz.) can diced tomatoes, with juice**

**1 medium green bell pepper, deribbed, deseeded and chopped**

**½ cup chicken broth or vegetable broth**

**1 teaspoon oregano**

**1 teaspoon Cajun seasoning**

**¼ teaspoon cayenne pepper (OPTIONAL)**

**1 cup chopped onion**

**½ cup chopped celery**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Volume 3 • Serves 4

## Crock Pork Jambalaya

Mega Menu-Mailer Recipe 16 — Cooking Instructions

### Preassembled Ingredients

4 boneless pork chops, cut into 1" cubes

1 tablespoon olive oil

Salt and pepper to taste

½ pound turkey kielbasa, sliced

1 (14.5-oz.) can diced tomatoes, with juice

1 medium green bell pepper, deribbed, deseeded and chopped

½ cup chicken broth or vegetable broth

1 teaspoon oregano

1 teaspoon Cajun seasoning

¼ teaspoon cayenne pepper (OPTIONAL)

1 cup chopped onion

½ cup chopped celery

Remove preassembled Crock Pork Jambalaya from the freezer and defrost. (For help with this, see defrost instructions.)

Place pork at the bottom of the slow cooker, then add remaining ingredients from freezer bag. Cover and cook on low for approximately 7 hours. Serve.

**Serving Suggestions:** Serve on bed of brown rice. Add some sautéed spinach to round this meal out.

**Nutrition per serving:** 361 Calories; 22g Fat; 31g Protein; 8g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 977mg Sodium. Exchanges: 0; 4 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates. Points: 9.



Volume 3 • Serves 4

## Sesame Turkey Cutlets

Mega Menu-Mailer Recipe 17 — Assembly Guidelines

In a 1 gallon freezer bag combine:

**4 large turkey cutlets or tenderloins**  
**Salt and pepper to taste**  
**1 teaspoon ginger**  
**¼ cup sesame seeds**  
**1 tablespoon sesame oil**  
**2 green onions, minced**



Volume 3 • Serves 4

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Sesame Turkey Cutlets

Mega Menu-Mailer Recipe 17 — Cooking Instructions

### Preassembled Ingredients

4 large turkey cutlets or tenderloins  
Salt and pepper to taste  
1 teaspoon ginger  
¼ cup sesame seeds  
1 tablespoon sesame oil  
2 green onions, minced



Volume 3 • Serves 4

### At time of cooking ingredients:

2 tablespoons vegetable oil

Remove preassembled Sesame Turkey Cutlets from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet, heat oil over medium-high heat.

Place turkey meat and remaining contents from the freezer bag in the skillet and sauté on each side for about 5 minutes till done or juices run clear when pierced

**Serving Suggestions:** Sautéed snow peas and mushrooms in a little oil and garlic and wild rice pilaf.

**Nutrition per serving:** 250 Calories; 15g Fat; 26g Protein; 3g Carbohydrate; 1g Dietary Fiber; 60mg Cholesterol; 226mg Sodium. Exchanges: 0 Grain (Starch); 3 ½ Lean Meat; 0 Vegetable; 3 Fat. Points: 6.

## Feisty Fiesta Turkey Wraps

Mega Menu-Mailer Recipe 18 — Assembly Guidelines

In a 1 gallon freezer bag combine:

- 1 pound ground turkey**
- 2 tablespoons finely chopped red bell pepper**
- 2 tablespoons finely chopped red onion**
- 1 jalapeno pepper, seeded and finely chopped**



Gently and carefully force out any air then seal the bag.

In a 1 gallon freezer bag place:

**4 (12 inch) flour OR whole wheat tortillas**

Add the bag containing the turkey mixture and gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bags into a 3rd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Feisty Fiesta Turkey Wraps

Mega Menu-Mailer Recipe 18 — Cooking Instructions

### Preassembled Ingredients

- 1 pound ground turkey
- 2 tablespoons finely chopped red bell pepper
- 2 tablespoons finely chopped red onion
- 1 jalapeno pepper, seeded and finely chopped
- 4 flour OR whole wheat tortillas



### At time of cooking ingredients

- 2 cups romaine lettuce, shredded
- ½ cup low fat Cheddar cheese, shredded (a Mexican blend cheese would be good if you can find it)
- ½ cup guacamole (prepared or homemade-your choice)
- 2 tablespoons sour cream
- 2 medium tomatoes, diced

Remove preassembled Feisty Fiesta Turkey Wraps from the freezer and defrost. (For help with this, see defrost instructions.)

In a large skillet over medium heat, cook ground turkey and veggie mixture till done. Remove from heat.

Briefly warm tortillas.

Pile lettuce, cheddar cheese and turkey mixture onto tortillas. Top with guacamole, tomatoes and sour cream as desired. Fold or wrap tortillas around filling and serve.

**Serving Suggestions:** Serve with refried beans and Spanish rice.

**Nutrition per serving:** 402 Calories; 18g Fat; 28g Protein; 32g Carbohydrate; 4g Dietary Fiber; 95mg Cholesterol; 592mg Sodium. Exchanges: 3 Lean Meat; ½ Vegetable; 0 Non-Fat Milk; 1 ½ Fat; 0 Other Carbohydrates. Points: 9.

## Plums Lamburgers

Mega Menu-Mailer Recipe 19 — Assembly Guidelines

In a 1 gallon freezer bag combine and mix:

**1 pound ground lamb, or substitute a ground meat of your choice**  
**1 teaspoon cumin**  
**2 cloves garlic, pressed**  
**Salt and pepper to taste**  
**4 tablespoons feta cheese, crumbled**



Volume 3 • Serves 4

Gently force out any air then seal the bag.

For best results, place filled bags into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Plums Lamburgers

Mega Menu-Mailer Recipe 19 — Cooking Instructions

### Preassembled Ingredients

1 pound ground lamb, or substitute a ground meat of your choice  
1 teaspoon cumin  
2 cloves garlic, pressed  
Salt and pepper to taste  
4 tablespoons feta cheese, crumbled



Volume 3 • Serves 4

### At time of cooking ingredients:

4 whole-wheat buns

Remove preassembled Plums Lamburgers from the freezer and defrost. (For help with this, see defrost instructions.)

Pre-heat the broiler.

Place patties on the broiler and broil meat about 4 to 5 inches from heat source.

Cook to your liking and make sure you are there in the room with the burgers. They should cook for about 4 minutes on each side.

**Serving Suggestions:** Serve on whole wheat burger buns with sautéed spinach and oven fries (peel russet potatoes, slice into "fries", toss with a little olive oil, garlic powder and salt and pepper; bake in a 375-degree oven till brown; turn once and bake till brown again).

**Nutrition per serving:** 349 Calories; 29g Fat; 20g Protein; 1g Carbohydrate; trace Dietary Fiber; 91mg Cholesterol; 173mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 4 Fat. Points: 9.5.

## Crock Veggie Soup

Mega Menu-Mailer Recipe 20 — Assembly Guidelines

In a gallon sized freezer bag combine:

- 2 cups low sodium chicken broth**
- 2 cups tomato juice**
- ½ tablespoon basil**
- ½ teaspoon salt**
- ¼ teaspoon oregano**
- 1/8 teaspoon pepper**
- 1 medium carrot, sliced**
- 1 medium stalk celery, chopped**
- 1 medium onion, chopped**
- 1 clove garlic, pressed**
- 1 (14.5 oz.) can diced tomatoes, un-drained**



In a 1 quart freezer bag add:

- 1 cup uncooked pasta shells, your choice**

In a 1 quart freezer bag add:

- ¼ cup parmesan cheese, grated**

Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bags into a gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

## Crock Veggie Soup

Mega Menu-Mailer Recipe 20 — Cooking Instructions

### Preassembled Ingredients

- 2 cups low sodium chicken broth
- 2 cups tomato juice
- ½ tablespoon basil
- ½ teaspoon salt
- ¼ teaspoon oregano
- 1/8 teaspoon pepper
- 1 medium carrot sliced
- 1 medium stalk celery, chopped
- 1 medium onion, chopped
- 1 clove garlic, pressed
- 1 (14.5-oz.) can diced tomatoes, un-drained
- 1 cup pasta shells, your choice
- ½ cup parmesan cheese, grated



Remove preassembled Crock Veggie Soup from the freezer and defrost. (For help with this, see defrost instructions.)

Pour veggie mixture from the freezer bag in to the slow cooker.

Cover and cook on low for 7 to 8 hours, or until veggies are tender.

Add pasta to the slow cooker during the last hour of cooking.

Serve in bowls, topped with grated Parmesan cheese.

**Serving Suggestions:** Serve with your crusty French bread and a big green salad for a perfect meal.

**Nutrition per serving:** 94 Calories; trace Fat; 6g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 654mg Sodium. Exchanges: ½ Grain (Starch); ½ Lean Meat; 1 Vegetable; 0 Fat. Points: 1.5.

# Saving Dinner with



## 20 For the Freezer Volume 4

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**20 Delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to Mega Menu-Mailer

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 Mega Menu-Mailer, 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 Mega Menu-Mailer – 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 her coupons.

See our website for  
**MONEY SAVING HINTS**  
for great tips on saving while shopping!

## 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 that you have in your kitchen.

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 couldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And Mega Menu-Mailer 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 Mega Menu-Mailer 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. (See our web site for more about online grocery shopping.)

### 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°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 shorter 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, fish, pork/lamb, and turkey. 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 lamb items, 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 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 Mega Menu-Mailer 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?” We 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 months 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 pickup 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 every one, even the youngest, feel 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!

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### Mega Menu-Mailer 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 Mega Menu-Mailer 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 Mega Menu-Mailer 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.

Page 1 of 2

## MEAT

- 8 (4-oz.) boneless skinless chicken breast halves [M3,M4]
- 8 boneless skinless chicken thighs [M2]
- 4 skinless chicken thighs [M1]
- 4 skinless chicken drumsticks [M1]
- 2 1/2 pounds 95% lean ground beef [M5,M8]
- 1 1/2 pounds beef flank steak [M6]
- 1 1/2 pounds beef chuck roast [M7]
- 4 pounds lean pork tenderloin [M9,M10,M12]
- 4 (4-oz.) boneless pork chops [M11]
- 1 1/2 pounds large shrimp, peeled and deveined [M14]
- 1/2 pound medium shrimp, peeled and deveined [M16]
- 4 (6-oz.) red snapper fillets [M13]
- 4 (4- to 6-oz.) tilapia fillets [M15]
- 1 pound turkey cutlets [M18]
- Turkey meat (2 cups cooked and cubed) [M17]
- 8 (4-oz.) lamb chops [M19]

## CONDIMENTS

- Olive oil [M12,M14]
- Canola oil [M13]
- Sesame oil (in ethnic section of grocery store) [M6]
- Cider vinegar (if not using wine) [M9]
- Low sodium soy sauce (1/3 cup) [M6]
- Worcestershire sauce [M7,M8,M11,M17]
- Ketchup (1/2 cup plus 2 tablespoons) [M7,M17]
- Dijon mustard [M11]
- Coarse-grained mustard [M9]
- Capers (1 tablespoon) [M1]
- Picante sauce (1 1/2 cups plus 2 tablespoons) [M17,M20]
- Hot pepper sauce [M17]
- Honey [M5,M19]
- Dry white wine (1 1/4 cups) (or use white grape juice/cider vinegar) [M9]

## PRODUCE

- 10 pounds onions [M3,M4,M5,M7,M8,M10,M16,M17,M20]
- Garlic (10 cloves plus 2 teaspoons minced) [M4,M5,M6,M7,M9,M10,M14,M20]
- Green onions (1 bunch plus 1/2 cup chopped/sliced) [M6,M14]
- Celery (1/4 cup chopped) [M17]
- Carrots (1/3 pound) [M7]
- Zucchini (2 cups diced) [M3]
- Green bell peppers (2/3 cup plus 1/2 cup plus 2 tablespoons chopped) [M5,M17,M20]
- Red bell peppers (3/4 cup julienne) [M3]
- Jalapeno peppers (2 tablespoons chopped) [M4]
- Gingerroot (1 1/2 teaspoons minced) [M6]
- Cilantro (1/4 cup chopped) [M10]
- Thyme (8 sprigs plus 1 tablespoon chopped) [M1,M9]
- Lemons (1 plus 2 tablespoons juice) [M1,M7]

## CANNED GOODS

- Low sodium chicken broth (93.5 ounces) [M4,M9,M16,M18,M19]
- Low sodium vegetable broth (3 cups) [M20]
- Diced tomatoes (31.75 ounces) [M1,M5,M16,M20]
- 1 (14.5-oz.) can diced tomatoes with basil, garlic and oregano [M3]
- 2 (10-oz.) cans diced tomatoes and green chilies [M4,M16]
- Tomato sauce (5 ounces) [M5]
- Tomato paste (1 tablespoon) [M3]
- Black beans (22.5 ounces) [M16,M20]
- Pinto beans (10 ounces) [M5]
- 1 (14.75-oz.) can cream-style corn [M18]
- 1 (12-oz.) jar roasted red peppers [M14]
- Chipotle chilies (2 teaspoons chopped plus 2 teaspoons sauce) [M18]
- 1 (8-oz.) can pineapple tidbits in juice [M10]
- White grape juice (1 1/4 cups) (if not using wine) [M9]

# Dinner Kit Shopping List

Ingredients need to do initial assembly of dinner kits.

