



12 EASY FREEZER COOKING PLANS

Jessica Fisher

author of [Not Your Mother's Make-Ahead and Freeze Cookbook](#)

Thanks for joining the Good Cheap Eats community where we believe that great meals don't have to be expensive or complicated.

One of the ways you can eat well and save money is through freezer cooking and my cookbook, Not Your Mother's Make-Ahead and Freeze Cookbook.

In the cookbook you'll find everything you need to know to get started on freezer cooking as well as have over 200 recipes in your hot little hands to make and freeze.

This booklet is chock-full of additional cooking plans to make your time in the kitchen more productive and efficient. Many of the recipes in these plans are found in the cookbook or linked to on my websites.

I'd love to hear about which recipes you love. Write to me:
Jessica @goodcheapeats.com

Bon Appetit!

A handwritten signature in black ink that reads "Jessica Fisher". The signature is written in a cursive, flowing style.

Grab & Go Breakfast Meal Plan

24 meals serving four people -- 5 to 6 hours

This meal plan should cover breakfasts for a family of four for at least three weeks, provided you supplement with fresh produce and other side dishes.

Honey Multi-Grain Rolls, cookbook, 2 batches

[Cinnamon Apple Oat Cakes](#), 2 batches

Eggs Florentine Casserole (baked, cut into portions, wrapped and frozen), cookbook, 1 batch

Herbed Pork Sausage Patties, cookbook, 2 batches

Breakfast Sliders, cookbook, 2 batches

[Pumpkin Spice Scones](#), 1 batch

Spiced Whole Grain Waffles, cookbook, 1 batch

[Coconut Mango Banana Smoothie](#), 4 batches

Notes

- Whole Wheat Pastry Flour can be difficult to find in some areas of the country. If you can't find it in the baking aisle, check the organic or specialty foods section of the store. Unbleached, all-purpose flour is a good substitute if you can't find it.
- Oat Flour: To make your own oat flour, just grind some old-fashioned or quick oats in a blender until it turns into flour.
- If you don't have a bread machine, you can mix the rolls by hand. Place the milk and butter in a medium saucepan and warm slightly. Transfer the mixture to a large bowl and add the honey and yeast. Stir and allow the yeast to proof for 5 minutes. Add the dry ingredients. Stir to combine well. Turn the mixture onto a lightly floured surface and knead. Continue kneading for 5 minutes to create a smooth, elastic dough, adding more of the flour as necessary. Transfer to a greased bowl and turn the dough ball to coat. Let rise until doubled in bulk, about 1 hour.
- Using canned pumpkin? Don't let the leftover in the can go to waste after you make scones. Substitute the 1 1/2 cups of pumpkin for an equal amount of milk in the waffles. Or, divide it up into 1/2 cup portions and freeze until needed for another recipe.

Grocery List

FRESH PRODUCE:

- 4 apples
- 4 garlic cloves
- 4 small bananas
- 1 orange for zesting

DAIRY:

- 1 cup plain yogurt
- 7 cups milk
- 1 cup buttermilk
- 17 eggs
- 16 oz. cottage cheese
- 2 cups shredded Swiss cheese
- 2 cups crumbled Feta cheese
- 12 large slices of cheddar cheese
- 2 cups plus 5 Tablespoons unsalted butter
- 4 Tablespoons salted butter

FROZEN:

- 10 oz. package frozen chopped spinach
- 2 cups frozen mango chunks

MEAT & POULTRY:

- 2 pounds lean ground pork

CANNED/BOTTLED/DRY GOODS:

- 12 English muffins
- 6 cups old-fashioned oats
- 1/4 cup quick oats
- 1 cup oat flour
- 8 1/2 cups unbleached, all-purpose flour
- 4 cups whole-wheat pastry flour
- 2 1/2 cups whole-wheat flour
- 3/4 cup cornmeal
- 1 cup applesauce
- 1/2 cup canned pumpkin puree
- 2 cups canned light coconut milk
- 2 cups plus 2 tablespoons sugar
- 3/4 cup brown sugar
- 1/4 cup honey
- 1/2 cup canola oil
- 4 1/2 teaspoons active dry yeast (2 packets)
- baking powder
- baking soda

SEASONINGS:

- cayenne pepper
- cinnamon

Grocery List *(continued)*

- ginger
- dry mustard
- nutmeg
- onion powder
- paprika
- ground black pepper
- rubbed sage
- salt
- dried thyme
- vanilla extract

Packaging

- plastic wrap
- waxed paper
- heavy-duty aluminum foil
- gallon-size zip-top freezer bags labeled Cinnamon Apple Oat Cakes (2), Eggs Florentine Casserole (2), Breakfast Sliders (2), Spiced Whole-Grain Waffles (2), Pumpkin Spice Scones (2), Honey Multi-Grain Rolls (2)
- 4-5 plastic freezer jars with lids

Special Equipment

- two 12-cup muffin tins
- food processor (not necessary but will speed up the process making scones)
- blender
- baking sheets
- bread machine (for making the rolls, optional, but definitely makes it easier)

Prep List

1. Print online recipes.
2. Thaw spinach and squeeze dry.
3. Form sausage patties, bake, and cool.
4. Zest orange.
5. Chop apples.
6. Shred swiss cheese if not purchased pre-shredded.

Cooking Plan

Note: One of the tricks to saving time during a large baking plan like this one is to make sure you maximize every action. Heat the oven once and keep it baking. The steps with an asterisk* indicate that you will be using the oven. If you are quicker or slower with any of the steps and find that you have an empty oven, skip to the next * so that you can maximize that energy. Then go back to the step that you finished previously.

1. Prepare both batches of Honey Multi-Grain Rolls. Allow dough to rise which should be about 90 minutes.
2. * Prepare the Cinnamon Apple Oat Cakes and start them baking.
3. * Prepare Eggs Florentine Casserole. Wait for oven.
4. Assemble Breakfast Sliders. Wrap, label, and chill before freezing. [BREAKFAST SLIDERS DONE.]
5. Oat cakes should be done, take them out to cool. Once they are cool, wrap, label and freeze. [CINNAMON APPLE OAT CAKES DONE]
6. * Put Eggs Florentine Casserole in oven to bake. Be sure to set the timer.
7. * Prepare Pumpkin Spice Scones. Lay out on trays and wait for space in oven if necessary.
8. The dough cycle should be done for the rolls right now. Divide the dough into portions, form rolls, and set to rise for the second time.
9. Make Spiced Whole Grain Waffle Batter. Begin baking waffles. As they are done, lay them on a rack to cool. Once they are all baked and cooled, wrap, label, and freeze. [SPICED WHOLE GRAIN WAFFLES DONE.]
10. Eggs Florentine Casserole should be done. Pull it out to cool on a rack. Once cool, cut into squares, wrap in waxed paper, and chill before freezing. [EGGS FLORENTINE CASSEROLE DONE]
11. Bake the scones.
12. Prepare Coconut Mango Banana Smoothies. Divide into plastic

cups with lids. Freeze
Immediately. [COCONUT
MANGO BANANA SMOOTHIES
DONE]

13. Scones should be done. Lay them on a rack to cool. Once they are cooled, wrap, label, and freeze. [SPICED PUMPKIN SCONES DONE.]
14. Bake the rolls while you clean up the kitchen. Once they are finished baking, cool them on a rack. Once cool, wrap, label, and freeze. [HONEY MULTI-GRAIN ROLLS DONE]
15. Clean up the workspace. Wipe down the counters.

