

# Whole 30 Freezer Cooking Plan

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This freezer cooking plan will prepare up to 14 meals for at least 4 people.

## Recipes:

- [Spicy Southwest Chicken](#), 2 batches
- [Salsa Verde Chicken](#), 2 batches
- [Baked Chicken](#) for salads and soups, 2 batches
- [Quick Meat Sauce for Pasta](#), 2 batches
- [Hamburger Patties for the Freezer](#), 2 batches

## Notes:

- You will need to omit the soy sauce and use olive oil instead of vegetable oil.
- The meat sauce will need your seasoning mix of choice. If you don't have a favorite, you can mix up a batch of [Jamie's Spice Mix](#).
- Make sure the ingredients of the salsa verde comply with Whole 30 diet.
- Be sure to serve the meat sauce over spaghetti squash instead of pasta. Serve the hamburger patties without the bun. They are nice with lettuce and tomato or atop a grilled portobella mushroom

## Equipment needed:

- food processor
- at least one big stockpot
- freezer ziptop bags for marinated chicken, baked chicken, and hamburger patties
- plastic wrap and waxed paper for the burger patties
- plastic or glass containers with lids for meat sauce

## Grocery List

### Produce

- 2 tomatoes
- 2 onions
- 2 ribs celery
- 1 jalapeno pepper
- 2 heads of garlic – you'll need about 4 cloves
- 3 limes for juice
- ½ cup fresh cilantro leaves
- 2 cups sliced mushrooms
- ½ cup plus 2 tablespoons chopped fresh basil (if not using dried)

### Meat / Poultry

- 12 boneless, skinless chicken breasts (for spicy sw chicken)
- 4 to 6 pounds chicken tenders (for salsa verde chicken)
- 2 pounds ground beef (for burgers)
- 2 pounds ground meat (for meat sauce)
- 8 large bone-in chicken breast halves (for baked chicken)

### **Prep List:**

1. Chop vegetables for marinade
2. Trim chicken for marinating.
3. Prepare seasoning mix.

### Dry Goods

- olive oil
- two 15-ounce cans tomato sauce
- small can tomato paste
- 1 cup salsa verde

### Spices

- fine sea salt
- kosher salt
- ground black pepper
- dried basil (if not using fresh)
- cayenne pepper
- chili powder
- cumin
- garlic powder
- favorite seasoning blend or ingredients for [Jamie's Spice Mix](#) (onion powder, garlic powder, paprika, dried basil, dried oregano, fine sea salt, black pepper, celery seeds, lemon zest, and cayenne pepper)

## Cooking Plan:

1. Start the chicken to bake.
2. Start the Meat Sauce on the stove top.
3. Prepare Southwest Chicken and Salsa Verde marinades. Wrap, label, and freeze. [SOUTHWEST CHICKEN & SALSA VERDE CHICKEN DONE.]
4. Meat sauce should be done. Wrap, label, and freeze. [QUICK MEAT SAUCE DONE.]
5. Baked chicken should be done. Remove and cool.
6. Shred baked chicken for later use. Wrap, label, and freeze. [BAKED CHICKEN/TURKEY DONE].
7. Prep hamburger patties with 2 lbs. ground beef to form 8 burgers. Wrap, label, and freeze. [HAMBURGER PATTIES DONE.]