Page 2 of 2

## SPICES

Garlic powder [M2]  
Chili powder [M2,M5,M10,M12,M16,M17,M20]  
Ground cumin [M2,M4,M5,M10,M12,M20]  
Cumin seeds [M19]  
Paprika [M2]  
Ground red pepper [M2]  
Crushed red pepper flakes [M6]  
Parsley flakes [M5]  
Oregano [M5,M10]  
Cajun seasoning [M5,M15]  
Sesame seeds [M6]  
Dry mustard [M7,M8]  
Garlic salt [M8]  
Garlic powder [M11]  
Dill [M11,M13]  
Cinnamon [M19]

## DAIRY/DAIRY CASE

Butter [M11]  
Eggs (1 large) [M8]  
Milk (1/2 cup) [M8]  
Feta cheese (8 ounces) [M14]

## DRY GOODS

Flour [M15]  
Sugar [M3,M16]  
Brown sugar [M6,M17]  
Italian-seasoned bread crumbs (1 1/2 tablespoons)  
[M3]  
Yellow cornmeal (1/2 cup) [M15]  
Regular oats (3/4 cup) [M8]  
Golden raisins (1/3 cup) [M19]  
Tortilla chips (3/4 cup finely crushed) [M12]

## FREEZER

Whole kernel corn (1 cup) [M16]  
Orange juice concentrate (1/4 cup) [M13]

## OTHER

Zipper-topped plastic freezer bags:  
1 gallon (44)  
1 quart (17)

# 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.)

## 1. Thyme for Chicken

Olive oil (2 tablespoons)  
\*\*Red skinned potatoes  
\*\*Broccoli  
\*\*Baby carrots

## 2. Spicy Honey Chicken Thighs

Non-aerosol cooking spray  
Honey (6 tablespoons)  
Cider vinegar (2 teaspoons)  
\*\*Whole wheat couscous  
\*\*Spinach  
\*\*Salad dressing

## 3. Harvest Chicken and Vegetable Skillet

Olive oil (1 tablespoon)  
Parsley (2 tablespoons chopped)  
\*\*Brown rice  
\*\*Green beans

## 4. Santa Fe Chicken

Olive oil (1 tablespoon)  
Long grain rice (1 cup)  
Low fat Cheddar cheese (3/4 cup shredded)  
Cilantro, chopped (optional)  
\*\*Corn on the cob (fresh or frozen)  
\*\*Broccoli

## 5. Ragin' Cajun Chili

\*\*Lettuce (not Iceberg, no nutrition)  
\*\*Salad veggies (your choice)  
\*\*Salad dressing (your choice)  
\*\*Corn muffins  
\*\*Butter

## 6. Tangy Flank Steak

\*\*Wild rice pilaf  
\*\*Zucchini, yellow squash and snow peas

## 7. Lone Star Pot Roast

\*\*Russet potatoes  
\*\*Cauliflower and broccoli florets

## 8. Cheeseburger Meat Loaf

1 (12-oz.) bottle chili sauce  
Cheddar cheese (3 slices)  
\*\*Red skinned potatoes  
\*\*Green beans

## 11. Mustard and Wine Pork Tenderloin

Flour (1/2 cup)  
Non-aerosol cooking spray  
\*\*Butternut squash  
\*\*Broccoli

## 10. Tacos Al Pastor

Canola oil (1 tablespoon)  
4 (8-inch) flour tortillas  
Avocado (1)  
Sour cream (for garnish)  
Cheddar cheese, shredded (for garnish)  
\*\*Corn on the cob  
\*\*Lettuce (not Iceberg, no nutrition)  
\*\*Salad veggies (your choice)  
\*\*Salad dressing (your choice)

## 11. Savory Dill Pork Chops

Non-aerosol cooking spray  
\*\*New potatoes  
\*\*Baby carrots  
\*\*Frozen petite green peas

## 12. Tortilla-Crusted Pork Medallions

Olive oil (1 tablespoon)  
\*\*Brown rice  
\*\*Salsa (for garnish)  
\*\*Sour cream (for garnish)  
\*\*Green onions (chopped, for garnish)  
\*\*Lettuce (not Iceberg, no nutrition)  
\*\*Salad veggies (your choice)  
\*\*Salad dressing (your choice)

## 13. Citrus Baked Fish

Non-aerosol cooking spray  
\*\*Whole wheat couscous  
\*\*Spinach  
\*\*Garlic  
\*\*Balsamic vinegar

## 14. Mediterranean Roasted Shrimp

\*\*Zucchini and yellow squash  
\*\*Mixed baby greens  
\*\*Red onion  
\*\*Cucumber  
\*\*Red wine vinaigrette

## 15. Cajun Tilapia

Butter (1 tablespoon)  
Olive oil (1 tablespoon)  
Lemon (optional)  
\*\*Sweet potatoes  
\*\*Kale

## 16. Southwestern Shrimp Soup

Olive oil (1 tablespoon)  
Parsley (2 tablespoons chopped)  
\*\*Whole grain rolls  
\*\*Butter  
\*\*Lettuce (not Iceberg, no nutrition)  
\*\*Salad veggies (your choice)  
\*\*Salad dressing (your choice)

## 17. Barbecue Turkey Sandwiches

Canola oil (1 tablespoon)  
4 whole wheat burger buns  
\*\*Coleslaw mix  
\*\*Mayonnaise  
\*\*Rice vinegar  
\*\*Baby carrots

## 18. Smokey Turkey and Corn Soup

Canola oil (1 tablespoon)  
Cilantro (1/4 cup chopped)  
Lime-flavored tortilla chips (1/2 cup crushed)  
Limes (1)  
\*\*Corn tortillas  
\*\*Butter  
\*\*Lettuce (not Iceberg, no nutrition)  
\*\*Salad veggies (your choice)  
\*\*Salad dressing (your choice)

## 19. Lamb with Honey-Raisin Sauce

Non-aerosol cooking spray  
Onions (1/3 cup chopped)  
\*\*Red skinned potatoes  
\*\*Baby carrots  
\*\*Frozen petite green peas

## 20. Veggie Taco Soup

Olive oil (2 teaspoons)  
Spiral pasta (1 cup uncooked)  
Low fat Cheddar cheese (1/2 cup shredded)  
Low fat sour cream (2 tablespoons)  
\*\*Whole grain rolls  
\*\*Butter  
\*\*Lettuce (not Iceberg, no nutrition)  
\*\*Salad veggies (your choice)  
\*\*Salad dressing (your choice)

## 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 meat, poultry, seafood refrigerated until ready to prepare each dinner kit.

### CONDIMENTS

Set condiments out on countertop as listed in Master Assembly Time Shopping List.

### PRODUCE

**Onions:** Chop 3 1/4 cups plus 2/3 cup; Mince 2 tablespoons; Cut 3/4 cup of 1/2" thick slices.

**Garlic:** Peel 8 cloves (to be pressed for each recipe); Peel and mince 2 teaspoons; Peel and slice 2 cloves.

**Green bell peppers:** Chop 1/2 cup plus 2/3 cup plus 2 tablespoons.

**Red bell peppers:** Julienne 3/4 cup.

**Jalapeno peppers:** Chop 2 tablespoons.

**Zucchini:** Dice 2 cups.

**Carrots:** Chop 1/3 pound.

**Celery:** Chop 1/4 cup.

**Gingerroot:** Mince 1 1/2 teaspoons.

**Cilantro:** Chop 1/4 cup.

**Thyme:** Set aside 8 sprigs; Chop 1 tablespoon.

**Lemons:** Squeeze 2 tablespoons juice.

### CANNED GOODS

Open all cans/jars as listed in Master Assembly Time Shopping List.

### SPICES

Set all spices out on countertop as listed in Master Assembly Time Shopping List. Include salt and black pepper.

### DAIRY/DAIRY CASE

Keep dairy products refrigerated until ready to use.

### DRY GOODS

Set flour, sugar and brown sugar out on countertop.

**Italian-seasoned bread crumbs:** Measure 1 1/2 tablespoons.

**Yellow cornmeal:** Measure 1/2 cup.

**Regular oats:** Measure 3/4 cup.

**Golden raisins:** Measure 1/3 cup.

**Tortilla chips:** Crush 3/4 cup.

### FREEZER

**Whole kernel corn:** Measure 1 cup.

**Orange juice concentrate:** Measure 1/4 cup.

# **Saving Dinner with Mega Menu-Mailer**

## **Dinner Planner**

### **Chicken**

1. Thyme for Chicken
2. Spicy Honey Chicken Thighs
3. Harvest Chicken and Vegetable Skillet
4. Santa Fe Chicken

### **Beef**

5. Ragin' Cajun Chili
6. Tangy Flank Steak
7. Lone Star Pot Roast
8. Cheeseburger Meat Loaf

### **Pork**

9. Mustard and Wine Pork Tenderloin
10. Tacos Al Pastor
11. Savory Dill Pork Chops
12. Tortilla-Crusted Pork Medallions

### **Fish**

13. Citrus Baked Fish
14. Mediterranean Roasted Shrimp
15. Cajun Tilapia
16. Southwestern Shrimp Soup

### **Turkey**

17. Barbecue Turkey Sandwiches
18. Smokey Turkey and Corn Soup

### **Lamb**

19. Lamb with Honey-Raisin Sauce

### **Other (Soup)**

20. Veggie Taco Soup

## Thyme for Chicken

Serves 4

Mega Menu-Mailer Recipe 1 — Assembly Guidelines

In a 1 gallon freezer bag combine and mix well:

- 1 lemon, sliced**
- 1 (28-oz.) can diced tomatoes**
- 8 sprigs fresh thyme**
- 1 tablespoon capers**
- 4 skinless chicken thighs**
- 4 skinless chicken drumsticks**
- 1/4 teaspoon salt**
- 1/4 teaspoon black pepper**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Thyme for Chicken

Serves 4

Mega Menu-Mailer Recipe 1 — Cooking Instructions

### Preassembled Ingredients

- 1 lemon, sliced
- 1 (28-oz.) can diced tomatoes
- 8 sprigs fresh thyme
- 1 tablespoon capers
- 4 skinless chicken thighs
- 4 skinless chicken drumsticks
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



### At time of cooking ingredients

- 2 tablespoons olive oil

Remove preassembled Thyme for Chicken from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Preheat oven to 400 degrees.

Empty the contents of each bag into a baking dish. Drizzle with the oil; roast until chicken is golden brown and cooked through, about 50 minutes.

**Serving Suggestions:** Steamed red skinned potatoes, steamed broccoli and steamed baby carrots.

**Nutrition per serving:** 248 Calories; 13g Fat; 19g Protein; 17g Carbohydrate; 7g Dietary Fiber; 52mg Cholesterol; 886mg Sodium. Exchanges: 1/2 Grain (Starch); 2 Lean Meat; 1 1/2 Fat. Points: 5

## Spicy Honey Chicken Thighs

Serves 4

Mega Menu-Mailer Recipe 2 — Assembly Guidelines

In a 1 gallon freezer bag combine:

- 2 teaspoons garlic powder**
- 2 teaspoons chili powder**
- 1 teaspoon salt**
- 1 teaspoon ground cumin**
- 1 teaspoon paprika**
- 1/2 teaspoon ground red pepper**
- 8 boneless skinless chicken thighs**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Spicy Honey Chicken Thighs

Serves 4

Mega Menu-Mailer Recipe 2 — Cooking Instructions

### Preassembled Ingredients

- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground red pepper
- 8 boneless skinless chicken thighs



### Preassembled Ingredients

- Non-aerosol cooking spray
- 6 tablespoons honey
- 2 teaspoons cider vinegar

Remove preassembled Spicy Honey Chicken Thighs from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Preheat oven broiler.

Place chicken on a broiler pan coated with cooking spray. Broil chicken 5 minutes on each side.

Combine honey and vinegar in a small bowl, stirring well. Remove chicken from oven; brush 1/4 cup honey mixture on chicken. Broil 1 minute. Remove chicken from oven and turn over. Brush chicken with remaining honey mixture. Broil 1 additional minute or until chicken is done.

**Serving Suggestions:** Whole wheat couscous and a big spinach salad.

**Nutrition per serving:** 200 Calories; 5g Fat; 12g Protein; 29g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 585mg Sodium. Exchanges: 0 Grain (Starch); 1 1/2 Lean Meat; 2 Other Carbohydrates. Points: 4

## Harvest Chicken and Vegetable Skillet

Serves 4

Mega Menu-Mailer Recipe 3 — Assembly Guidelines

- 4 (4-oz.) boneless skinless chicken breast halves**
- 1 1/2 tablespoons Italian-seasoned breadcrumbs**



Coat chicken with breadcrumbs. Place chicken breasts in a 1 gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

- 1 (14.5-oz.) can diced tomatoes with basil, garlic and oregano**
- 1 tablespoon tomato paste**
- 1/2 teaspoon salt**
- 1/2 teaspoon sugar**
- 1/4 teaspoon black pepper**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

- 2 cups diced zucchini**
- 3/4 cup (1/2-inch-thick) slices onion**
- 3/4 cup julienne-cut red bell pepper**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Harvest Chicken and Vegetable Skillet

Serves 4

Mega Menu-Mailer Recipe 3 — Cooking Instructions

### Preassembled Ingredients

- 4 (4-oz.) boneless skinless chicken breast halves
- 1 1/2 tablespoons Italian-seasoned breadcrumbs
- 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
- 1 tablespoon tomato paste
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon black pepper
- 2 cups diced zucchini
- 3/4 cup (1/2-inch-thick) slices onion
- 3/4 cup julienne-cut red bell pepper



### At time of cooking ingredients

- 1 tablespoon olive oil
- 2 tablespoons chopped parsley

Remove preassembled Harvest Chicken and Vegetable Skillet from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Heat the oil in a large skillet over medium-high heat. Add chicken and cook 2 minutes per side or until golden brown. Remove to a plate. Add zucchini, onion, and bell pepper to pan; reduce to medium heat and cook 6 minutes, stirring occasionally. Return chicken to pan.

Spoon tomato mixture over chicken. Reduce heat, cover, and simmer 15 minutes. Sprinkle with parsley.

**Serving Suggestions:** Brown rice and steamed green beans.

**Nutrition per serving:** 225 Calories; 5g Fat; 30g Protein; 15g Carbohydrate; 4g Dietary Fiber; 66mg Cholesterol; 803mg Sodium. Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 1/2 Fat. Points: 4

## Santa Fe Chicken

Serves 4

Mega Menu-Mailer Recipe 4 — Assembly Guidelines

In a 1 quart freezer bag combine:

- 1 cup chopped onion**
- 1 to 2 tablespoons chopped and seeded jalapeno pepper**
- 1 clove garlic, pressed**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

- 1 1/4 cups low sodium chicken broth**
- 1 (10-oz.) can diced tomatoes and green chilies, undrained**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag, combine:

- 4 (4-oz.) boneless skinless chicken breast halves**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**
- 1/4 teaspoon ground cumin**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Santa Fe Chicken

Serves 4

Mega Menu-Mailer Recipe 4 — Cooking Instructions

### Preassembled Ingredients

- 1 cup chopped onion
- 1 to 2 tablespoons chopped and seeded jalapeno pepper
- 1 clove garlic, pressed
- 1/4 cups low sodium chicken broth
- 1 (10-oz.) can diced tomatoes and green chilies, undrained
- 4 (4-oz.) boneless skinless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground cumin



### At time of cooking ingredients

- 1 tablespoon olive oil
- 1 cup long grain rice
- 3/4 cup shredded low fat Cheddar cheese
- Chopped cilantro (optional)

Remove preassembled Santa Fe Chicken from the freezer and defrost. (See defrost instructions on Page 4 for tips).

In a large skillet, saute the onion, jalapeno and garlic in oil until tender. Add broth and tomatoes; bring to a boil. Stir in rice. Place chicken over rice. Cover and simmer 20 to 30 minutes or until chicken is cooked through and juices run clear. Remove from heat; sprinkle with cheese and let stand for 5 minutes. Sprinkle with cilantro before serving if desired.