Cinnamon Apple Oat Cakes

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

Cinnamon Apple Oat Cakes

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

Eggs Florentine Casserole

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

Eggs Florentine Casserole

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

Breakfast Sliders

In the microwave, heat thawed plastic-wrapped sandwiches for 1 to 2 minutes or until heated through. Increase cooking time by 30 seconds to 1 minute for frozen. For oven heating, reheat foil-wrapped sandwiches in a preheated 375 degree oven for 15 minutes for thawed or 25 minutes for frozen.

Date prepared:

Breakfast Sliders

In the microwave, heat thawed plastic-wrapped sandwiches for 1 to 2 minutes or until heated through. Increase cooking time by 30 seconds to 1 minute for frozen. For oven heating, reheat foil-wrapped sandwiches in a preheated 375 degree oven for 15 minutes for thawed or 25 minutes for frozen.

Date prepared:

Spiced Whole Grain Waffles

Reheat frozen waffles (no need to thaw) in the toaster or toaster oven.

Date prepared:

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Reheat frozen waffles (no need to thaw) in the toaster or toaster oven.

Date prepared:

Pumpkin Spice Scones

For unbaked scones, preheat the oven to 375 degrees. Bake for 20 minutes, or 25 minutes for frozen (no need to thaw). Cool and serve. Baked scones can also be frozen and then thawed.

Date prepared:

Pumpkin Spice Scones

For unbaked scones, preheat the oven to 375 degrees. Bake for 20 minutes, or 25 minutes for frozen (no need to thaw). Cool and serve. Baked scones can also be frozen and then thawed.

Date prepared:

Coconut Mango Banana Smoothie

Thaw smoothies in the refrigerator for 4 hours, on the counter for about an hour, or microwave them for 20 seconds at 50 percent power. Serve immediately.

Date prepared:

Coconut Mango Banana Smoothie

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Coconut Mango Banana Smoothie

Thaw smoothies in the refrigerator for 4 hours, on the counter for about an hour, or microwave them for 20 seconds at 50 percent power. Serve immediately.

Date prepared:

Honey Multi-Grain Rolls

Thaw rolls in their bag at room temperature before reheating in a low oven for about 5 minutes.

Date prepared

Honey Multi-Grain Rolls

Thaw rolls in their bag at room temperature before reheating in a low oven for about 5 minutes.

Date prepared

Cozy Winter Breakfasts Cooking Plan

Breakfast foods, 4 hours

The recipes in this plan cover a range of quick breads, oatmeal dishes, cereals, and other baked goods.

[Spiced Pumpkin Flax Bread](#), 1 batch, 2 loaves

Wholesome Energy Bars, cookbook, 2 batches, 24 bars

[Better Instant Oatmeal Packets](#), cookbook, 40 packets

[Bulk-Batch Pancake Mix](#), cookbook, 4 batches

Lemon-and-Honey Flax Waffles, cookbook, 2 batches

[Cranberry-Orange Granola](#), cookbook, 2 batches

[Breakfast Cookies](#),* cookbook, 1 batch

[Raspberry Baked Oatmeal](#), 2 batches

* In the original cookbook, I found two slight typos in the recipes marked with an asterisk*. Wholesome Energy Bars should have LIGHT olive oil. And the Breakfast Cookies should have SUNFLOWER seeds, not sesame seeds. I apologize for the confusion.

Grocery List

FRESH PRODUCE:

- 4 oranges for zesting
- 4 cups raspberries (can use frozen)

DAIRY:

- 6 eggs
- approx 2 sticks butter
- 3 cups milk
- 1 cup plain yogurt

CANNED/BOTTLED/DRY GOODS:

A note about flours: whole-wheat pastry flour may be difficult to find. Most health food grocery stores will carry it as does Amazon. Feel free to use regular, all-purpose flour instead of the whole wheat pastry flour.

A note about oils: use whatever oil you like for baking. The oils specified are those that I used for recipe testing. Feel free to use your preferred baking oil.

- 19 cups unbleached, all-purpose flour
- 16 cups old-fashioned “rolled” oats
- 13 1/2 cups whole-wheat pastry flour
- 12 cups quick oats
- 6 1/4 cups dried fruit (the recipes call for 2 3/4 cups dried cranberries, 1/2 cup golden raisins, 1/2 cup dark raisins, AND approximately 2 1/2 cups dried cranberries OR raisins, but you can use all cranberries, all raisins or a combo)
- 4 1/2 cups brown sugar
- 3 cups sugar
- 2 1/4 cups nuts
- 2 cups whole wheat flour
- approx. 2 cups dry milk powder
- 15-ounce can pumpkin puree
- 1 cup applesauce
- 1 cup oat flour
- approx. 1 cup honey
- 3/4 cup raw sunflower seeds

Grocery List *(continued)*

- 3/4 cup flax seed meal
- 1/2 cup cornmeal
- 1/4 cup chocolate chips
- 1/4 cup pumpkin seeds
- light olive oil
- coconut oil
- vegetable and/or canola oil
- baking soda
- baking powder (at least 1 cup)
- salt
- vanilla extract
- yeast (2 packets)

SPICES:

- ground cinnamon
- ground ginger
- ground nutmeg

****** On the day of serving the pancakes and waffles, you will also need the wet ingredients as specified in the recipe. Please consult the recipe so that you have these items on hand.

Packaging

- plastic wrap
- waxed paper or parchment
- 11 gallon-size zip-top freezer bags, labeled (2) Spiced Pumpkin Flax Bread (2) Bulk-Batch Pancake Mix (2) Lemon-and-Honey-Flax Waffles, (2) Cranberry-Orange Granola, (2) Wholesome Energy Bars, (1) Breakfast Cookies
- two 9x13-inch baking dishes with lids, labeled Raspberry Baked Oatmeal
- 40 snack-sized zip-top bags for Better Instant Oatmeal Packets and a canister or container to hold them.

Special Equipment

- bread machine, if possible
- stand mixer or hand mixer
- two bread loaf pans
- several rimmed sheet pans
- cooling racks

Prep List

- Print labels and cooking plans.
- Print recipe for Raspberry Baked Oatmeal from Good Cheap Eats.
- Soften butter.
- Zest oranges.

Cooking Plan

Note: One of the tricks to saving time during a large baking plan like this one is to make sure you maximize every action. Heat the oven once and keep it baking. The steps with an asterisk* indicate that you will be using the oven. If you are quicker or slower with any of the steps and find that you have an empty oven, skip to the next * so that you can maximize that energy. Then go back to the step that you finished previously.