**Serving Suggestions:** Corn on the cob and steamed broccoli.

**Nutrition per serving:** 398 Calories; 7g Fat; 37g Protein; 45g Carbohydrate; 3g Dietary Fiber; 70mg Cholesterol; 748mg Sodium. Exchanges: 2 1/2 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat. Points: 8

## Ragin' Cajun Chili

Serves 4

Mega Menu-Mailer Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 2/3 pounds 95% lean ground beef**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**2/3 cup chopped onion**

**2/3 cup chopped green bell pepper**

**1 clove garlic, pressed**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, place:

**10 ounces canned pinto beans, undrained**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**10 ounces canned diced tomatoes, undrained**

**5 ounces tomato sauce**

**1 tablespoon chili powder (more or less to taste)**

**2 teaspoons honey**

**1/3 teaspoon dried parsley flakes**

**1/3 teaspoon dried oregano**

**1/3 teaspoon ground cumin**

**1/3 teaspoon Cajun seasoning**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.



## Ragin' Cajun Chili

Serves 4

Mega Menu-Mailer Recipe 5 — Cooking Instructions

### Preassembled Ingredients

1 2/3 pounds 95% lean ground beef

2/3 cup chopped onion

2/3 cup chopped green bell pepper

1 clove garlic, pressed

10 ounces canned pinto beans, undrained

1 (10-oz.) can diced tomatoes, undrained

5 ounces tomato sauce

1 tablespoon chili powder (more or less to taste)

2 teaspoons honey

1/3 teaspoon dried parsley flakes

1/3 teaspoon dried oregano

1/3 teaspoon ground cumin

1/3 teaspoon Cajun seasoning

Remove preassembled Ragin' Cajun Chili from the freezer and defrost. (See defrost instructions on Page 4 for tips).

In a Dutch oven, cook the beef, onion, green pepper and garlic over medium heat until meat is no longer pink; drain.

Meanwhile, in a food processor or blender, process beans and their liquid until smooth. Stir the beans and remaining ingredients into the beef mixture. Bring to a boil then reduce heat and simmer, uncovered, for 35 to 45 minutes.

**Serving Suggestions:** Serve a big salad on the side; add some corn muffins and butter.

**Nutrition per serving:** 596 Calories; 5g Fat; 24g Protein; 25g Carbohydrate; 6g Dietary Fiber; 52mg Cholesterol; 845mg Sodium. Exchanges: 1/2 Grain (Starch); 1 Vegetable. Points: 12



## Tangy Flank Steak

Serves 4

Mega Menu-Mailer Recipe 6 — Assembly Guidelines

In a 1 gallon freezer bag combine:

- 1/3 cup low sodium soy sauce**
- 1/3 cup packed brown sugar**
- 1/4 cup sliced green onion, white and green parts**
- 1 tablespoon sesame oil**
- 1 tablespoon sesame seeds**
- 2 teaspoons minced garlic**
- 1 1/2 teaspoons minced gingerroot**
- 1/4 teaspoon crushed red pepper flakes**
- 1 1/2 pounds beef flank steak, trimmed**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Tangy Flank Steak

Serves 4

Mega Menu-Mailer Recipe 6 — Cooking Instructions

### Preassembled Ingredients

- 1/3 cup low sodium soy sauce
- 1/3 cup packed brown sugar
- 1/4 cup sliced green onion, white and green parts
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 2 teaspoons minced garlic
- 1 1/2 teaspoons minced gingerroot
- 1/4 teaspoon crushed red pepper flakes
- 1 1/2 pounds beef flank steak, trimmed



Remove preassembled Tangy Flank Steak from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Preheat oven broiler.

Remove steak from bag and pour sauce into a small sauce pan; bring sauce to a boil and simmer for 5 minutes.

Broil steak for 5 minutes per side or until steak reaches desired level of doneness. Remove steak from heat and allow it to rest for 5 minutes before slicing.

To serve, thinly slice steak across the grain (diagonally) and spoon a little sauce on top.

**Serving Suggestions:** Wild rice pilaf and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 391 Calories; 17g Fat; 36g Protein; 21g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 933mg Sodium. Exchanges: 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 1 Fat; 1 Other Carbohydrates. Points: 9

## Lone Star Pot Roast

Serves 4

Mega Menu-Mailer Recipe 7 — Assembly Guidelines

In a 1 gallon freezer bag combine:

**1 1/2 pounds beef chuck roast, trimmed**  
**1/2 teaspoon salt**

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 quart freezer bag, place:

**1/3 pound chopped carrots**  
**1/2 cup chopped onion**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**1/2 cup ketchup**  
**1/4 teaspoon black pepper**  
**2 tablespoons Worcestershire sauce**  
**1/2 teaspoon dry mustard**  
**2 cloves garlic, pressed**  
**2 tablespoons lemon juice**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Lone Star Pot Roast

Serves 4

Mega Menu-Mailer Recipe 7 — Cooking Instructions

### Preassembled Ingredients

1 1/2 pounds beef chuck roast, trimmed  
1/2 teaspoon salt  
1/3 pound chopped carrots  
1/2 cup chopped onion  
1/2 cup ketchup  
1/4 teaspoon black pepper  
2 tablespoons Worcestershire sauce  
1/2 teaspoon dry mustard  
2 cloves garlic, pressed  
2 tablespoons lemon juice



Remove preassembled Lone star Pot Roast from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Place contents of carrot and onion bag in a slow cooker. Place beef roast on top of vegetables. Pour contents of remaining bag on top of the roast. Cover and cook on LOW for 8 to 10 hours.

**Serving Suggestions:** Mashed russet potatoes and steamed cauliflower and broccoli florets.

**Nutrition per serving:** 419 Calories; 27g Fat; 28g Protein; 16g Carbohydrate; 2g Dietary Fiber; 98mg Cholesterol; 794mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 3 Fat; 1/2 Other Carbohydrates. Points: 10

## Cheeseburger Meat Loaf

Serves 4

Mega Menu-Mailer Recipe 8 — Assembly Guidelines

In a 1 gallon freezer bag combine:

**1 pound 95% lean ground beef**  
**3/4 cup regular oats, uncooked**  
**1/2 cup milk**  
**2 tablespoons minced onion**  
**1 large egg, slightly beaten**  
**1 teaspoon Worcestershire sauce**  
**1/2 teaspoon salt**  
**1/4 teaspoon dry mustard**  
**1/4 teaspoon garlic salt**  
**1/4 teaspoon black pepper**



Seal the bag and blend the mixture together by squeezing and kneading the bag. Unseal the bag and, starting at the bottom of the bag, roll the mixture to force out any air then seal the bag again. Shape the mixture into a flat “pancake” so it will freeze and defrost evenly.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today’s date using a Sharpie marker (it’s the only one that doesn’t run in the freezer!) and place it in the freezer.

## Cheeseburger Meat Loaf

Serves 4

Mega Menu-Mailer Recipe 8 — Cooking Instructions

1 pound 95% lean ground beef  
3/4 cup regular oats, uncooked  
1/2 cup milk  
2 tablespoons minced onion  
1 large egg, slightly beaten  
1 teaspoon Worcestershire sauce  
1/2 teaspoon salt  
1/4 teaspoon dry mustard  
1/4 teaspoon garlic salt  
1/4 teaspoon black pepper



### At Time of Cooking Ingredients

1 (12-oz.) bottle chili sauce  
3 slices Cheddar cheese, cut into 1-inch strips

Remove preassembled Cheeseburger Meatloaf from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Preheat oven to 350 degrees.

Place meatloaf in a 9- x 5-inch loaf pan and bake for 40 to 45 minutes. Pour chili sauce over meat loaf and bake for 20 to 25 minutes longer or until meat is no longer pink in the center.

Arrange cheese slices in a crisscross pattern on top of meat loaf. Let meatloaf stand for 10 minutes before slicing.

**Serving Suggestions:** Steamed red skinned potatoes and steamed green beans.

**Nutrition per serving:** 543 Calories; 14g Fat; 24g Protein; 26g Carbohydrate; 5g Dietary Fiber; 110mg Cholesterol; 626mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Lean Meat; 1 1/2 Fat. Points: 11Vegetable; 1/2 Fruit; 1/2 Fat. Points: 5.

## Mustard and Wine Pork Tenderloin

Serves 4

Mega Menu-Mailer Recipe 9 — Assembly Guidelines

In a 1 gallon freezer bag place:

- 1 1/2 pounds lean pork tenderloin**
- 1 1/4 cups dry white wine (or use white grape juice with a dash of cider vinegar)**
- 1 cup low sodium chicken broth**
- 2 tablespoons coarse-grained mustard**
- 1 tablespoon chopped fresh thyme**
- 1 clove garlic, pressed**
- 1/4 teaspoon black pepper**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Mustard and Wine Pork Tenderloin

Serves 4

Mega Menu-Mailer Recipe 9 — Cooking Instructions

- 1 1/2 pounds lean pork tenderloin
- 1 1/4 cups dry white wine (or use white grape juice with a dash of cider vinegar)
- 1 cup low sodium chicken broth
- 2 tablespoons coarse-grained mustard
- 1 tablespoon chopped fresh thyme
- 1 clove garlic, pressed
- 1/2 teaspoon black pepper



### At Time of Cooking Ingredients

- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/2 cup flour
- Non-aerosol cooking spray

Remove preassembled Mustard and Wine Pork Tenderloin from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Preheat oven broiler.

Remove pork tenderloin from marinade, discarding marinade; pat dry and sprinkle evenly with salt and pepper. Dredge in flour and place on a lightly greased rack in a broiler pan; coat evenly with cooking spray.

Broil 5 1/2 inches from heat source for 20 to 25 minutes, turning occasionally, or until pork is browned and a meat thermometer inserted in thickest portion registers 150 degrees. Let stand for 10 minutes before slicing.

**Serving Suggestions:** Baked butternut squash and steamed broccoli.

**Nutrition per serving:** 337 Calories; 7g Fat; 41g Protein; 14g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 854mg Sodium. Exchanges: 1 Grain (Starch); 5 1/2 Lean Meat. Points: 7

## Tacos Al Pastor

Serves 4

Mega Menu-Mailer Recipe 10 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 pound lean pork tenderloin, cut into 1/2-inch cubes**  
**1 (8-oz.) can pineapple tidbits in juice, drained**  
**1/2 cup chopped onion**  
**1/4 cup chopped fresh cilantro**  
**1 tablespoon chili powder**  
**1 teaspoon ground cumin**  
**1 teaspoon dried oregano**  
**1 teaspoon black pepper**  
**1 clove garlic, pressed**  
**3/4 teaspoon salt**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Tacos Al Pastor

Serves 4

Mega Menu-Mailer Recipe 10 — Cooking Instructions

### Preassembled Ingredients

1 pound lean pork tenderloin, cut into 1/2-inch cubes  
1 (8-oz.) can pineapple tidbits in juice, drained  
1/2 cup chopped onion  
1/4 cup chopped fresh cilantro  
1 tablespoon chili powder  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 teaspoon black pepper  
1 clove garlic, pressed  
3/4 teaspoon salt



### At Time of Cooking Ingredients

1 tablespoon of canola oil  
4 (8-inch) flour tortillas, warmed  
Toppings such as guacamole, sour cream, cheese, etc.

Remove preassembled Tacos Al Pastor from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Heat the oil in a large skillet over medium-high heat. Add pork mixture and cook, stirring often, for about 10 minutes or until pork is cooked through. Serve mixture with warm tortillas and desired toppings.

**Serving Suggestions:** A big salad and corn on the cob.

**Nutrition per serving:** 423 Calories; 10g Fat; 31g Protein; 53g Carbohydrate; 4g Dietary Fiber; 74mg Cholesterol; 823mg Sodium. Exchanges: 3 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat. Points: 8

## Savory Dill Pork Chops

Serves 4

Mega Menu-Mailer Recipe 11 — Assembly Guidelines

In a 1 gallon freezer bag, combine:

**3 tablespoons melted butter**  
**2 teaspoons Dijon mustard**  
**3/4 to 1 teaspoon dried dill**  
**Dash of garlic powder**  
**2/3 teaspoon Worcestershire sauce**  
**4 (4-oz.) boneless loin pork chops**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Savory Dill Pork Chops

Serves 4

Mega Menu-Mailer Recipe 11 — Cooking Instructions

### Preassembled Ingredients

3 tablespoons melted butter  
2 teaspoons Dijon mustard  
3/4 to 1 teaspoon dried dill  
Dash of garlic powder  
2/3 teaspoon Worcestershire sauce  
4 (4-oz.) boneless loin pork chops



### At Time of Cooking Ingredients

Non-aerosol cooking spray

Remove preassembled Savory Dill Pork Chops from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Place pork chops on the rack of a broiler pan coated with cooking spray. Broil 4 to 6 inches from heat source for 4 minutes per side or until chops are cooked through.

**Serving Suggestions:** Steamed new potatoes and steamed baby carrots with petite green peas.

**Nutrition per serving:** 213 Calories; 14g Fat; 21g Protein; trace Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 170mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 2 Fat. Points: 5

## Tortilla-Crusted Pork Medallions

Serves 4

Mega Menu-Mailer Recipe 12 — Assembly Guidelines

**1 1/2 pounds lean pork tenderloin**  
**3/4 cup finely crushed tortilla chips**  
**1 tablespoon black pepper**  
**1/2 teaspoon chili powder**  
**1/2 teaspoon salt**  
**1/4 teaspoon ground cumin**  
**1 tablespoon olive oil**



Slice tenderloin into 1-inch-thick medallions. In a shallow dish, combine tortilla chips and next 5 ingredients (pepper through cumin). Brush pork medallions with 1 tablespoon of olive oil and dredge in tortilla chip mixture, pressing mixture into medallions on all sides to thoroughly coat.

Place the pork in a 1 gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Tortilla-Crusted Pork Medallions

Serves 4

Mega Menu-Mailer Recipe 12 — Cooking Instructions

### Preassembled Ingredients

**1 1/2 pounds lean pork tenderloin**  
**3/4 cup finely crushed tortilla chips**  
**1 tablespoon black pepper**  
**1/2 teaspoon chili powder**  
**1/2 teaspoon salt**  
**1/4 teaspoon ground cumin**  
**1 tablespoon olive oil**



### At Time of Cooking Ingredients

**1 tablespoon olive oil**

Remove preassembled Tortilla Crusted Pork Medallions from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Heat the olive oil in a large skillet over medium heat. Add pork and cook for 6 minutes per side or until done.

**Serving Suggestions:** Brown rice topped with salsa, sour cream and chopped green onion. Add a big salad.

**Nutrition per serving:** 339 Calories; 16g Fat; 37g Protein; 10g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 429mg Sodium. Exchanges: 1/2 Grain (Starch); 5 Lean Meat; 2 Fat. Points: 8

## Citrus Baked Fish

Serves 4

Mega Menu-Mailer Recipe 13 — Assembly Guidelines

In a 1 gallon freezer bag combine:

**1/4 cup orange juice concentrate, thawed**  
**1 tablespoon canola oil**  
**1/4 teaspoon dried dill**  
**4 (6-oz.) red snapper fillets**



Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Citrus Baked Fish

Serves 4

Mega Menu-Mailer Recipe 13 — Cooking Instructions

### Preassembled Ingredients

1/4 cup orange juice concentrate, thawed  
1 tablespoon canola oil  
1/4 teaspoon dried dill  
4 (6-oz.) red snapper fillets



### At Time of Cooking Ingredients

Non-aerosol cooking spray

Remove preassembled Citrus Baked Fish from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Preheat oven to 350 degrees.

Remove fish from freezer bag and discard marinade. Place fish in a greased baking dish; bake for 15 to 20 minutes or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Whole wheat couscous and stir-fried garlicky spinach with a dash of balsamic vinegar.

**Nutrition per serving:** 179 Calories; 5g Fat; 30g Protein; 2g Carbohydrate; trace Dietary Fiber; 73mg Cholesterol; 92mg Sodium. Exchanges: 4 Lean Meat; 1/2 Fat. Points: 4

## Mediterranean Roasted Shrimp

Serves 4

Mega Menu-Mailer Recipe 14 — Assembly Guidelines

In a 1 gallon freezer bag combine:

- 1 (12-oz.) jar roasted red peppers, drained and cut into 1-inch pieces**
- 1 bunch green onions, sliced**
- 2 cloves garlic, sliced**
- 1 1/2 pounds large shrimp, peeled and deveined**
- 2 tablespoons olive oil**
- Salt and pepper, to taste**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, place:

- 8 ounces Feta cheese, crumbled**

Carefully squeeze the bag to force out any air then seal the bag.

Place the plastic bags into a 1 gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Mediterranean Roasted Shrimp

Serves 4

Mega Menu-Mailer Recipe 14 — Cooking Instructions

### Preassembled Ingredients

- 1 (12-oz.) jar roasted red peppers, drained and cut into 1-inch pieces
- 1 bunch green onions, sliced
- 2 cloves garlic, sliced
- 1 1/2 pounds large shrimp, peeled and deveined
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 8 ounces Feta cheese, crumbled



Remove preassembled Mediterranean Roasted Shrimp from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Preheat oven to 400 degrees.

Pour shrimp mixture into a baking dish and top with Feta cheese. Bake until shrimp are cooked through and Feta begins to brown, about 20 minutes.

**Serving Suggestions:** Stir-fried zucchini and yellow squash; add a salad of mixed baby greens and thinly sliced red onion and cucumber, lightly tossed with red wine vinaigrette.

**Nutrition per serving:** 416 Calories; 22g Fat; 44g Protein; 10g Carbohydrate; 2g Dietary Fiber; 309mg Cholesterol; 1065mg Sodium. Exchanges: 0 Grain (Starch); 6 Lean Meat; 1 Vegetable; 3 Fat. Points: 10

## Cajun Tilapia

Serves 4

Mega Menu-Mailer Recipe 15 — Assembly Guidelines

**4 (4- to 6-oz.) tilapia fillets**  
**1 1/2 teaspoons Cajun seasoning, divided**  
**3 tablespoons flour**  
**1/2 cup yellow cornmeal**



Sprinkle fillets with 1 teaspoon of seasoning. Combine remaining seasoning, flour, and cornmeal. Dredge fillets in flour mixture, shaking off excess.

Place tilapia in a 1 gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Cajun Tilapia

Serves 4

Mega Menu-Mailer Recipe 15 — Cooking Instructions

### Preassembled Ingredients

4 (4- to 6-oz.) tilapia fillets  
1 1/2 teaspoons Cajun seasoning, divided  
3 tablespoons flour  
1/2 cup yellow cornmeal



### At Time of Cooking Ingredients

1 tablespoon butter  
1 tablespoon olive oil  
Lemon (optional)

Remove preassembled Cajun Tilapia from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Melt butter with oil in a large skillet over medium-high heat; add fillets and cook for 3 to 4 minutes per side or until fish flakes easily when tested with a fork. Squeeze lemon juice over fillets if desired. Serve immediately.

**Serving Suggestions:** Baked sweet potatoes and steamed kale.

**Nutrition per serving:** 259 Calories; 8g Fat; 27g Protein; 19g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 187mg Sodium. Exchanges: 1 Grain (Starch); 3 1/2 Lean Meat; 1 Fat. Points: 5

## Southwestern Shrimp Soup

Serves 4

Mega Menu-Mailer Recipe 16 — Assembly Guidelines

In a 1 quart freezer bag, place:

**1/2 cup chopped onion**

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 gallon freezer bag, combine:

**1 (14.5-oz.) can low sodium chicken broth**

**1 (10-oz.) can diced tomatoes and green chilies, undrained**

**1 cup frozen whole kernel corn**

**7.5 ounces canned black beans, drained and rinsed**

**7.25 ounces canned diced tomatoes, undrained**

**2 teaspoons chili powder**

**1/2 teaspoon sugar**

**1/4 teaspoon salt**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, place:

**1/2 pound medium shrimp, peeled and deveined**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Southwestern Shrimp Soup

Serves 4

Mega Menu-Mailer Recipe 16 — Cooking Instructions

### Preassembled Ingredients

1/2 cup chopped onion

1 (14.5-oz.) can low sodium chicken broth

1 (10-oz.) can diced tomatoes and green chilies, undrained

1 cup frozen whole kernel corn

7.5 ounces canned black beans, rinsed and drained

7.25 ounces canned diced tomatoes, undrained

2 teaspoons chili powder

1/2 teaspoon sugar

1/4 teaspoon salt

1/2 pound medium shrimp, peeled and deveined



### At Time of Cooking Ingredients

1 tablespoon olive oil

2 tablespoons chopped parsley

Remove preassembled Southwestern Shrimp Soup from the freezer and defrost. (See defrost instructions on Page 4 for tips).

In a Dutch oven, saute onion in oil for 3-4 minutes or until tender. Add broth mixture; bring to a boil, stirring occasionally. Reduce heat; cover and simmer for 20 minutes.

Stir in shrimp; cook for 5 to 6 minutes longer or until shrimp turn pink. Stir in parsley.

**Serving Suggestions:** Whole grain rolls and butter. Serve a big salad on the side.

**Nutrition per serving:** 229 Calories; 5g Fat; 22g Protein; 25g Carbohydrate; 6g Dietary Fiber; 86mg Cholesterol; 1069mg Sodium. Exchanges: 1 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fat. Points: 4

## Barbecue Turkey Sandwiches

Serves 4

Mega Menu-Mailer Recipe 17 — Assembly Guidelines

In a 1 quart freezer bag, combine:

**1/4 cup chopped celery**  
**1/4 cup chopped onion**  
**2 tablespoons chopped green bell pepper**



Carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, combine:

**2 tablespoons packed brown sugar**  
**2 tablespoons ketchup**  
**2 tablespoons picante sauce**  
**1 tablespoon Worcestershire sauce**  
**3/4 teaspoon chili powder**  
**1/2 teaspoon salt**  
**Dash hot pepper sauce**

Carefully squeeze the bag to force out any air then seal the bag.

In a 1 gallon freezer bag, place:

**2 cups cubed cooked turkey**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Barbecue Turkey Sandwiches

Serves 4

Mega Menu-Mailer Recipe 17 — Cooking Instructions

### Preassembled Ingredients

1/4 cup chopped celery  
1/4 cup chopped onion  
2 tablespoons chopped green bell pepper  
2 tablespoons packed brown sugar  
2 tablespoons ketchup  
2 tablespoons picante sauce  
1 tablespoon Worcestershire sauce  
3/4 teaspoon chili powder  
1/2 teaspoon salt  
Dash hot pepper sauce  
2 cups cubed cooked turkey



### At Time of Cooking Ingredients

1 tablespoon canola oil  
4 whole wheat burger buns

Remove preassembled Barbecue Turkey Sandwiches from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Heat the oil in a large skillet over medium-high heat; add celery, onion and green pepper and sauté for 3 to 4 minutes or until tender. Stir in the contents of the sauce bag; bring to a boil then reduce heat and simmer, uncovered, for 3 to 4 minutes. Add turkey; simmer for 10 minutes longer or until heated through. Serve in burger buns.

**Serving Suggestions:** A big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar); add a bowl of raw baby carrots.

**Nutrition per serving:** 373 Calories; 7g Fat; 36g Protein; 41g Carbohydrate; 4g Dietary Fiber; 78mg Cholesterol; 818mg Sodium. Exchanges: 2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates. Points: 7

## Smokey Turkey and Corn Soup

Serves 4

Mega Menu-Mailer Recipe 18 — Assembly Guidelines

In a 1 gallon freezer bag, place:

**1 pound turkey cutlets, cut into thin strips**

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 gallon freezer bag, combine:

**1 to 2 teaspoons chopped canned chipotle chilies in adobo sauce**

**2 teaspoons adobo sauce**

**2 (14-oz.) cans low sodium chicken broth**

**1 (14.75-oz.) can cream-style corn**

Carefully squeeze the bag to force out any air then seal the bag.

Place the plastic bags into a 1 gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Smokey Turkey and Corn Soup

Serves 4

Mega Menu-Mailer Recipe 18 — Cooking Instructions

### Preassembled Ingredients

1 pound turkey cutlets, cut into thin strips  
1 to 2 teaspoons chopped canned chipotle chilies in adobo sauce  
2 teaspoons adobo sauce  
2 (14-oz.) cans low sodium chicken broth  
1 (14.75-oz.) can cream-style corn



### At Time of Cooking Ingredients

1 tablespoon canola oil  
1/4 cup chopped fresh cilantro, divided  
1/4 teaspoon salt  
1/2 cup crushed lime-flavored tortilla chips (about 1 1/2 ounces)  
4 lime wedges

Remove preassembled Smokey Turkey and Corn Soup from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Heat the canola oil in a large saucepan over medium-high heat. Add turkey and cook for 3 minutes or until browned, stirring occasionally. Stir in contents of remaining freezer bag; bring to a boil then reduce heat to medium-low and simmer for 5 minutes.

Stir in 3 tablespoons of cilantro and the salt. Divide soup among 4 bowls; sprinkle evenly with remaining cilantro and crushed chips. Serve with lime wedges.

**Serving Suggestions:** Serve a big salad on the side; add some warmed corn tortillas and butter.

**Nutrition per serving:** 317 Calories; 8g Fat; 36g Protein; 29g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 1138mg Sodium. Exchanges: 1 1/2 Grain (Starch); 4 1/2 Lean Meat; 1 Fat. Points: 7

## Lamb with Honey-Raisin Sauce

Serves 4

Mega Menu-Mailer Recipe 19 — Assembly Guidelines

In a 1 gallon sized freezer bag combine:

**8 (4-oz.) loin lamb chops, trimmed**  
**1/4 teaspoon salt**

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 quart freezer bag, combine:

**1 cup low sodium chicken broth**  
**1/3 cup golden raisins**  
**2 tablespoons honey**  
**1/2 teaspoon cumin seeds**  
**1/2 teaspoon ground cinnamon**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Lamb with Honey-Raisin Sauce

Serves 4

Mega Menu-Mailer Recipe 19 — Cooking Instructions

### Preassembled Ingredients

8 (4-oz.) loin lamb chops, trimmed  
1/4 teaspoon salt  
1 cup low sodium chicken broth  
1/3 cup golden raisins  
2 tablespoons honey  
1/2 teaspoon cumin seeds  
1/2 teaspoon ground cinnamon

### At Time of Cooking Ingredients

Non-aerosol cooking spray  
1/4 teaspoon salt  
1/3 cup finely chopped onion

### Cooking Instructions

Remove preassembled Lamb with Honey-Raisin Sauce from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Heat a large skillet coated with cooking spray over medium-high heat; add lamb chops and cook for 5 minutes per side; remove from pan.

Recoat pan with cooking spray; add salt and chopped onion; saute for 1 minute. Stir in contents of broth bag. Add lamb chops, turning to coat. Simmer for 3 minutes or until they reach desired degree of doneness.

**Serving Suggestions:** Steamed red skinned potatoes and steamed baby carrots with petite green peas.

**Nutrition per serving:** 353 Calories; 11g Fat; 41g Protein; 22g Carbohydrate; 1g Dietary Fiber; 118mg Cholesterol; 521mg Sodium. Exchanges: 0 Grain (Starch); 5 1/2 Lean Meat; 1/2 Fruit; 1/2 Other Carbohydrates. Points: 8



## Veggie Taco Soup

Serves 4

Mega Menu-Mailer Recipe 20 — Assembly Guidelines

In a 1 quart freezer bag, combine:

**1/2 cup chopped onion**  
**2 cloves garlic, pressed**

Carefully squeeze the bag to force out any air then seal the bag.



In a 1 gallon freezer bag, combine:

**3 cups low sodium vegetable broth**  
**1 (15-oz.) can black beans, rinsed and drained**  
**1 (14.5-oz.) can diced tomatoes**  
**1 1/2 cups picante sauce**  
**1/2 cup chopped green bell pepper**  
**2 teaspoons chili powder**  
**1 teaspoon ground cumin**

Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd 1 gallon freezer bag and seal it. On the outside of the bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only one that doesn't run in the freezer!) and place it in the freezer.

## Veggie Taco Soup

Serves 4

Mega Menu-Mailer Recipe 20 — Cooking Instructions

### Preassembled Ingredients

1/2 cup chopped onion  
2 cloves garlic, pressed  
3 cups low sodium vegetable broth  
1 (15-oz.) can black beans, rinsed and drained  
1 (14.5-oz.) can diced tomatoes  
1 1/2 cups picante sauce  
1/2 cup chopped green bell pepper  
2 teaspoons chili powder  
1 teaspoon ground cumin

### At Time of Cooking Ingredients

2 teaspoons olive oil  
1 cup uncooked spiral pasta  
2 tablespoons low fat sour cream  
1/2 cup shredded low fat Cheddar cheese

Remove preassembled Veggie Taco Soup from the freezer and defrost. (See defrost instructions on Page 4 for tips).

Heat the oil in a large saucepan with a tight-fitting lid over medium-high heat; sauté onion and garlic until tender. Add the contents of the broth bag and stir in pasta. Bring to a boil, stirring frequently. Reduce heat; cover and simmer for 10 to 12 minutes or until pasta is tender, stirring occasionally. Ladle into soup bowls and garnish with sour cream and cheese.