1. * Mix up pumpkin bread and bake.
2. Start dough for Wholesome Energy Bars in the bread machine or mixer. **Do not double the recipe.** Mix each batch separately and place dough in greased bowls to rise. Set a timer for 90 minutes. After timer rings, form bars and allow to rise. Then continue with the Cooking Plan at whatever step you left off on.
3. Mix granola and wait for oven.
4. Pumpkin bread should be done. Pull the loaves from the oven to cool on rack for 10 minutes. Remove from pans and allow to cool completely.
5. * Bake granola.
6. Assemble Instant Oatmeal Packets. [INSTANT OATMEAL PACKETS DONE]
7. Make pancake and waffle mixes. Freeze. [PANCAKE AND WAFFLE MIXES DONE.]
8. * Energy bar dough should be ready. Form bars and allow to rise. Bake when granola is done.
9. Mix raspberry baked oatmeal and freeze. [RASPBERRY BAKED OATMEAL DONE.]
10. Mix breakfast cookie dough and form cookies on trays.
11. Once energy bars are done, remove from oven and cool on wire racks.
12. * Bake breakfast cookies.
13. Once all baking recipes are complete and have had a sufficient chance to cool, wrap well and freeze. [PUMPKIN BREAD, GRANOLA, ENERGY BARS, BREAKFAST COOKIES DONE]
14. Clean up the workspace. Wipe down the counters.

Spiced Pumpkin Flax Bread

Date prepared:

Spiced Pumpkin Flax Bread

Date prepared:

Better Instant Oatmeal Packets

Empty packet contents into a heatproof bowl. Add 1/4 to 1/2 cup hot water. Let sit for 1 to 2 minutes before stirring.

Date prepared:

Raspberry Baked Oatmeal

Thaw pan in the refrigerator overnight. Preheat oven to 350°. Bake for 45 minutes or until golden. Serve with whipped cream.

Date prepared:

Raspberry Baked Oatmeal

Thaw pan in the refrigerator overnight. Preheat oven to 350°. Bake for 45 minutes or until golden. Serve with whipped cream.

Date prepared:

Bulk-Batch Pancake Mix

Add: 3 1/2 cups buttermilk, 2 eggs, 1/3 cup melted butter or oil.

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Date prepared:

Bulk-Batch Pancake Mix

Add: 3 1/2 cups buttermilk, 2 eggs, 1/3 cup melted butter or oil.

Date prepared:

Lemon-and-Honey Flax Waffle Mix

Add: 3 1/2 cups milk, 1 cup light olive oil, 3 eggs, 1/4 cup honey, 1 tablespoon ground flax seed meal (combined with 1 tablespoon water), grated zest of 1 lemon

Date prepared:

Lemon-and-Honey Flax Waffle Mix

Add: 3 1/2 cups milk, 1 cup light olive oil, 3 eggs,
1/4 cup honey, 1 tablespoon ground flax seed
meal (combined with 1 tablespoon water), grated
zest of 1 lemon

Date prepared:

Wholesome Energy Bars

Date prepared:

Wholesome Energy Bars

Date prepared:

Cranberry-Orange Granola

Date prepared:

Cranberry-Orange Granola

Date prepared:

Breakfast Cookies

Date prepared:

Yummy Breakfasts Meal Plan

20+ meals serving 4 people

This meal plan covers a variety of breakfasts for a family of four. Supplement with fresh fruit and yogurt, this could easily last the entire month.

[Buttered Maple French Toast Casserole](#), 3 batches

[Cinnamon Apple Oat Cakes](#), 2 batches

[Spicy Turkey Egg Bake](#), 2 batches

Steel-Cut Oats, 2 batches (10 hefty servings) – recipe follows

[Ham and Gruyere Quiche](#), 2 quiche

[Lemon Drop Scones](#), 2 batches

[Maple Vanilla Almond Granola](#), 1 batch

[Basic Pancakes](#), 2 batches mix

[Homemade Waffles](#), 2 batches (baked)

Notes

- The pancakes and waffles can both be made as mixes or both baked and frozen. We've done one of each in this plan to divide the labor before and after freezing. Feel free to bake them both or make mixes for both depending on your preferences.
- You can bake the egg bake in four 8-inch pans instead of two 9x13-inch pans if you prefer.

Steel-Cut Oats for the Freezer

(Double batch, makes 10 hefty servings)

This recipe makes oats that are very thick. If you like thinner-style oats, use more water.

Ingredients:

4 cups water

½ teaspoon salt

2 cups steel cut oats

Instructions:

1. Heat water and salt in a saucepan until bubbly. Whisk in the oats. Cook, covered for five minutes, stirring occasionally. Remove from heat and let stand five minutes, covered.
2. Divide into ten pint-sized jars or plastic containers with lids. Cool uncovered until room temperature. Chill until cold.
3. Freeze (uncovered if in glass and adds lids loosely later).
4. To serve, thaw overnight in the fridge. Microwave with a bit of milk or cream. Add desired toppings and serve.

Grocery List

FRESH PRODUCE:

- 4 medium apples, peeled, cored, and finely chopped, about 2 cups
- 1 cup chopped onion
- 1 leek, sliced
- 2 lemons for zest and juice (freeze extra juice and zest for later use in the scone glaze)

DAIRY:

- about 3 cups (6 sticks) butter
- 39 eggs
- 6 cups milk
- 2 cups heavy cream
- 2 cups half and half
- 4 cups buttermilk
- 1 cup plain yogurt
- 2 cup shredded pepper jack cheese
- 2 cups shredded Gruyere cheese

MEAT & POULTRY:

- 2 pounds ground turkey (you can use sausage or beef, if you prefer)
- 1 cup chopped ham

CANNED/BOTTLED/DRY GOODS:

- 3 loaves ciabatta bread, sliced into 1 1/2-inch slices
- about 1 cup maple syrup, plus more for serving
- about 11 1/2 cups unbleached, all-purpose flour
- 6 cups whole wheat pastry flour
- 11 cups old-fashioned oats (do not use quick oats)
- 2 cups steel cut oats
- 1 cup wheat germ
- 1 cup oat bran
- 1 cup plus 6 tablespoons sugar (I used demerara sugar)
- 1 cup brown sugar
- about 6 tablespoons baking powder
- 4 teaspoons baking soda
- 1 cup applesauce
- 3 cups canola or vegetable oil
- 4 tablespoons chopped green chiles
- 1 cup dry-roasted, unsalted almonds

SEASONINGS & EXTRACTS:

- fine sea salt
- salt
- ground black pepper
- cinnamon
- nutmeg
- taco seasoning (get a recipe [here](#))
- vanilla extract

INGREDIENTS FOR SERVING:

- heavy cream, whipped or plain (for oat cakes)
- sour cream, Greek yogurt, and [salsa](#), for serving (for turkey bake)
- 1 cup powdered sugar (for scone glaze)
- 6 2/3 cups milk (for pancakes)
- 4 eggs (for pancakes)
- 2/3 cup oil (for pancakes)
- melted butter (for cooking pancakes)
- desired toppings for steel cut oatmeal

Packaging

- five 9x13 baking pans with lids or wrap
- gallon-size zip-top freezer bags labeled Cinnamon Apple Oat

Cakes (2), Waffles (2), Lemon Drop Scones (2), Granola (2), Quiche (2)

- quart size jars or freezer bags for pancake mix
- pint size jars or plastic containers with lids for oats
- aluminum foil

Special Equipment

- two 12-cup muffin tins
- two pie plates
- food processor (not necessary but will speed up the process of making the scones)
- waffle maker
- baking sheets
- parchment paper
- muffin papers

Prep List

All can be done the night before except for chopping the apples.