**Serving Suggestions:** Serve a big salad on the side; add whole grain rolls and butter.

**Nutrition per serving:** 353 Calories; 5g Fat; 25g Protein; 51g Carbohydrate; 12g Dietary Fiber; 4mg Cholesterol; 1890mg Sodium. Exchanges: 2 1/2 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. Points: 7



# SAVING DINNER

*with*



## 20 for the Freezer Volume 5

# 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/POULTRY/SEAFOOD

1 (1-lb.) beef shoulder roast [R3]  
3 pounds beef shoulder roast [R10,R15]  
1 1/2 pounds beef flank steak [R5]  
1 pound 95% lean ground beef [R8]  
3 pounds pork tenderloin [R14,R16]  
4 (6-oz.) boneless pork chops, 1-inch thick [R19]  
4 (6-oz.) pork chops, 1/2-inch to 1-inch thick [R1]  
1 pound boneless pork chops, about 1-inch thick [R20]  
8 (6-oz.) boneless skinless chicken breast halves [R2,R13]  
4 (4-oz.) boneless skinless chicken breast halves [R6]  
3 pounds boneless skinless chicken breast meat [R4,R17]  
4 (4-oz.) flounder fillets (or buy frozen) [R7]  
1 pound red snapper fillets (or buy frozen) [R9]  
2 pounds skinless salmon fillets (or buy frozen) [R11,R18]  
1 pound medium shrimp, peeled and deveined (or buy frozen) [R12]

## CONDIMENTS

Olive oil [R7,R10,R20]  
Cider vinegar [R1,R5,R9,R14,R19,R20]  
Balsamic vinegar [R4,R12]  
Rice wine vinegar [R7]  
White wine vinegar (if not using white wine) [R16]  
1 (16-oz.) jar salsa [R6]  
Low sodium soy sauce [R5,R7,R10,R20]  
Honey [R1,R4,R19]  
White wine (1/4 cup) (or use white grape juice/ white wine vinegar) [R16]  
Dry white wine (3 cups) (or use vegetable broth/cider vinegar) (or use chicken broth) (plus 1 1/4 cups if not using white grape juice) [R4,R9,R17]  
Red wine (1/4 cup) (or use red grape juice/ cider vinegar) [R14]  
Dry red wine (1 cup) (or use beef broth) [R10,R15]  
Dark rum (2 tablespoons) (optional) [R11]  
Brandy (2 tablespoons) (optional) [R16]

## CANNED GOODS

Low sodium chicken broth (5 cups plus 1 cup if not using dry white wine) [R2,R6,R13,R17]  
Low sodium beef broth (3 cups plus 1 cup if not using dry red wine) [R10,R15]  
Low sodium vegetable broth (11 cups plus 2 cups if not using dry white wine) [R1,R3,R4,R7,R9,R11,R14,R16,R18,R19]  
Crushed tomatoes (20 ounces) [R8,R12]  
Tomato paste (2 tablespoons) [R8,R12]  
Artichoke hearts (1 cup chopped) (or buy frozen) [R3]  
White grape juice (1 1/2 cups plus 1/4 cup if not using white wine) (or use 1 1/4 cups dry white wine) [R1,R4,R16]  
Red grape juice (1/4 cup if not using red wine) [R14]  
Pomegranate juice (1/4 cup) [R14]

## DRY GOODS

Light brown sugar (2 1/4 cups plus 1 tablespoon) [R1,R5,R7,R19]  
Dark brown sugar (1/2 tablespoon) [R20]  
Prunes (1 cup chopped) (if not using fresh plums) [R14]

## FREEZER

4 (4-oz.) flounder fillets (if not using fresh) [R7]  
1 pound red snapper fillets (if not using fresh) [R9]  
2 pounds skinless salmon fillets (if not using fresh) [R11,R18]  
1 pound medium shrimp, peeled and deveined (if not using fresh) [R12]  
Artichoke hearts (1 cup chopped) (if not using canned) [R3]  
Cranberries (1/2 cup) [R13]

## PRODUCE

Onions (4 1/2 cups chopped plus 1 cup diced) [R3,R4,R6,R15,R20]  
Red onions (1 cup chopped plus 2 cups diced) [R8,R12,R17]  
Garlic (48 cloves)  
[R1,R2,R3,R4,R5,R6,R8,R10,R12,R13,R14,R15,R16,R17,R19,R20]  
Leeks (1 cup chopped) [R17]  
Butternut squash (2 cups cubed) [R10]  
Green bell peppers (1 cup chopped plus 1 cup diced) [R3,R12]  
Red bell peppers (1 cup chopped) [R17]  
Jalapenos (2 whole plus 1 tablespoon chopped plus 2 teaspoons diced) [R6,R8,R20]  
Gingerroot (2 teaspoons grated) [R7,R11]  
Cilantro (3/4 cup chopped) [R6,R7]  
Lemons (1 whole plus 1 1/4 cups juice plus 1 tablespoon and 4 teaspoons zest) [R2,R3,R9,R18]  
Limes (1 whole plus 1 cup and 2 tablespoons juice plus 3 1/2 teaspoons zest) [R7,R8,R11,R18]  
Oranges (2 medium plus 1/2 cup juice) [R5,R13]  
Mangoes (1 cup chopped) [R4]  
Plums (1 cup) (or use prunes) [R14]

## SPICES

Sea salt [R2,R3,R5,R6,R7,R13,R14,R16,R17]  
Black peppercorns  
[R1,R2,R3,R5,R6,R7,R9,R10,R11,R13,R14,R15,R16,R17,R19,R20]  
Ground allspice [R1,R4,R13,R14,R20]  
Oregano [R2,R3,R17]  
Thyme [R2,R17,R20]  
Basil [R2,R3,R4,R5,R17]  
Marjoram [R3]  
Rosemary [R5,R15,R18,R19]  
Chili powder [R6]  
Chipotle chili powder [R16]  
Ground cumin [R6]  
Tarragon [R9]  
Ground fennel [R10]  
Rubbed sage [R10]  
Paprika [R10]  
Herbes de Provence [R12]  
Cayenne pepper [R20]

## OTHER

Zipper-topped plastic freezer bags:  
1-quart 8  
1-gallon 35

## GLUTEN FREE

Vinegars [R1,R4,R5,R7,R9,R12,R14,R16,R19,R20]  
Soy sauce [R5,R7,R11,R20]  
Salsa [R6]  
Wines [R4,R9,R10,R14,R15,R16,R17]  
Rum (if using) [R11]  
Brandy (if using) [R16]  
Vegetable broth [R1,R3,R4,R7,R9,R11,R14,R16,R18,R19]  
Chicken broth [R2,R6,R13,R17]  
Beef broth [R10,R15]  
Canned tomatoes [R8,R12]  
Tomato paste [R8,R12]  
Artichoke hearts [R3]  
White grape juice [R1,R4,R16]  
Red grape juice [R14]  
Pomegranate juice [R14]  
Herbes de Provence [R12]  
Chipotle chili powder [R16]



# 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.)

## Recipe 1 – Sweet and Tangy Apple Pork Chops

Olive oil  
Butter, unsalted (1/4 cup)  
Light brown sugar (1  
tablespoon)  
Cider vinegar (1 teaspoon)  
Ground allspice (1/2 teaspoon)  
Granny Smith apples (2 cups  
chopped)  
\*Russet potatoes  
\*Baby carrots  
\*Green beans

**GLUTEN FREE:** Make sure cider vinegar is gluten free.

## Recipe 2 – Italian Lemon Chicken

Olive oil (2 tablespoons)  
Cornstarch (2 tablespoons)  
\*Eggplant  
\*Lettuce (not Iceberg, no  
nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

## Recipe 3 – Slow Cooker Mediterranean Beef Roast

Olive oil  
Flour (2 tablespoons)  
\*Spinach  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Whole grain rolls  
\*Butter, unsalted

**GLUTEN FREE:** Use gluten free flour.

## Recipe 4 – Mango Balsamic Chicken

Low sodium vegetable broth  
(1 cup)  
Sweet potatoes (1 1/2 cups  
diced)  
Carrots (2 cups sliced)  
Cornstarch (2 tablespoons)  
\*Wild rice pilaf  
\*Broccoli

**GLUTEN FREE:** Make sure broth is gluten free and use arrowroot starch instead of cornstarch.

## Recipe 5 – Herbed Orange Flank Steak

Cornstarch (1 tablespoon)  
Olive oil (1 tablespoon)  
Oranges (1)  
Dried basil (1 teaspoon)  
Dried rosemary (1/2 teaspoon)  
\*Sweet potatoes  
\*Brussels sprouts, large  
\*Olive oil  
\*Butter, unsalted  
\*Ground nutmeg

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

## Recipe 6 – South of the Border Chicken Tacos

Olive oil  
Low sodium chicken broth (1  
cup)  
Tomato paste (2 tablespoons)  
8 crispy taco shells  
Romaine lettuce, shredded  
(optional)  
Tomato, chopped (optional)  
Sour cream (optional)  
Avocado, diced (optional)  
\*Cherry tomatoes  
\*Whole black olives  
\*Carrots  
\*Celery  
\*Jicama

**GLUTEN FREE:** Make sure broth, tomato paste and taco shells are gluten free.

## Recipe 7 – Asian-Style Flounder

Olive oil  
Cornstarch (1 tablespoon)  
Cilantro (2 tablespoons  
chopped) (optional)  
\*Brown rice  
\*Zucchini  
\*Yellow squash  
\*Snow peas

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

## Recipe 8 – Fiesta Beef Lettuce Wraps

Tomato sauce (1/2 cup)  
Romaine lettuce (8 leaves)  
Salsa (optional)  
Avocado, diced (optional)  
Sour cream (optional)  
Cheddar cheese, shredded  
(optional)  
\*Corn on the cob (fresh or  
frozen)  
\*Butter, unsalted  
\*Cherry tomatoes  
\*Whole black olives  
\*Carrots  
\*Celery  
\*Jicama

**GLUTEN FREE:** Make sure tomato sauce and salsa (if using) are gluten free.

## Recipe 9 – White Wine Citrus Tarragon Snapper

Low sodium vegetable broth  
(1/2 cup)  
White button mushrooms (2  
cups sliced)  
Cornstarch (2 tablespoons)  
Baby spinach (2 cups)  
\*Baby carrots

**GLUTEN FREE:** Make sure vegetable broth is gluten free and use arrowroot starch instead of cornstarch.

## Recipe 10 – Beef Roast with Butternut Squash

Red onions (1 cup chopped)  
Low sodium beef broth (1 1/2  
cups)  
Cornstarch (2 tablespoons)  
(optional)  
\*Russet potatoes  
\*Broccoli

**GLUTEN FREE:** Make sure broth is gluten free. Use arrowroot starch instead of cornstarch (if using).

## Recipe 11 – Soy Glazed Salmon

Olive oil  
Jasmine rice (2 cups cooked)  
Cilantro (1/4 cup chopped)  
\*Asparagus  
\*Baby carrots

**Recipe 12 – Italian Shrimp One Dish Skillet Meal**

Tomato sauce (1/2 cup)  
Red potatoes (2 cups diced)  
Parmesan cheese (2 tablespoons grated) (optional)  
\*Spinach  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Bread for garlic toast  
\*Butter, unsalted  
\*Garlic powder

**GLUTEN FREE:** Make sure tomato sauce is gluten free.

**Recipe 13 – Cran-Orange Chicken**

Olive oil (2 tablespoons)  
Cornstarch (2 tablespoons)  
\*Butternut squash  
\*Frozen French-cut green

beans

\*Butter, unsalted  
\*Slivered almonds

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

**Recipe 14 – Pork Tenderloin with Plums and Red Wine**

Olive oil (2 tablespoons)  
Cornstarch (2 tablespoons)  
\*Baby red potatoes  
\*Broccoli

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

**Recipe 15 – Rosemary Beef Roast with Sweet Potatoes**

Sweet potatoes (2 cups cubed)  
Cornstarch (1 tablespoon)  
Brown rice (2 cups cooked)  
\*Kale

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

**Recipe 16 – Spicy Pork, Mango and Pineapple Kabobs**

Olive  
4 to 6 bamboo skewers  
Mango (1 cup cubed)  
Red onion (1 medium)  
Jasmine rice (2 cups cooked)  
\*Asparagus

**Recipe 17 – Slow Cooker Chicken Soup**

Carrots (1 cup diced)  
Idaho potatoes (1 cup diced)  
Egg noodles (2 cups cooked)  
\*Spinach  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Whole grain rolls  
\*Butter, unsalted

**GLUTEN FREE:** Make sure noodles are gluten free.

**Recipe 18 – Rosemary Citrus Salmon**

Cornstarch (1 tablespoon)  
Italian parsley (1/4 cup chopped)  
Brown rice (2 cups cooked)  
\*Green beans  
\*Baby carrots

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

**Recipe 19 – Rosemary Peach Pork Chops**

Olive oil  
Butter, unsalted (1/4 cup)  
Light brown sugar (1 tablespoon)  
Cider vinegar (1 teaspoon)  
Dried rosemary (1/2 teaspoon)  
Peaches (2 cups chopped) OR  
1 (16-oz.) can diced peaches  
\*Butternut squash  
\*Brussels sprouts, large  
\*Olive oil  
\*Butter  
\*Ground nutmeg

**GLUTEN FREE:** Make sure cider vinegar and canned peaches (if using) are gluten free.

**Recipe 20 – Easy Jerk-Style Pork Chops**

Olive oil  
Onion (1 cup sliced)  
\*Sweet potatoes  
\*Collard greens

## 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/POULTRY/SEAFOOD

Keep all items refrigerated until ready to use.

### CONDIMENTS

Set out items shown on Assembly Time Shopping List and measure as needed for each recipe.

### CANNED GOODS

Open all cans; prepare and measure as needed for each recipe.

### SPICES

Set out all items listed on Assembly Time Shopping List and measure as needed for each recipe.

### DRY GOODS

Set out all items listed on Assembly Time Shopping List and measure as needed for each recipe.

If using prunes, chop 1 cup.

### FREEZER

Measure 1/2 cup of cranberries and keep frozen until ready to use.

### PRODUCE

**Onions:** Prepare as shown on Assembly Time Shopping List.

**Red onions:** Prepare as shown on Assembly Time Shopping List.

**Leeks:** Prepare as shown on Assembly Time Shopping List.

**Garlic:** Press the garlic cloves as needed for each recipe.

**Butternut squash:** Peel and cube 2 cups of butternut squash.

**Green bell peppers:** De-seed, de-rib and chop 1 cup; de-seed, de-rib and dice 1 cup.

**Red bell peppers:** De-seed, de-rib and chop 1 cup.

**Jalapenos:** De-seed and dice 2 whole jalapenos; De-seed and dice 1 teaspoon jalapenos; De-seed and chop 1 tablespoon jalapenos.