1. Print online recipes.
2. Make pie crust.
3. Cook turkey meat.
4. Sauté the leeks for the quiche.
5. Chop ham if not purchased chopped.
6. Shred cheese if not purchased shredded.
7. Zest lemon.
8. Chop apples.

Cooking Plan

One of the tricks to saving time during a large baking plan like this one is to make sure you maximize every action. Heat the oven once and keep it baking. The steps with an asterisk* indicate that you will be using the oven. If you are quicker or slower with any of the steps and find that you have an empty oven, skip to the next * so that you can maximize that energy. Then go back to the step that you finished previously.

1. *Prepare the Cinnamon Apple Oat Cakes and start them baking. This will take 25

- minutes.
2. Start the steel cut oats on the stovetop.
3. Prepare the French Toast Casseroles. Wrap, label, and freeze. [FRENCH TOAST CASSEROLES DONE]
4. The oats should be done cooking. Divide the oatmeal into jars and allow them to cool to room temperature.
5. Prepare the scones and lay them on trays to “flash freeze” in the freezer. Once they are firm to the touch, place them quickly in the labeled bags and return them to the freezer. [LEMON DROP SCONES DONE]
6. The oat cakes should be done, take them out to cool on a rack. Once they are cool, wrap, label and freeze. [OAT CAKES DONE]
7. *Prepare the Granola and get that baking in the oven.
8. Assemble the Spicy Turkey Egg Bake. Wrap, label, and freeze. [EGG BAKE DONE]
9. Prepare the pancake mixes. Wrap, label, and freeze. [PANCAKE MIXES DONE]
10. Prepare the waffle batter. Start baking the waffles in the waffle maker. Cool them on a rack. Once they are cool, wrap, label, and freeze. [WAFFLES DONE]
11. Assemble the Ham and

Cheese Quiche. Wrap, label, and freeze. [HAM AND GRUYERE QUICHE DONE]

12. The granola should be done. Allow it to cool completely before bagging it for storage. You will probably need to use two bags to store it. It makes

a big batch. [GRANOLA DONE]

13. Cover the cooled oatmeal and chill the containers in the fridge before freezing. [STEEL-CUT OATS DONE.]
14. Clean up the workspace. Wipe down the counters.

Buttered Maple French Toast Casserole

Thaw in the refrigerator before baking. Bake at 350 degrees until crisp and golden, about 20-25 minutes. Serve hot with maple syrup.

Date Prepared:

Buttered Maple French Toast Casserole

Thaw in the refrigerator before baking. Bake at 350 degrees until crisp and golden, about 20-25 minutes. Serve hot with maple syrup.

Date Prepared:

Buttered Maple French Toast Casserole

Thaw in the refrigerator before baking. Bake at 350 degrees until crisp and golden, about 20-25 minutes. Serve hot with maple syrup.

Date Prepared:

Cinnamon Apple Oat Cakes

Thaw in the refrigerator overnight and reheat in the microwave or hot oven. May also be microwaved from frozen.

Date Prepared:

Cinnamon Apple Oat Cakes

Thaw in the refrigerator overnight and reheat in the microwave or hot oven. May also be microwaved from frozen.

Date Prepared:

Spicy Turkey Egg Bake

Thaw overnight in the refrigerator. Bake at 400 degrees for 25 minutes or until puffy and browned in spots.

Date Prepared:

Spicy Turkey Egg Bake

Thaw overnight in the refrigerator. Bake at 400 degrees for 25 minutes or until puffy and browned in spots.

Date Prepared:

Ham and Gruyere Quiche

May be baked from frozen. If frozen, bake at 350 degrees until set and golden, about 35 - 50 minutes.

Date Prepared:

Ham and Gruyere Quiche

May be baked from frozen. If frozen, bake at 350 degrees until set and golden, about 35 - 50 minutes.

Date Prepared:

Lemon Drop Scones

If unbaked, place frozen scones on baking sheet and bake at 350 degrees until golden and baked through, about 20-30 minutes. Cool and then glaze. If baked, thaw and then glaze.

Date Prepared:

Lemon Drop Scones

If unbaked, place frozen scones on baking sheet and bake at 350 degrees until golden and baked through, about 20-30 minutes. Cool and then glaze. If baked, thaw and then glaze.

Date Prepared:

Maple Vanilla Granola

Date Prepared:

Maple Vanilla Granola

Date Prepared:

Pancake Mix

To prepare pancake batter, add 3 1/3 cups milk, 2 eggs, and 1/3 cup oil to pancake mix. Stir until smooth. Cook on greased griddle.

Date Prepared:

Pancake Mix

To prepare pancake batter, add 3 1/3 cups milk, 2 eggs, and 1/3 cup oil to pancake mix. Stir until smooth. Cook on greased griddle.

Date Prepared:

Waffles

Reheat in microwave oven, oven, or toaster oven.

Date Prepared:

Waffles

Reheat in microwave oven, oven, or toaster oven.

Date Prepared:

Easy Lunches Meal Plan

110+ individual meals

This meal plan covers a variety of lunches that can be quickly reheated or assembled.

[Cheesy Corn Chile Tamales](#) – 1 batch (about 30 tamales)

[5-Ingredient Pizzas](#) – 2 batches (20 small pizzas)

[Pizzawiches](#) – 2 batches (18 large or 36 small sandwiches)

[Chicken and Bacon Subs](#) – 2 batches (2 large loaves or 12 sandwiches)

[Green Chile Burritos](#) – 2 batches (24 burritos)

[Burger Patties for the Freezer](#) – 2 batches (8 patties)

Pulled Chicken for subs and extra for salads – 1 batch (using 2.5 lb bag) – directions follow

[Baked Bacon](#) – 1 pound use some in subs; freeze the extra for salads and sandwiches

[Jamie's Spice Mix](#) for use in recipes – 1 batch

Notes

- If you don't want to make your own spice mix, you can substitute your favorite spice blend. 21 Seasoning Salute from Trader Joe's is a good and economical alternative.
- If you like, you can prepare the Chicken and Bacon Subs using small rolls so that you have individual sandwiches ready to go. Use six rolls per batch.
- Freeze the pizzas on trays before baking. Wrap the frozen pizzas in plastic wrap and store in freezer bags. Do not thaw before baking.
- There's quite a bit of shredded cheese in this plan. Feel free to alter the kinds of cheese you use (or omit) if you don't want to buy several different varieties.
- Pulled Chicken: place the chicken tenders in the crock of a slow cooker. Season generously with Jamie's Spice Mix. Cook on high for 4 hours or low for 6 hours. The chicken will practically shred itself as you pull it from the crockpot. Use the drippings in soup if you like.