**Gingerroot:** Grate 2 teaspoons gingerroot.

**Cilantro:** Chop 3/4 cup cilantro.

**Lemons:** Thinly slice 1 whole lemon, squeeze 1 1/4 cups of juice and grate 1 tablespoon and 4 teaspoons of zest.

**Limes:** Thinly slice 1 whole lime, squeeze 1 cup and 2 tablespoons of juice and grate 3 1/2 teaspoons of zest.

**Oranges:** Thickly slice 2 medium whole oranges, squeeze 1/2 cup juice.

**Mangoes:** Peel, pit and chop 1 cup mangoes.

**Plums:** Pit and halve 1 cup of plums (or use prunes).

## Dinner Planner

### 20 for the Freezer Volume 5

- 1. Sweet and Tangy Apple Pork Chops
- 2. Italian Lemon Chicken
- 3. Slow Cooker Mediterranean Beef Roast
- 4. Mango Balsamic Chicken
- 5. Herbed Orange Flank Steak
- 6. South of the Border Chicken Tacos
- 7. Asian-Style Flounder
- 8. Fiesta Beef Lettuce Wraps
- 9. White Wine Citrus Tarragon Snapper
- 10. Beef Roast with Butternut Squash
- 11. Soy Glazed Salmon
- 12. Italian Shrimp One Dish Skillet Meal
- 13. Cran-Orange Chicken
- 14. Pork Tenderloin with Plums and Red Wine
- 15. Rosemary Beef Roast with Sweet Potatoes
- 16. Spicy Pork, Mango and Pineapple Kabobs
- 17. Slow Cooker Chicken Soup
- 18. Rosemary Citrus Salmon
- 19. Rosemary Peach Pork Chops
- 20. Easy Jerk-Style Pork Chops

## Sweet and Tangy Apple Pork Chops

20 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 cup light brown sugar  
1/4 cup white grape juice  
3/4 cup low sodium vegetable broth  
1/3 cup honey  
2 tablespoons cider vinegar  
2 cloves garlic, pressed  
2 teaspoons freshly ground black pepper  
2 teaspoons ground allspice  
4 (6-oz.) pork chops, 1/2-inch to 1-inch thick

### To Assemble:

In a medium bowl, whisk together first 8 ingredients (brown sugar through allspice). Place pork chops in a 1-quart freezer bag and pour sauce on top; seal bag and turn to coat. Open the bag and carefully squeeze it to force out any air, then seal.

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

**GLUTEN FREE:** Make sure juice, broth and vinegar are gluten free.

## Sweet and Tangy Apple Pork Chops

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 the 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 light brown sugar  
1/4 cup white grape juice  
3/4 cup low sodium vegetable broth  
1/3 cup honey  
2 tablespoons cider vinegar  
2 cloves garlic, pressed  
2 teaspoons freshly ground black pepper  
2 teaspoons ground allspice  
4 (6-oz.) pork chops, 1/2-inch to 1-inch thick

### At Time of Cooking Ingredients:

Olive oil  
1/4 cup unsalted butter  
1 tablespoon light brown sugar  
1 teaspoon cider vinegar  
1/2 teaspoon ground allspice  
2 cups chopped Granny Smith apples

### Cooking Instructions:

Preheat oven to 350 degrees. Lightly coat a square baking dish with olive oil. Place pork chops and sauce in prepared baking dish and bake for 45 minutes to 1 hour or until fork-tender. Meanwhile, melt the butter in a medium saucepan over medium heat; stir in brown sugar, vinegar and allspice and cook for 2 minutes. Add apples and cook for 5 to 10 minutes, until caramelized. Serve pork chops topped with caramelized apples.

**SERVING SUGGESTION:** Mashed russet potatoes, steamed baby carrots and steamed green beans.

**Nutrition per serving:** 663 Calories; 29g Fat; 29g Protein; 76g Carbohydrate; 3g Dietary Fiber; 115mg Cholesterol; 184mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1 Fruit; 3 1/2 Fat; 4 Other Carbohydrates. **Points:** 18

## Italian Lemon Chicken

20 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

3/4 cup low sodium chicken broth  
1/4 cup lemon juice  
1 tablespoon lemon zest  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon dried basil  
3 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
4 (6-oz.) boneless skinless chicken breast halves

### To Assemble:

In a small bowl, whisk together first 9 ingredients (broth through black pepper). Place chicken in 1-quart freezer bag and pour broth mixture on top; seal bag and shake to combine ingredients. Open the bag and carefully squeeze it to force out any air, then seal.

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

**GLUTEN FREE:** Make sure chicken broth is gluten free.

## Italian Lemon Chicken

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 the 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:

3/4 cup low sodium chicken broth  
1/4 cup lemon juice  
1 tablespoon lemon zest  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon dried basil  
3 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
4 (6-oz.) boneless skinless chicken breast halves

### At Time of Cooking Ingredients:

2 tablespoons olive oil  
2 tablespoons cornstarch  
2 tablespoons water

### Cooking Instructions:

Remove chicken from bag, reserving broth and herb mixture. Heat the oil in a deep skillet over medium heat; carefully add chicken and brown for about 5 minutes per side. Meanwhile, transfer broth mixture to a small saucepan and bring to a boil over medium-high heat. In a small bowl or cup, combine cornstarch and water; stir into herb/broth mixture; cook and stir until thickened then pour sauce over chicken in the skillet. Reduce heat then cover and simmer for 30 to 45 minutes or until juices run clear and chicken is tender. Serve chicken with sauce.

**SERVING SUGGESTION:** Grilled eggplant and a big salad.

**Nutrition per serving:** 284 Calories; 9g Fat; 42g Protein; 7g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 444mg Sodium. **Exchanges:** 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 7

## Slow Cooker Mediterranean Beef Roast

20 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 teaspoon freshly ground black pepper  
1/4 teaspoon sea salt  
3 cloves garlic, pressed  
2 teaspoons dried basil  
1 teaspoon dried marjoram  
1 teaspoon dried oregano  
1 teaspoon lemon zest  
1 1/2 cups low sodium vegetable broth  
1/2 cup lemon juice  
1 (1-lb.) beef shoulder roast, trimmed of fat  
2 cups chopped onions  
1 cup chopped green bell pepper  
1 cup chopped artichoke hearts

### To Assemble:

In a small bowl, whisk together first 9 ingredients (black pepper through lemon juice). Place roast in a 1-gallon freezer bag and pour broth mixture on top. Add onions, bell pepper and artichokes then seal the bag and shake well to combine ingredients. Open the bag and carefully squeeze it to force out any 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 it. On the outside of the bag, label "Slow Cooker Mediterranean Beef Roast" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure vegetable broth and artichoke hearts are gluten free.

## Slow Cooker Mediterranean Beef Roast

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 the 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 freshly ground black pepper  
1/4 teaspoon sea salt  
3 cloves garlic, pressed  
2 teaspoons dried basil  
1 teaspoon dried marjoram  
1 teaspoon dried oregano  
1 teaspoon lemon zest  
1 1/2 cups low sodium vegetable broth  
1/2 cup lemon juice  
1 (1-lb.) beef shoulder roast, trimmed of fat  
2 cups chopped onions  
1 cup chopped green bell pepper  
1 cup chopped artichoke hearts

### At Time of Cooking Ingredients:

Olive oil  
2 tablespoons flour  
2 tablespoons water

### Cooking Instructions:

Empty the contents of the freezer bag carefully into a crock cooker that has been lightly coated with olive oil. Cover and cook on LOW 6 to 8 hours or until roast is fork-tender; transfer to a cutting board and keep warm. In a small bowl or cup, blend flour and water to a smooth paste (no lumps!); gradually stir mixture into crock cooker juices then raise heat setting to HIGH. Cover and cook for 15 minutes or until sauce has thickened. Slice roast and serve topped with sauce.

**SERVING SUGGESTION:** Serve a big spinach salad on the side; add some warm flatbread and butter.

**Nutrition per serving:** 210 Calories; 4g Fat; 24g Protein; 22g Carbohydrate; 7g Dietary Fiber; 46mg Cholesterol; 407mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 5

## Mango Balsamic Chicken

20 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/2 cup low sodium vegetable broth  
1 1/4 cups white grape juice, or use dry white wine  
1/4 cup balsamic vinegar  
1 cup chopped mangoes  
2 tablespoons honey  
2 teaspoons dried basil  
1 teaspoon ground allspice  
1 cup diced onion  
2 cloves garlic, pressed  
1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes

### To Assemble:

In a small bowl, whisk together first 9 ingredients (broth through garlic). Place cubed chicken in a 1-gallon freezer bag and pour broth mixture on top; seal bag and shake well to combine ingredients. Open the bag and carefully squeeze it to force out any 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 the bag. On the outside of the bag, label "Mango Balsamic Chicken" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure vegetable broth, juice (or wine) and balsamic vinegar are gluten free.

## Mango Balsamic Chicken

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 the 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 low sodium vegetable broth  
1 1/4 cups white grape juice, or use dry white wine  
1/4 cup balsamic vinegar  
1 cup chopped mangoes  
2 tablespoons honey  
2 teaspoons dried basil  
1 teaspoon ground allspice  
1 cup diced onion  
2 cloves garlic, pressed  
1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes

### At Time of Cooking Ingredients:

1 cup low sodium vegetable broth  
1 1/2 cups diced sweet potatoes  
2 cups sliced carrots  
2 tablespoons cornstarch  
2 tablespoons water

### Cooking Instructions:

Carefully transfer contents of freezer bag to a large saucepan with a tight-fitting lid over medium-high heat; add broth. Bring mixture to a boil then reduce heat, cover and simmer for 1 hour. Carefully remove lid and add sweet potatoes and carrots; stir well. Cover and cook for 30 minutes or until vegetables are tender. In a small bowl or cup, combine cornstarch and water; add mixture to saucepan and cook and stir until sauce has thickened. Serve immediately.

**SERVING SUGGESTION:** Wild rice pilaf and steamed broccoli spears.

**Nutrition per serving:** 435 Calories; 3g Fat; 46g Protein; 57g Carbohydrate; 7g Dietary Fiber; 99mg Cholesterol; 343mg Sodium. **Exchanges:** 1 Grain(Starch); 6 Lean Meat; 2 Vegetable; 1 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 11

## Herbed Orange Flank Steak

20 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/4 cup orange juice  
2 teaspoons cider vinegar  
1 tablespoon light brown sugar  
2 tablespoons low sodium soy sauce  
3 cloves garlic, pressed  
1 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
1 tablespoon dried basil  
1 teaspoon dried rosemary, crushed  
1 1/2 pounds beef flank steak, trimmed

### To Assemble:

In a medium bowl, whisk together first 9 ingredients (orange juice through rosemary). Place flank steak (cut in half, if necessary, to fit) in a 1-quart freezer bag; pour juice mixture on top. Seal bag and shake well to combine ingredients. Open the bag and carefully squeeze it to force out any air, then seal again.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Herbed Orange Flank Steak" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce and vinegar are gluten free.

## Herbed Orange Flank Steak

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 the 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 orange juice  
2 teaspoons cider vinegar  
1 tablespoon light brown sugar  
2 tablespoons low sodium soy sauce  
3 cloves garlic, pressed  
1 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
1 tablespoon dried basil  
1 teaspoon dried rosemary, crushed  
1 1/2 pounds beef flank steak, trimmed

### At Time of Cooking Ingredients:

1 tablespoon cornstarch  
1 tablespoon water  
1 tablespoon olive oil  
1 teaspoon dried basil  
1/2 teaspoon dried rosemary, crushed  
1 orange, thinly sliced, ends removed and seeds discarded

### Cooking Instructions:

Transfer juice/herb mixture from bag to a small saucepan; bring to a boil. In a small bowl or cup, combine cornstarch and water; stir mixture into saucepan then cook and stir until sauce has thickened. Meanwhile, heat the oil in a large, deep skillet over medium-high heat; carefully add flank steak and cook for 5 to 7 minutes per side or until browned. Add the sauce to the skillet then reduce heat to low, sprinkle rosemary and basil over the top then add orange slices. Cover and continue to cook for 30 to 45 minutes or until steak is fork-tender or just slightly pink in the center. Serve with sauce and discard orange slices.

**SERVING SUGGESTION:** Baked sweet potatoes and shredded Brussels sprouts (cut large trimmed Brussels sprouts in half lengthwise then thinly slice, cut sides down; stir-fry in olive oil and butter until tender then toss with salt, pepper and a dash of ground nutmeg).

**Nutrition per serving:** 344 Calories; 16g Fat; 36g Protein; 12g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 897mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

## South of the Border Chicken Tacos

20 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/2 cup low sodium chicken broth  
1 (16-oz.) jar salsa  
1/2 teaspoon sea salt  
1/4 cup chopped cilantro  
2 teaspoons diced jalapeno, de-seeded  
1 cup chopped onion  
1 teaspoon freshly ground black pepper  
3 cloves garlic, pressed  
1 tablespoon chili powder  
1 teaspoon ground cumin  
4 (4-oz.) boneless skinless chicken breast halves

### To Assemble:

In a medium bowl, whisk together all ingredients except chicken. Place chicken in a 1-gallon freezer bag and cover with salsa/herb mixture. Seal the bag and shake to combine ingredients. Open the bag and carefully squeeze it to force out any air, then seal again.

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 the bag. On the outside of the bag, label "South of the Border Chicken Tacos" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure broth and salsa are gluten free.

## South of the Border Chicken Tacos

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 the 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 low sodium chicken broth  
1 (16-oz.) jar salsa  
1/2 teaspoon sea salt  
1/4 cup chopped cilantro  
2 teaspoons diced jalapeno, de-seeded  
1 cup chopped onion  
1 teaspoon freshly ground black pepper  
3 cloves garlic, pressed  
1 tablespoon chili powder  
1 teaspoon ground cumin  
4 (4-oz.) boneless skinless chicken breast halves

### At Time of Cooking Ingredients:

Olive oil  
1 cup low sodium chicken broth  
2 tablespoons tomato paste  
8 crispy taco shells, warmed

### Optional toppings:

Shredded Romaine lettuce  
Chopped tomato  
Sour cream  
Diced avocado

### Cooking Instructions:

Carefully place contents of bag in a lightly oiled slow cooker; add broth and stir well. Cover and cook on LOW for 6 to 8 hours or until chicken is fork-tender; with a slotted spoon, transfer chicken to a cutting board and keep warm. Raise slow cooker heat setting to HIGH and stir in tomato paste; cook until sauce has thickened. Shred chicken with 2 forks and return to slow cooker and blend with juices. Serve shredded chicken in taco shells garnished with desired toppings.

**SERVING SUGGESTION:** A relish tray of cherry tomatoes, whole black olives and carrot, celery and jicama sticks.

**Nutrition per serving:** 336 Calories; 8g Fat; 35g Protein; 32g Carbohydrate; 6g Dietary Fiber; 66mg Cholesterol; 1180mg Sodium. **Exchanges:** 1 Grain(Starch); 4 Lean Meat; 2 Vegetable; 1 1/2 Fat. **Points:** 8

## Asian-Style Flounder

20 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (4-oz.) flounder fillets  
1 tablespoon olive oil  
1 1/2 cups low sodium vegetable broth  
1/2 cup lime juice  
1/4 cup rice wine vinegar  
1 cup low sodium soy sauce  
1/4 cup light brown sugar  
2 teaspoons freshly ground black pepper  
1 teaspoon sea salt  
1/2 teaspoon lime zest  
1 teaspoon grated gingerroot  
1/2 cup chopped cilantro

### To Assemble:

Place flounder in a 1-gallon freezer bag; gently squeeze the bag to force out any air, then seal. In a medium bowl, whisk together remaining ingredients (oil through cilantro); pour mixture into a second 1-gallon freezer bag; seal bag and gently shake it to combine ingredients. Open the bag and carefully squeeze it to force out any air; seal again.

To prevent freezer burn, place both filled bags in a third 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal it. On the outside of the bag, label "Asian-Style Flounder" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure vegetable broth, vinegar, and soy sauce are gluten free.

## Asian-Style Flounder

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:

4 (4-oz.) flounder fillets  
1 tablespoon olive oil  
1 1/2 cups low sodium vegetable broth  
1/2 cup lime juice  
1/4 cup rice wine vinegar  
1 cup low sodium soy sauce  
1/4 cup light brown sugar  
2 teaspoons freshly ground black pepper  
1 teaspoon sea salt  
1/2 teaspoon lime zest  
1 teaspoon grated gingerroot  
1/2 cup chopped cilantro

### At Time of Cooking Ingredients:

Olive oil  
1 tablespoon cornstarch  
1 tablespoon water  
2 tablespoons chopped cilantro, optional garnish

### Cooking Instructions:

Preheat oven to 425 degrees. Place flounder in a lightly oiled baking pan and bake for 10 to 15 minutes or until fillets flake easily when tested with a fork. Meanwhile, transfer the broth cilantro mixture to a small saucepan and bring to a boil. In a small bowl or cup, combine cornstarch and water; stir into sauce and cook for 5 minutes or until desired thickness is reached. Serve sauce over fish and enjoy!

**SERVING SUGGESTION:** Brown rice and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 247 Calories; 5g Fat; 30g Protein; 22g Carbohydrate; 2g Dietary Fiber; 54mg Cholesterol; 3162mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 6

## Fiesta Beef Lettuce Wraps

20 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

10 ounces crushed tomatoes  
1 cup diced red onion  
2 jalapeno peppers, de-seeded and diced  
3 cloves garlic, pressed  
1 tablespoon tomato paste  
1/4 cup lime juice  
1 pound 95% lean ground beef

### To Assemble:

In a bowl, combine all ingredients; blend well, being sure tomato paste is not clumpy. Transfer mixture to a 1-gallon freezer bag; carefully squeeze the bag to force out any 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 the bag. On the outside of the bag, label "Fiesta Beef Wraps" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure crushed tomatoes and tomato paste are gluten free.

## Fiesta Beef Lettuce Wraps

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:

10 ounces crushed tomatoes  
1 cup diced red onion  
2 jalapeno peppers, de-seeded and diced  
3 cloves garlic, pressed  
1 tablespoon tomato paste  
1/4 cup lime juice  
1 pound 95% lean ground beef

### At Time of Cooking Ingredients:

1/2 cup tomato sauce  
8 Romaine lettuce leaves

### Optional toppings:

Salsa  
Diced avocado  
Sour cream  
Shredded Cheddar cheese

### Cooking Instructions:

Transfer contents of bag to a large, deep skillet over medium heat; cook until beef is done. Stir in tomato sauce and bring to a slight boil then remove from heat. Spoon chicken mixture into lettuce leaves, add desired toppings then roll up and enjoy!

**SERVING SUGGESTION:** Buttered corn on the cob and a relish tray of cherry tomatoes, whole black olives and carrot, celery and jicama sticks.

**Nutrition per serving:** 349 Calories; 3g Fat; 14g Protein; 15g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 348mg Sodium. **Exchanges:** 2 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 3

## White Wine Citrus Tarragon Snapper

20 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound red snapper fillets, cut into 1-inch cubes  
1/2 cup low sodium vegetable broth  
2 cups dry white wine, or use additional vegetable broth with a splash of cider vinegar  
2 tablespoons dried tarragon  
1 teaspoon freshly ground black pepper  
1/4 cup lemon juice  
2 teaspoons lemon zest

### To Assemble:

Place snapper cubes in a 1-gallon freezer bag. In a bowl, whisk together remaining ingredients; pour mixture over snapper then seal the bag and shake lightly to coat. Open the bag and carefully squeeze it to force out any 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 the bag. On the outside of the bag, label "White Wine Citrus Tarragon Snapper" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure vegetable broth, wine and vinegar (if using) are gluten free.

## White Wine Citrus Tarragon Snapper

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 the 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 pound red snapper fillets, cut into 1-inch cubes  
1/2 cup low sodium vegetable broth  
2 cups dry white wine, or use additional vegetable broth with a splash of cider vinegar  
2 tablespoons dried tarragon  
1 teaspoon freshly ground black pepper  
1/4 cup lemon juice  
2 teaspoons lemon zest

### At Time of Cooking Ingredients:

1/2 cup low sodium vegetable broth  
2 cups sliced white button mushrooms  
2 tablespoons cornstarch  
2 tablespoons water  
2 cups baby spinach

### Cooking Instructions:

Carefully remove snapper cubes from bag; cover and refrigerate until ready to cook. Transfer remaining contents of freezer bag to a large saucepan with a tight-fitting lid over medium-high heat; add broth. Bring to a boil then reduce heat to low. Add mushrooms, stir, cover and cook for 15 minutes or until mushrooms are tender (but not rubbery!). Add snapper cubes; cook for 3 to 5 minutes or until fish flakes easily when tested with a fork. In a small bowl or cup, combine cornstarch and water; add to stew and cook and stir until thickened. Serve immediately over baby spinach.

**SERVING SUGGESTION:** Add steamed baby carrots on the side.

**Nutrition per serving:** 246 Calories; 2g Fat; 28g Protein; 10g Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol; 224mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 4

## Beef Roast with Butternut Squash

20 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 cup low sodium beef broth  
1/2 cup dry red wine, or use additional beef broth  
3 teaspoons ground fennel, divided  
2 teaspoons rubbed sage, divided  
1 teaspoon paprika  
2 cloves garlic, pressed  
1/2 teaspoon freshly ground black pepper  
1 1/2 pounds beef shoulder roast, trimmed of fat  
1/4 cup olive oil  
2 cups peeled and cubed butternut squash

### To Assemble:

In a small bowl, whisk together broth, wine (or additional broth), 2 teaspoons of fennel, 1 teaspoon of sage, the paprika, garlic and black pepper. Place roast in a 1-gallon freezer bag; add broth mixture then seal the bag and gently shake to combine ingredients. Open the bag and carefully squeeze it to force out any air, then seal.

In a second 1-gallon freezer bag, add olive oil, butternut squash and remaining fennel and sage; seal bag and shake well to evenly coat squash. Open the bag and carefully squeeze it to force out any air, then seal.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Beef Roast with Butternut Squash" and date of preparation, and place it in the freezer.

**GLUTEN FREE:** Make sure broth and wine (if using) are gluten free.

## Beef Roast with Butternut Squash

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:

1 cup low sodium beef broth  
1/2 cup dry red wine, or use additional beef broth  
3 teaspoons ground fennel, divided  
2 teaspoons rubbed sage, divided  
1 teaspoon paprika  
2 cloves garlic, pressed  
1/2 teaspoon freshly ground black pepper  
1 1/2 pounds beef shoulder roast, trimmed of fat  
1/4 cup olive oil  
2 cups peeled and cubed butternut squash

### At Time of Cooking Ingredients:

1 cup chopped red onion  
1 1/2 cups low sodium beef broth  
2 tablespoons cornstarch, optional  
2 tablespoons water, optional

### Cooking Instructions:

Remove roast from bag and transfer with marinade to a slow cooker. Add red onion, additional broth and contents of butternut squash bag. Cover and cook on LOW for 6 to 8 hours or until roast is fork-tender. If desired, thicken sauce by adding a mixture of cornstarch and water to the slow cooker and cooking on HIGH for 15 minutes or until thickened. Serve sliced beef with veggies and top with sauce.

**SERVING SUGGESTION:** Mashed russet potatoes and steamed broccoli spears.

**Nutrition per serving:** 373 Calories; 19g Fat; 33g Protein; 15g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 126mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat. **Points:** 9

## Soy Glazed Salmon

20 For the Freezer Recipe 11 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 cups low sodium vegetable broth  
2 tablespoons dark rum, optional  
2 tablespoons low sodium soy sauce  
1 teaspoon grated gingerroot  
1 teaspoon freshly ground black pepper  
1/4 cup lime juice  
2 teaspoons lime zest  
1 pound skinless salmon fillets

### To Assemble:

In a small bowl, whisk together all ingredients except fish; transfer to a 1 quart freezer bag. Carefully place salmon in the bag then seal the bag and shake it gently to coat. Open the bag and carefully squeeze it to force out any air, then seal.

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

**GLUTEN FREE:** Make sure vegetable broth, rum (if using) and soy sauce are gluten free.

## Soy Glazed Salmon

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 the 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 low sodium vegetable broth  
2 tablespoons dark rum, optional  
2 tablespoons low sodium soy sauce  
1 teaspoon grated gingerroot  
1 teaspoon freshly ground black pepper  
1/4 cup lime juice  
2 teaspoons lime zest  
1 pound skinless salmon fillets

### At Time of Cooking Ingredients:

Olive oil  
2 cups prepared Jasmine rice  
1/4 cup chopped cilantro

**DO-AHEAD TIP:** Cook Jasmine rice.

### Cooking Instructions:

Preheat oven to 350 degrees and lightly oil a 9- x 13-inch baking dish. Carefully remove salmon from bag; cover and refrigerate until ready to cook. Transfer remaining contents of freezer bag to a large saucepan with a tight-fitting lid over medium-high heat. Bring mixture to a boil then reduce heat and cook for 3 to 5 minutes or until sauce is reduced to desired thickness. Meanwhile, place salmon in baking dish and bake 10 to 15 minutes or until fish flakes easily when tested with a fork. Arrange 1/2 cup of rice and a portion of salmon on each dinner plate and ladle sauce over the top and sprinkle with chopped cilantro. Serve immediately.

**SERVING SUGGESTION:** Steamed asparagus and steamed baby carrots.

**Nutrition per serving:** 305 Calories; 4g Fat; 31g Protein; 30g Carbohydrate; 2g Dietary Fiber; 59mg Cholesterol; 638mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat. **Points:** 7

## Italian Shrimp One Dish Skillet Meal

20 For the Freezer Recipe 12 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

10 ounces crushed tomatoes  
1 cup diced red onion  
1 cup diced green bell pepper  
3 cloves garlic, pressed  
1 tablespoon tomato paste  
2 tablespoons balsamic vinegar  
1 tablespoon Herbes de Provence  
1 pound medium shrimp, peeled and deveined

### To Assemble:

In a small bowl, combine all ingredients; blend well, being sure tomato paste is not clumpy. Transfer to a 1-gallon freezer bag and carefully squeeze it to force out any 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 the bag. On the outside of the bag, label "Italian Shrimp One Dish" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure crushed tomatoes, balsamic vinegar, Herbes de Provence and tomato paste are gluten free.

## Italian Shrimp One Dish Skillet Meal

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:

10 ounces crushed tomatoes  
1 cup diced red onion  
1 cup diced green bell pepper  
3 cloves garlic, pressed  
1 tablespoon tomato paste  
2 tablespoons balsamic vinegar  
1 tablespoon Herbes de Provence  
1 pound medium shrimp, peeled and deveined

### At Time of Cooking Ingredients:

1/2 cup tomato sauce  
2 cups diced red potatoes  
2 tablespoons grated Parmesan cheese, optional

### Cooking Instructions:

Using a slotted spoon, remove shrimp from freezer bag; cover and refrigerate until ready to cook. Transfer remaining ingredients from freezer bag to a large, deep skillet over medium heat. Bring to a slow boil then stir in tomato sauce and potatoes. Again, bring to a slow boil then reduce heat, cover, and simmer for 20 to 30 minutes or until potatoes are tender. Uncover and stir in shrimp; cook for 2 to 3 minutes or just until opaque and cooked through. Serve in bowls and top with Parmesan cheese, if desired.

**SERVING SUGGESTION:** Serve a big spinach salad on the side; add some garlic toast.

**Nutrition per serving:** 250 Calories; 3g Fat; 27g Protein; 30g Carbohydrate; 5g Dietary Fiber; 173mg Cholesterol; 490mg Sodium. **Exchanges:** 1 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit. **Points:** 6

## Cran-Orange Chicken

20 For the Freezer Recipe 13 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

3/4 cup low sodium chicken broth  
1/4 cup orange juice  
1 tablespoon ground allspice  
3 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
4 (6-oz.) boneless skinless chicken breast halves  
1/2 cup frozen cranberries  
2 medium oranges, thickly sliced

### To Assemble:

In a small bowl, whisk together first 6 ingredients (broth through black pepper). Place chicken in 1-quart freezer bag and pour mixture on top then add cranberries and orange slices. Seal bag and shake to combine ingredients. Open the bag and carefully squeeze it to force out any air, then seal.

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

**GLUTEN FREE:** Make sure chicken broth is gluten free.

## Cran-Orange Chicken

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 the 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:

3/4 cup low sodium chicken broth  
1/4 cup orange juice  
1 tablespoon ground allspice  
3 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
4 (6-oz.) boneless skinless chicken breast halves  
1/2 cup frozen cranberries  
2 medium oranges, thickly sliced

### At Time of Cooking Ingredients:

2 tablespoons olive oil  
2 tablespoons cornstarch  
2 tablespoons water

### Cooking Instructions:

Remove chicken from bag, reserving marinade. Heat the olive oil in a deep skillet with a tight-fitting lid over medium heat; carefully add chicken and brown for about 5 minutes per side. Meanwhile, transfer remaining ingredients from freezer bag to a small saucepan and bring to a boil over medium-high heat. In a small bowl or cup, combine cornstarch and water; stir mixture into herb/broth mixture and cook, stirring constantly, until thickened. Pour sauce over chicken then reduce skillet heat, cover and simmer for 30 to 45 minutes or until juices run clear and chicken is fork-tender. Serve chicken with sauce, discarding orange slices.

**SERVING SUGGESTION:** Baked butternut squash and French-cut green beans sautéed in a little butter and tossed with slivered almonds.