Grocery List

FRESH PRODUCE:

- 4 cloves garlic
- 1 onion (for 1 cup chopped)

DAIRY:

- 2 cups butter
- 6 cups shredded pepper jack cheese
- 8 cups shredded cheese (jack, cheddar, mozzarella or mixture)
- 8 cups shredded mozzarella cheese
- 10 ounces sliced mozzarella or jack cheese

MEAT & POULTRY:

- 2.5 lbs chicken tenderloins
- 1 pound bacon
- 2 pounds lean ground beef
- three 5-ounce packages pepperoni
- 2 cups cooked and crumbled Italian sausage (about 4 links)

FROZEN:

- 1 cup corn kernels

CANNED/BOTTLED/DRY GOODS:

- 3 1/2 cups masa harina
- 3 cups vegetable broth
- three 7-ounce cans chopped green chiles
- 6 cups [Healthier Refried Beans](#) or your favorite canned variety
- two 15-ounce cans tomato sauce
- 4 cups favorite spaghetti sauce
- hot sauce
- 20 pita breads
- 24 burrito-size flour tortillas
- 12 sandwich rolls or 2 large loaves French bread
- 36 club rolls or 18 long sandwich rolls

SEASONINGS & EXTRACTS:

- salt
- Trader Joe's Seasoning Salute or ingredients for [Jamie's Spice Mix](#) – onion powder, garlic powder, paprika, dried basil, dried oregano, fine sea salt, ground black pepper, celery seeds, grated lemon zest, cayenne pepper

- dried parsley flakes
- dried corn husks for tamales (usually available in the Mexican food aisle or the produce department)

Packaging

- aluminum foil
- plastic wrap
- deli waxed paper wrap
- gallon-size freezer bags
- small jar with lid or sandwich bag

Special Equipment

- large pot with steamer basket for cooking the tamales
- sheet pans for flash freezing as well as baking
- crockpot for pulled chicken

Prep List

- Assemble Jamie's Spice Mix.
- Prepare the Pulled Chicken in the crockpot the day before. Chill overnight in a covered container.
- Cook the bacon.
- Cook and crumble the Italian sausage.
- Slice one package of pepperoni for pizzawiches.
- Chop the onion.
- Prepare the garlic butter.
- Soak corn husks about one hour before starting the cooking plan.

Cooking Plan

One of the tricks to saving time during a large cooking session is to make sure you maximize every action. If you are quicker or slower with any of the steps or are waiting for one stage of a recipe to be complete, skip to the next step. Then go back to the step that you were waiting for previously.

1. Prepare the tamales and get them steaming. Once they are done, cool them on a rack until room temperature. Package the cooled tamales in freezer bags and label. Chill them completely in the refrigerator before freezing. [TAMALES DONE]
2. Assemble the pita bread pizzas by laying the pitas on baking sheets that will fit in your freezer. Add the sauce and toppings. Freeze until firm. Once firm, wrap them carefully and quickly with plastic wrap, label, and return them at once to the freezer. [5-INGREDIENT PIZZAS DONE]
3. Assemble the Pizzawiches. Wrap, label, and freeze. [PIZZAWICHES DONE]
4. Assemble the Chicken Bacon Subs, wrap, label, and freeze. [CHICKEN BACON SUBS DONE]
5. Package any leftover chicken and bacon separately in freezer bags to use in sandwiches and salads. [PULLED CHICKEN AND BAKED BACON DONE]
6. Assemble the Green Chile Burritos. Wrap, label, and freeze. [BURRITOS DONE]
7. Form the burger patties. Wrap, label, and freeze. [BURGER PATTIES DONE]
8. Go back to any unfinished steps to complete. Wipe down counters. Freeze any items still chilling in the fridge.

Cheesy Corn Chile Tamales

To prepare from frozen, steam for 20 – 30 minutes or until heated through. Alternatively, heat in the microwave for a couple of minutes.

Date Prepared:

Cheesy Corn Chile Tamales

To prepare from frozen, steam for 20 – 30 minutes or until heated through. Alternatively, heat in the microwave for a couple of minutes.

Date Prepared:

Cheesy Corn Chile Tamales

To prepare from frozen, steam for 20 – 30 minutes or until heated through. Alternatively, heat in the microwave for a couple of minutes.

Date Prepared:

5-Ingredient Pizzas

Bake frozen at 475 degrees for about 9 minutes or until the crust is browned and the cheese is melted and brown in spots.

Date Prepared:

5-Ingredient Pizzas

Bake frozen at 475 degrees for about 9 minutes or until the crust is browned and the cheese is melted and brown in spots.

Date Prepared:

5-Ingredient Pizzas

Bake frozen at 475 degrees for about 9 minutes or until the crust is browned and the cheese is melted and brown in spots.

Date Prepared:

Pizzawiches

Thaw completely before baking for best results. Bake wrapped in foil at 350 degrees for about 20 minutes.

Date Prepared:

Pizzawiches

Thaw completely before baking for best results. Bake wrapped in foil at 350 degrees for about 20 minutes.

Date Prepared:

Pizzawiches

Thaw completely before baking for best results. Bake wrapped in foil at 350 degrees for about 20 minutes.

Date Prepared:

Pizzawiches

Thaw completely before baking for best results. Bake wrapped in foil at 350 degrees for about 20 minutes.

Date Prepared:

Chicken and Bacon Subs

Thaw completely before baking for best results. Bake wrapped in foil at 350 degrees for 20 minutes for small sandwiches or 25-30 minutes for a large loaf. If frozen, bake about 25 minutes (small) or about 1 hour (large).

Date Prepared:

Chicken and Bacon Subs

Thaw completely before baking for best results. Bake wrapped in foil at 350 degrees for 20 minutes for small sandwiches or 25-30 minutes for a large loaf. If frozen, bake about 25 minutes (small) or about 1 hour (large).

Date Prepared:

Chicken and Bacon Subs

Thaw completely before baking for best results. Bake wrapped in foil at 350 degrees for 20 minutes for small sandwiches or 25-30 minutes for a large loaf. If frozen, bake about 25 minutes (small) or about 1 hour (large).

Date Prepared:

Green Chile Burritos

Reheat in the microwave for a minute or two, or reheat on the griddle.

Date Prepared:

Green Chile Burritos

Reheat in the microwave for a minute or two, or reheat on the griddle.

Date Prepared:

Green Chile Burritos

Reheat in the microwave for a minute or two, or reheat on the griddle.

Date Prepared:

Burger Patties

Thaw before grilling, or grill from frozen and increase your cook time.

Date Prepared:

Burger Patties

Thaw before grilling, or grill from frozen and increase your cook time.

Date Prepared:

Pulled Chicken

Reheat and use in salads and sandwiches as needed.

Date Prepared:

Baked Bacon

Reheat in a pan on the stovetop or between paper towels in the microwave until hot. Use in salads and sandwiches as needed.

Date Prepared:

Dinner on the Run Meal Plan

22 to 26 meals, serving 4 people

Grab dinner on the run! All these recipes are easy to reheat and simple to pack to eat on the road (once reheated) so that you can head to ball games or evening events without having to hit the drive-thru.

[Seasoned Versatile Pinto Beans](#), cookbook, two batches

Basic Taco Seasoning Mix, cookbook, one batch

Not Your Convenience Store's Frozen Burritos, cookbook, 3 batches

[Cilantro-Chipotle Cheeseburgers](#), 2 batches

[Easiest Mac and Cheese](#), 2 batches

Italian-Spiced Cheesewiches, cookbook, 3 batches

[Basic Pizza Dough](#), cookbook, 1 batch

Pepperoni Calzones, cookbook, 1 batch

Basic Herb-Baked Chicken, cookbook, 2 batches

Notes

- This shopping list includes ingredients needed to make these meals up to the point of freezing. Pay attention to the recipe for ingredients that you will need on the day of serving as these are not included in the shopping list.
- Having pre-baked chicken chopped and ready to go makes meal planning a snap. Toss chicken into a salad, into sandwiches, burritos, and tacos, or to top pizzas. Fold cooked chicken into quesadillas or stir it into soup. Make pulled chicken sandwiches or chicken salad lettuce wraps. Your options are endless.