**Nutrition per serving:** 324 Calories; 9g Fat; 42g Protein; 17g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 445mg Sodium. **Exchanges:** 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat. **Points:** 8

## Pork Tenderloin with Plums and Red Wine

20 For the Freezer Recipe 14 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

3/4 cup low sodium vegetable broth  
1/4 cup red wine, or use red grape juice with splash of cider vinegar  
1/4 cup pomegranate juice  
1 tablespoon ground allspice  
3 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 1/2 pounds pork tenderloin, cut into 1-inch cutlets  
1 cup plums, pitted and halved, or use chopped prunes

### To Assemble:

In a small bowl, whisk together first 7 ingredients (broth through black pepper). Place pork cutlets in 1-gallon freezer bag and pour broth mixture on top; add plums (or prunes) then seal the bag and shake it to combine ingredients. Open the bag and carefully squeeze it to force out any 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 the bag. On the outside of the bag, label "Pork Tenderloin with Plums and Red Wine" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure broth, wine (or juice/vinegar) and pomegranate juice are gluten free

## Pork Tenderloin with Plums and Red Wine

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 the 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:

3/4 cup low sodium vegetable broth  
1/4 cup red wine, or use red grape juice with splash of cider vinegar  
1/4 cup pomegranate juice  
1 tablespoon ground allspice  
3 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 1/2 pounds pork tenderloin, cut into 1-inch cutlets  
1 cup plums, pitted and halved, or use chopped prunes

### At Time of Cooking Ingredients:

2 tablespoons olive oil  
2 tablespoons cornstarch  
2 tablespoons water

### Cooking Instructions:

Remove cutlets from bag, reserving marinade. Heat the olive oil in a deep skillet with a tight-fitting lid over medium heat; carefully add cutlets and brown for about 5 minutes per side. Meanwhile, transfer broth mixture to a small saucepan and bring to a boil over medium-high heat. In a small bowl or cup, combine cornstarch and water; stir mixture into herb/broth mixture and cook, stirring constantly, until thickened; pour over cutlets. Reduce skillet heat, cover and simmer for 30 to 45 minutes or until cutlets are cooked through. Serve with sauce.

**SERVING SUGGESTION:** Roasted baby red potatoes and steamed broccoli spears.

**Nutrition per serving:** 339 Calories; 13g Fat; 39g Protein; 14g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 431mg Sodium. **Exchanges:** 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat. **Points:** 8

## Rosemary Beef Roast with Sweet Potatoes

20 For the Freezer Recipe 15 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 cups low sodium beef broth  
1/2 cup dry red wine, or use additional beef broth  
1 cup chopped onion  
1 tablespoon dried rosemary, crushed  
3 cloves garlic, pressed  
1/2 teaspoon freshly ground black pepper  
1 1/2 pounds beef shoulder roast, trimmed of fat

### To Assemble:

In a small bowl, whisk together first 6 ingredients (broth through black pepper); pour mixture into a 1-gallon freezer bag and carefully squeeze the bag to force out any air; seal the bag. Place roast in a second 1-gallon freezer bag and carefully squeeze it to force out any air, then seal.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Rosemary Beef Roast" and date of preparation, and place it in the freezer.

**GLUTEN FREE:** Make sure broth and wine (if using) are gluten free.

## Rosemary Beef Roast with Sweet Potatoes

20 For the Freezer Recipe 15 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge.

### Preassembled Ingredients:

2 cups low sodium beef broth  
1/2 cup dry red wine, or use additional beef broth  
1 cup chopped onion  
1 tablespoon dried rosemary, crushed  
3 cloves garlic, pressed  
1/2 teaspoon freshly ground black pepper  
1 1/2 pounds beef shoulder roast, trimmed of fat

### At Time of Cooking Ingredients:

2 cups cubed sweet potatoes  
1 tablespoon cornstarch  
1 tablespoon water  
2 cups prepared brown rice

**DO-AHEAD TIP:** Cook brown rice in time for dinner.

### Cooking Instructions:

Transfer contents of freezer bag to a slow cooker; add sweet potatoes. Cover and cook on LOW for 6 to 8 hours or until roast pulls apart easily with a fork. In a small bowl or cup, combine cornstarch and water. Raise slow cooker heat setting to HIGH and stir in cornstarch/water mixture; cook for 15 minutes or until thickened. Pull beef apart with two forks and blend with slow cooker juices. Serve beef/sweet potatoes mixture over brown rice.

**SERVING SUGGESTION:** Serve braised kale on the side.

**Nutrition per serving:** 403 Calories; 6g Fat; 34g Protein; 47g Carbohydrate; 5g Dietary Fiber; 68mg Cholesterol; 127mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 9

## Spicy Pork, Mango and Pineapple Kabobs

20 For the Freezer Recipe 16 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

- 1 1/2 pounds pork tenderloin, cut into cubes
- 3 cloves garlic, pressed
- 1 teaspoon chipotle chili powder
- 1/2 cup low sodium vegetable broth
- 1/4 cup white wine, or use white grape juice with a splash of white wine vinegar
- 2 tablespoons brandy, optional
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

### To Assemble:

Place pork tenderloin cubes in a 1-gallon freezer bag; add garlic and chipotle chili powder then seal bag and shake to coat well. In a small bowl, whisk together remaining ingredients; pour marinade over pork cubes. Carefully squeeze the bag to force out any air, then seal.

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

**GLUTEN FREE:** Make sure broth, wine (or juice/vinegar), chili powder, and brandy (if using) are gluten free.

## Spicy Pork, Mango and Pineapple Kabobs

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 1/2 pounds pork tenderloin, cut into cubes
- 3 cloves garlic, pressed
- 1 teaspoon chipotle chili powder
- 1/2 cup low sodium vegetable broth
- 1/4 cup white wine, or use white grape juice with a splash of white wine vinegar
- 2 tablespoons brandy, optional
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

- Olive oil
- 4 bamboo skewers
- 1 cup cubed mango, cut as large as possible
- 1 medium red onion, quartered
- 1 cup (1-inch) pineapple cubes
- 2 cups prepared Jasmine rice

**DO-AHEAD TIP:** Prepare Jasmine rice and soak bamboo skewers in water for 30 minutes prior to grilling, to prevent burning.

### Cooking Instructions:

Preheat indoor or outdoor grill to HIGH and lightly oil the clean grate before it gets hot. Remove pork cubes from freezer bag and transfer marinade to a small saucepan, bringing to a boil over medium heat. Alternately thread pork, mango and pineapple cubes onto skewers and end with an onion quarter. Grill kabobs for 12 to 15 minutes, turning and brushing with marinade every 2 to 3 minutes, until pork is cooked through. Serve kabobs over Jasmine rice. Re-heat marinade just to a boil then spoon over kabobs and rice.

**SERVING SUGGESTION:** Serve steamed OR grilled asparagus on the side.

**Nutrition per serving:** 409 Calories; 7g Fat; 41g Protein; 43g Carbohydrate; 3g Dietary Fiber; 111mg Cholesterol; 632mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Fat. **Points:** 10

## Slow Cooker Chicken Soup

20 For the Freezer Recipe 17 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, chopped  
3 cups low sodium chicken broth  
1 cup dry white wine, or use additional chicken broth  
1 cup chopped leeks  
1 cup chopped red bell pepper  
1 cup chopped red onion  
2 teaspoons dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon dried basil  
6 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### To Assemble:

Place all ingredients in 1-gallon freezer bag; seal bag and shake to combine. Open the bag and carefully squeeze it to force out any 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 the bag. On the outside of the bag, label "Slow Cooker Chicken Soup" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure chicken broth and wine (if using) are gluten free.

## Slow Cooker Chicken Soup

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 the 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 1/2 pounds boneless skinless chicken breast meat, chopped  
3 cups low sodium chicken broth  
1 cup dry white wine, or use additional chicken broth  
1 cup chopped leeks  
1 cup chopped red bell pepper  
1 cup chopped red onion  
2 teaspoons dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon dried basil  
6 cloves garlic, pressed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

1 cup diced carrots  
1 cup diced Idaho potatoes, peeling optional  
2 cups prepared egg noodles

**DO-AHEAD TIP:** Cook noodles in time for dinner.

### Cooking Instructions:

Carefully pour contents of freezer bag into a slow cooker; add carrots and potatoes. Cover and cook on LOW for 6 to 8 hours or until chicken is cooked through and vegetables are tender. Stir in egg noodles and serve.

**SERVING SUGGESTION:** A big spinach salad and some warmed whole grain rolls with butter.

**Nutrition per serving:** 465 Calories; 4g Fat; 54g Protein; 43g Carbohydrate; 5g Dietary Fiber; 125mg Cholesterol; 764mg Sodium. **Exchanges:** 2 Grain(Starch); 6 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points:** 10

## Rosemary Citrus Salmon

20 For the Freezer Recipe 18 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 cups low sodium vegetable broth  
1 lemon, thinly sliced  
1 lime, thinly sliced  
1/4 cup lemon juice  
2 tablespoons lime juice  
1 teaspoon lemon zest  
1 teaspoon lime zest  
1/2 tablespoon dried rosemary, crushed  
1 pound skinless salmon fillets

### To Assemble:

In a small bowl, whisk together all ingredients except fish; transfer to a 1-gallon freezer bag. Carefully place salmon in the bag then seal the bag and shake it lightly to coat. Open the bag and carefully squeeze it to force out any 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 the bag. On the outside of the bag, label "Rosemary Citrus Salmon" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure vegetable broth is gluten free.

## Rosemary Citrus Salmon

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 the 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 low sodium vegetable broth  
1 lemon, thinly sliced  
1 lime, thinly sliced  
1/4 cup lemon juice  
2 tablespoons lime juice  
1 teaspoon lemon zest  
1 teaspoon lime zest  
1/2 tablespoon dried rosemary, crushed  
1 pound skinless salmon fillets

### At Time of Cooking Ingredients:

Olive oil  
1/4 cup chopped Italian parsley  
2 cups cooked brown rice

**DO-AHEAD TIP:** Cook brown rice.

### Cooking Instructions:

Preheat oven to 350 degrees and lightly oil a 9- x 13-inch baking dish. Carefully remove salmon from freezer bag; cover and refrigerate until ready to cook. Transfer remaining contents of freezer bag to a large saucepan with a tight-fitting lid over medium-high heat. Bring to a boil then reduce heat to low and cook for 5 to 7 minutes or until sauce is reduced by about half. Meanwhile, place salmon in baking dish and bake for 10 to 15 minutes or until fish flakes easily when tested with a fork. Arrange a portion of salmon and 1/2 cup of brown rice on each dinner plate and ladle sauce on top (discarding lemon and lime slices). Evenly sprinkle parsley over each dish and serve immediately.

**SERVING SUGGESTION:** Steamed green beans and steamed baby carrots.

**Nutrition per serving:** 284 Calories; 5g Fat; 31g Protein; 30g Carbohydrate; 4g Dietary Fiber; 59mg Cholesterol; 339mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 7

## Rosemary Peach Pork Chops

20 For the Freezer Recipe 19 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 cup light brown sugar  
1 cup low sodium vegetable broth  
1/3 cup honey  
2 tablespoons cider vinegar  
3 cloves garlic, pressed  
2 teaspoons freshly ground black pepper  
2 teaspoons dried rosemary, crushed  
4 (6-oz.) boneless pork chops, 1-inch thick

### To Assemble:

In a medium bowl, whisk together first 7 ingredients (brown sugar through rosemary). Place pork chops in a 1-quart freezer bag and pour sauce on top; seal the bag and turn to coat well with sauce. Open the bag and carefully squeeze it to force out any air, then seal.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Rosemary Peach Pork Chops" and date of preparation; place it in the freezer.

**GLUTEN FREE:** Make sure cider vinegar and broth are gluten free.

## Rosemary Peach 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 the 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 light brown sugar  
1 cup low sodium vegetable broth  
1/3 cup honey  
2 tablespoons cider vinegar  
3 cloves garlic, pressed  
2 teaspoons freshly ground black pepper  
2 teaspoons dried rosemary, crushed  
4 (6-oz.) boneless pork chops, 1-inch thick

### At Time of Cooking Ingredients:

Olive oil  
1/4 cup unsalted butter  
1 tablespoon light brown sugar  
1 teaspoon cider vinegar  
1/2 teaspoon dried rosemary, crushed  
2 cups chopped peaches, or use 1 (16-oz.) can diced peaches, drained

### Cooking Instructions:

Preheat oven to 350 degrees. Lightly coat a square baking dish with olive oil. Place pork chops and sauce in prepared baking dish; bake for 45 minutes to 1 hour or until fork-tender. Meanwhile, melt the butter in a medium saucepan over medium heat; stir in brown sugar, vinegar and rosemary and cook for 2 minutes. Add peaches and cook for 5 to 10 minutes or until so soft that the mixture almost becomes a chunky peach sauce. Serve pork chops topped with rosemary/peach sauce and serve immediately.

**SERVING SUGGESTION:** Baked butternut squash and Shredded Brussels Sprouts (cut large Brussels sprouts in half lengthwise; thinly slice, cut sides down, then stir-fry in olive oil and butter over medium heat until tender. Toss with salt, pepper and a dash of ground nutmeg).

**Nutrition per serving:** 655 Calories; 29g Fat; 30g Protein; 73g Carbohydrate; 3g Dietary Fiber; 115mg Cholesterol; 215mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 1/2 Fat; 4 Other Carbohydrates. **Points:** 18

## Easy Jerk-Style Pork Chops

20 For the Freezer Recipe 20 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/2 cup chopped onion  
1 tablespoon chopped jalapeno, de-seeded  
3 cloves garlic, pressed  
1/2 tablespoon dark brown sugar  
1 tablespoon dried thyme  
1/2 teaspoon ground allspice  
3/4 teaspoon freshly ground black pepper  
1/8 teaspoon cayenne pepper  
1 tablespoon olive oil  
2 tablespoons cider vinegar  
1 tablespoon low sodium soy sauce  
1 pound boneless pork chops, about 1-inch thick

### To Assemble:

Prepare marinade: In a blender, place first 11 ingredients (onion through soy sauce); process until mostly smooth. Place pork chops in a 1-quart freezer bag; pour marinade on top then seal the bag and shake it gently to combine ingredients. Open the bag and carefully squeeze it to force out any air, then seal.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Jerk-Style Pork Chops" and date of preparation, and place it in the freezer.

**GLUTEN FREE:** Make sure cider vinegar and soy sauce are gluten free.

## Easy Jerk-Style Pork Chops

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:

1/2 cup chopped onion  
1 tablespoon chopped jalapeno, de-seeded  
3 cloves garlic, pressed  
1/2 tablespoon dark brown sugar  
1 tablespoon dried thyme  
1/2 teaspoon ground allspice  
3/4 teaspoon freshly ground black pepper  
1/8 teaspoon cayenne pepper  
1 tablespoon olive oil  
2 tablespoons cider vinegar  
1 tablespoon low sodium soy sauce  
1 pound boneless pork chops, about 1-inch thick

### At Time of Cooking Ingredients:

Olive oil  
1 cup sliced onion

### Cooking Instructions:

Preheat indoor or outdoor grill to HIGH and lightly coat the clean grate with olive oil. Remove chops from freezer bag and drain, discarding marinade. Grill the sliced onions for 2 to 3 minutes or until soft; set aside and keep warm. Grill chops until grill marks appear and lift easily from grill grate, about 5 to 7 minutes per side. When cooked through, serve immediately with grilled onions.

**SERVING SUGGESTION:** Baked sweet potatoes and braised collard greens.

**Nutrition per serving:** 243 Calories; 15g Fat; 19g Protein; 9g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 198mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 6