Grocery List

FRESH PRODUCE:

- 5 medium onions
- 10 cloves garlic
- 4 1/2 teaspoons chopped fresh basil (if not using dried)

DAIRY:

- 6 cups shredded cheddar cheese
- 12 cups shredded sharp cheddar cheese
- 16 ounces sour cream
- 1 pound cheddar cheese, cubed
- 4 cups mozzarella cheese

MEAT & POULTRY:

- 5 pounds ground beef
- 12 bone-in chicken breasts
- 2 (6-ounce) packages sliced pepperoni

CANNED/BOTTLED/DRY GOODS:

- 2 pounds dried pinto beans
- 6 cups tomato sauce
- 3 cups enchilada sauce
- 3 (4-ounce) cans chopped green chilies
- 1 1/2 cups chopped black olives

- 36 burrito-size flour tortillas
- 36 kaiser rolls
- 1 1/2 pounds elbow macaroni pasta
- 1 cup olive oil,
- 2 tablespoons honey or sugar
- 4 1/2 cup unbleached all-purpose flour
- 1 tablespoon active dry yeast
- cornmeal (for sprinkling)

SEASONINGS:

- salt
- pepper
- 1/4 cup chili powder
- dried oregano
- dried thyme
- onion flakes
- garlic powder
- dried basil (if not using fresh)
- cumin
- herbs de Provence, chili powder, or mixed Italian herbs (optional, for chicken)

Grocery List *(continued)*

Packaging

- plastic wrap
- waxed paper
- heavy-duty aluminum foil
- snack-size zip-top bag or small container with lid labeled for Basic Taco Seasoning Mix
- pint-size containers with lids or pint-size zip-top freezer bags labeled for extra Seasoned Versatile Pinto Beans
- 16 gallon-size zip-top freezer bags labeled Frozen Burritos (6), Cheeseburgers (2), Cheesewiches (6), Calzones (2)
- 4 quart-size zip-top freezer bags labeled Baked Chicken
- two 9 x 13 baking dishes with lids

Special Equipment

- slow cooker or large stockpot
- bread maker

Prep List

1. Print online recipes.
2. Prep the Basic Taco Seasoning Mix.
3. Soak and cook the beans according to the recipe directions. Having them precooked and cooled will allow your meal assembly to go much faster.
4. Chop onions, garlic, and basil (if using).

Cooking Plan

1. Make pizza dough. Allow to rise. When timer rings, stop where you are in the cooking plan and jump to step 7, assembling and baking the calzones. Once they are in the oven, return to the last step you were on.
2. Brown and season taco meat. Once done, drain off drippings and allow to cool. You want it to be pretty cool before assembling the burritos.
3. Bake chicken. Set a timer. Once it's done, pull from the oven and allow to cool.
4. Assemble cheesewiches. Wrap, label, and freeze. [ITALIAN-SPICED CHEESEWICHES DONE]
5. Boil noodles until al dente. Rinse and cool to room temperature.
6. Form patties for cheeseburgers, layering waxed paper between the patties. Wrap tightly with plastic wrap and place in labeled freezer bag. Freeze. [hamburger patties for CILANTRO-CHIPOTLE CHEESEBURGERS DONE]
7. Pizza dough should be done by now. Assemble and bake the calzones. Cool on a rack.
8. Shred or chop the chicken. Wrap, label, and freeze. [HERB-BAKED CHICKEN DONE]
9. Assemble Easiest Mac and Cheese. Wrap, label, and freeze. [EASIEST MAC AND CHEESE DONE].
10. Assemble the burritos. Wrap, label, and freeze. [NOT YOUR CONVENIENCE STORE'S FROZEN BURRITOS DONE]
11. Package any leftover beans for another meal. Wrap, label, and freeze. [SEASONED VERSATILE PINTO BEANS DONE.]
12. Calzones should be cool now. Wrap, label, and freeze. [PEPPERONI CALZONES DONE].

Basic Taco Seasoning Mix

Store in freezer until ready to use.

Date prepared:

Seasoned Versatile Pinto Beans

Thaw the beans in the refrigerator or reheat them directly from the freezer. Reheat them in a pan on the stovetop or in a microwave-safe dish in the microwave.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Cilantro-Chipotle Cheeseburgers

Thaw the patties completely in the refrigerator. Cook over a hot grill until done. Serve with recipe-recommended toppings.

Date prepared:

Seasoned Versatile Pinto Beans

Thaw the beans in the refrigerator or reheat them directly from the freezer. Reheat them in a pan on the stovetop or in a microwave-safe dish in the microwave.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Cilantro-Chipotle Cheeseburgers

Thaw the patties completely in the refrigerator. Cook over a hot grill until done. Serve with recipe-recommended toppings.

Date prepared:

Easiest Mac N Cheese

Thaw the casserole in the refrigerator. Preheat the oven to 350 degrees. Bake the casserole for 15-20 minutes. If it doesn't thaw completely before you need to bake it, just increase the baking time, checking often.

Date prepared:

Easiest Mac N Cheese

Thaw the casserole in the refrigerator. Preheat the oven to 350 degrees. Bake the casserole for 15-20 minutes. If it doesn't thaw completely before you need to bake it, just increase the baking time, checking often.

Date prepared:

Italian-Spiced Cheesewiches

Thaw desired number of rolls in the refrigerator. Preheat the oven to 350 degrees. Baked thawed, foil-wrapped rolls for 15-25 minutes until the bread is crusty and the cheese is melted.

Date prepared:

Italian-Spiced Cheesewiches

Thaw desired number of rolls in the refrigerator. Preheat the oven to 350 degrees. Baked thawed, foil-wrapped rolls for 15-25 minutes until the bread is crusty and the cheese is melted.

Date prepared:

Pepperoni Calzones

Thaw calzones overnight in the refrigerator. Preheat the oven to 350 degrees. Unwrap the calzones and reheat for 5 to 10 minutes, or until heated through. Serve with warmed red sauce if desired for dipping.

Date prepared:

Pepperoni Calzones

Thaw calzones overnight in the refrigerator. Preheat the oven to 350 degrees. Unwrap the calzones and reheat for 5 to 10 minutes, or until heated through. Serve with warmed red sauce if desired for dipping.

Date prepared:

Basic Herb-Baked Chicken

Thaw chicken in the refrigerator. Use as you like in any recipe that calls for cooked chicken.

Date prepared:

Basic Herb-Baked Chicken

Thaw chicken in the refrigerator. Use as you like in any recipe that calls for cooked chicken.

Date prepared:

Protein-Style Freezer Meal Plan

16 meals serving at least 4 people, 5 hours or less

This quick and easy cooking plan provides protein-rich main dishes. Just add side dishes and lots of fresh vegetables.

[Spicy Southwest Chicken](#), cookbook, 2 batches

[Grilled Tilapia or Shrimp Tacos](#), cookbook, 2 batches

Herbed Pork Sausage Patties, cookbook, 2 batches

Tarragon and Lemon Rubbed Fish, cookbook, 2 batches

[Our Favorite Irish Stew](#), cookbook, 2 batches

Quick and Easy Texas Chili, cookbook, 2 batches

Chili and Sausage Oven Frittata, cookbook, 2 batches

[Salsa Verde Chicken](#), 2 batches

Notes

To make this cooking plan “paleo” or soy/dairy/gluten free, make these adaptations to the recipes:

- omit potatoes and flour from the stew
- omit cheese and flour from the frittata
- use coconut oil instead of butter in the sausage patties, or omit the extra fat altogether
- omit soy sauce from the Spicy Southwest Chicken
- use olive oil or coconut oil whenever it calls for vegetable oil
- read label of salsa verde to confirm that it is compliant

Grocery List

FRESH PRODUCE:

- 5 medium onions
- 14 cloves garlic
- 1 jalapeno pepper
- baby carrots, 4 cups
- 8 medium potatoes
- 2 medium-sized tomatoes
- 1 bunch cilantro
- 1 lemon (for zest)
- 3 limes
- fresh parsley (if not using dried)
- fresh dill (if not using dried)

DAIRY:

- 1 1/2 cups Monterey Jack cheese, shredded
- 12 eggs
- 1/2 stick unsalted butter

BE SURE TO CHECK LABELS FOR ALLERGENS AND ADDITIVES YOU WANT TO AVOID

MEAT & POULTRY:

- 4 pounds chuck roast, cut into cubes
- 5 pounds ground beef or ground turkey
- 8 to 10 boneless, skinless chicken breasts
- 4 to 6 pounds chicken tenders
- 8 fish fillets or steaks, such as salmon (5-8 oz. each)
- 2 pounds tilapia or medium-size shrimp (62-80 count)
- 8 oz. sweet Italian sausage
- 2 pounds lean ground pork

CANNED/BOTTLED/DRY GOODS:

- 1 cup salsa verde
- 2 (4-ounce) cans diced green chilies
- 2 (15-ounce) cans tomato sauce
- 1 cup beef broth
- 1/2 cup soy sauce
- olive oil
- vegetable oil
- about 2/3 cup all-purpose flour

Grocery List *(continued)*

SEASONINGS:

- bay leaves
- cayenne pepper
- chili powder
- cumin
- ground ginger
- dry mustard
- paprika
- sesame seeds
- dried dill (if not using fresh)
- dried oregano
- dried parsley (if not using fresh)
- dried tarragon
- dried thyme
- garlic powder
- onion powder
- rugged sage
- kosher salt
- ground black pepper

Packaging

- aluminum foil
- waxed paper
- plastic wrap
- freezer paper to wrap seafood
- 6 Gallon-sized zip-top freezer bag labeled Tarragon & Lemon Rubbed Fish (2), Grilled Tilapia or Shrimp Tacos (2), Herbed Pork Sausage Patties (2), Spicy Southwest Chicken (2), Salsa Verde (2)
- 2 snack-size zip-top bags labeled Tarragon & Lemon Spice Rub (2), Grilled Tilapia or Shrimp Taco Spices (2)
- Large plastic containers in meal-size portions labeled Texas Chili (2), Irish Stew (2)
- 2 deep-dish 9-inch pie pans with foil labeled Chile and Sausage Oven Frittata (2)

Special Equipment

- 5-quart slow cooker
- two 9-inch deep-dish pie pans
- food processor or blender

Prep List

1. Chop onions.
2. Coarsely chop tomato, jalapeno, and cilantro for Spicy Southwest Chicken. Reserve 2 Tablespoons chopped cilantro for frittata.
3. Cook sausage for frittata.
4. Zest lemon.

Cooking Plan

1. Start Irish Stew in slow cookers.
2. Cook Quick and Easy Texas Chili in pot on stove. Portion into meal-size containers. Cool. Refrigerate before freezing. [QUICK AND EASY TEXAS CHILI DONE]
3. Assemble sausage patties. Form. Pack, label, and freeze. [HERBED PORK SAUSAGE PATTIES DONE]
4. Make spice mixes for Tarragon and Lemon Rubbed Fish and Grilled Tilapia Tacos. Assemble kits. Pack, label, and freeze. [TARRAGON AND LEMON RUBBED FISH and GRILLED TILAPIA TACOS DONE]
5. Make marinades for chicken. Distribute into labeled bags. Pack, label, and freeze. [SPICY SOUTHWEST CHICKEN and

SALSA VERDE CHICKEN DONE]

6. Assemble the frittatas. Place on a level space in the freezer. Once frozen, wrap well and return to the freezer.
7. Clean up the kitchen space.
8. When stew is done, portion into meal-size containers. Cool. Refrigerate before freezing. [OUR FAVORITE IRISH STEW DONE]

Our Favorite Irish Stew

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Our Favorite Irish Stew

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Texas Chili

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Texas Chili

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Tarragon & Lemon Rubbed Fish

Thaw spice packet in refrigerator. Brush thawed fillets with olive oil and rub seasoning all over the fish. Cook on hot grill or in a stovetop grill pan, turning once, until the fish starts to flake, 10-15 minutes.

Date prepared:

Tarragon & Lemon Rubbed Fish

Thaw spice packet in refrigerator. Brush thawed fillets with olive oil and rub seasoning all over the fish. Cook on hot grill or in a stovetop grill pan, turning once, until the fish starts to flake, 10-15 minutes.

Date prepared:

Tarragon & Lemon Rubbed Fish Spice

Tarragon & Lemon Rubbed Fish Spice

Chile and Sausage Oven Frittata

Thaw in refrigerator. Preheat the oven to 400 degrees. Remove the foil from the frittata and bake it for 20 to 30 minutes, or until the eggs are set.

Date prepared:

Chile and Sausage Oven Frittata

Thaw in refrigerator. Preheat the oven to 400 degrees. Remove the foil from the frittata and bake it for 20 to 30 minutes, or until the eggs are set.

Date prepared:

Grilled Tilapia or Shrimp Tacos

Thaw bag in refrigerator. Brush thawed fillets or shrimp with oil and sprinkle with seasoning. Cook on a hot grill or in a stovetop grill pan. Serve in a corn tortilla with shredded cabbage and cilantro. Top with yogurt-dill dressing, salsa, and lime.

Date prepared:

Grilled Tilapia or Shrimp Tacos

Thaw bag in refrigerator. Brush thawed fillets or shrimp with oil and sprinkle with seasoning. Cook on a hot grill or in a stovetop grill pan. Serve in a corn tortilla with shredded cabbage and cilantro. Top with yogurt-dill dressing, salsa, and lime.

Date prepared:

Grilled Tilapia or Shrimp Tacos Spices

Grilled Tilapia or Shrimp Tacos

Herbed Pork Sausage Patties

For thawed uncooked patties, bake on foil-lined rimmed baking sheet at 400 degrees for 10-15 minutes. For cooked patties, reheat in oven at 400 degrees for 5-10 minutes (thawed). 10-15 minutes (unthawed).

Date prepared:

Herbed Pork Sausage Patties

For thawed uncooked patties, bake on foil-lined rimmed baking sheet at 400 degrees for 10-15 minutes. For cooked patties, reheat in oven at 400 degrees for 5-10 minutes (thawed). 10-15 minutes (unthawed).

Date prepared:

Spicy Southwest Chicken

A day or two before serving, place bag on a rimmed tray and thaw in refrigerator. Grill thawed chicken breasts over a hot fire, turning once, until cooked through.

Date prepared:

Spicy Southwest Chicken

A day or two before serving, place bag on a rimmed tray and thaw in refrigerator. Grill thawed chicken breasts over a hot fire, turning once, until cooked through.

Date prepared:

Salsa Verde Chicken

A day or two before serving, place bag on a rimmed tray and thaw in refrigerator. Grill thawed chicken breasts until cooked through and juices run clear.

Date prepared:

Salsa Verde Chicken

A day or two before serving, place bag on a rimmed tray and thaw in refrigerator. Grill thawed chicken breasts until cooked through and juices run clear.

Date prepared:

Simple Summer Meal Plan

This plan makes 6 breakfasts and at least 9 lunches or dinners serving at least 4 people.

This is a collection of simple recipes to make your summer mornings and night a bit easier.

[Mix and Match Muffin Mix](#), make 4 batches

[Not Too Sweet Granola](#), make 2 batches

Shredded Beef, Chicken, or Pork Filling (recipe included), make 2 batches

Marinated Chicken

- [Dijon Chicken](#), make 1 batch
- Jamie's Spiced Chicken (recipe included), make 1 batch
- [Salsa Verde Chicken](#), 1 batch

[Burger Patties](#), 16 patties

Spice Mixes

- [Jamie's Spice Mix](#), make 2 batches
- [Taco Seasoning Mix](#), make 2 batches
- [Homemade Onion Soup Mix](#), make 2 batches

Notes

- You'll need to download or print these recipe for reference. Two are not available online and are included in this plan.
- The Shredded Beef, Chicken, or Pork Filling can be used in sandwiches, tacos, burritos, rice bowls. There's really no limit to your options, and it's nice to have pre-cooked meat on hand.
- Marinated Chicken is one of the easiest "freezer meals" on the planet. Just mix the marinade in a zip-top freezer bag, add the meat, and freeze. The night before serving, pull it from the freezer, and thaw on a tray, refrigerated, overnight. The meat or chicken will marinate as it thaws.
- Homemade spice blends save time as well as money. And the ones that I've created here pack a great punch of flavor. Use them to season meat and vegetables. Stir them into marinades, dips, and dressings. You can even use the mixes to season the hamburger patties. There's no end to what you can do with them. Keep a stash in your cupboard for easy cooking all summer long.

Shredded Beef, Chicken, or Pork Filling

Ingredients:

4 pounds beef chuck roast/steak, boneless skinless chicken breasts, or pork shoulder roast
2 tablespoons seasoning mix (Jamie's, Taco, or Onion), depending on the flavor you want
1 medium onion, chopped

Instructions:

1. This is one of those “dump and go” type recipes. In a large slow cooker, place the meat of your choice. Sprinkle it generously with the seasoning mix. Add the onion. You shouldn't need any extra liquid, but if it makes you feel better, add 1/4 cup water to make sure things don't get too dry.
2. Set to low and cook all day, about 6-10 hours. Meat will be extremely tender and easily fall apart. Shred by pulling meat apart with two forks or small tongs. Adjust seasonings. Add some of the drippings to moisten if necessary. Otherwise, save drippings for another use, like adding to soup or making gravy.
3. Use shredded meat for [tostadas](#), [chimichangas](#), burritos, [tacos](#), enchiladas and even BBQ sandwiches.
4. To freeze: Wrap, label, and chill completely before freezing.

Jamie's Spiced Chicken

Ingredients:

1/4 cup red wine vinegar
1 teaspoon Jamie's spice mix
1/4 cup olive oil
1 pound chicken pieces

Instructions:

1. In a gallon-size freezer bag, combine the vinegar and spice mix. Shake gently to mix.
2. Add the olive oil and swirl again. Add the chicken and seal the bag.
3. Massage the bag to distribute the marinade throughout. Freeze immediately.
4. To serve, thaw the bag on a tray in the refrigerator overnight. Cook over a hot grill until cooked through. Add extra seasoning mix if desired.

Grocery List

FRESH PRODUCE:

- 2 medium onions
- 1 lime
- 1 lemon for zest, if not using dried
- garlic, 1 teaspoon pressed

DAIRY:

- 4 cups milk (to prepare muffin mixes)
- 2 cups plain yogurt (to prepare muffin mixes)
- 8 eggs (to prepare muffin mixes)

MEAT & POULTRY:

- 8 pounds beef chuck roast / steak, boneless skinless chicken breasts, OR pork shoulder (You can do 4 of one and 4 of another, provided you have two slow cookers)
- 4 pounds ground beef
- 1 pound chicken pieces
- 2 to 3 pounds chicken tenders

CANNED/BOTTLED/DRY GOODS:

- 12 cups unbleached all-purpose flour
- 2 cups whole wheat flour
- 10 cups old-fashioned rolled oats

- 4 cups coconut chips
- 2 cups wheat germ
- 2 cups wheat bran
- 2 cups flax seed meal
- 2 cups demerara sugar
- 4 cups sugar, brown sugar, or sucanat
- 6 cups mix-ins for muffins (any combination of dried fruit, nuts, chocolate, etc.)
- baking powder
- baking soda
- vegetable or sunflower oil
- olive oil
- 1/3 cup Dijon mustard
- 6 tablespoons red wine vinegar
- 1/2 cup salsa verde

SEASONINGS:

- salt
- fine sea salt
- kosher salt
- ground black pepper
- dried basil
- cayenne pepper
- celery seeds
- chili powder

- cumin
- garlic powder
- dried lemon zest (if not using fresh)
- dry mustard
- onion powder
- onion flakes
- dried oregano
- paprika
- dried thyme
- vanilla extract
- flavored extract of your choice (for preparing muffins)

Packaging

- waxed paper
- plastic wrap
- plastic or glass containers labeled for Not Too Sweet Granola
- quart-size zip-top freezer bags labeled for Shredded Meat Filling
- gallon-size zip-top freezer bags labeled for Marinated Chicken recipes and Muffin Mixes
- plastic bags or glass containers for storing Spice Mixes

Special Equipment

- TWO 5-quart slow cooker(s)
- large sheet pan(s) for granola
- muffin pans and papers for baking muffins

Prep List

1. Print online recipes.
2. Make the spice mixes. I like to store them in canning jars with lids. [SPICE MIXES DONE]
3. Chop the onion.
4. Zest the lemon and juice the lime.
5. Start the shredded meat in the slow cookers the night before your cooking session. Shred and chill overnight or until well chilled. Ideally, you'll have two slow cookers going. This way you can do it quickly and you can also have two different kinds of meat. If you don't have two slow cookers, you could do one batch overnight and then start a second batch in the morning. Let the cooker cool between cooking sessions.

Cooking Plan

1. Prepare the granola and get both pans in the oven to bake.
2. While you have the baking ingredients out, assemble the muffin mixes. [MUFFIN MIXES DONE]
3. Divide the chilled, shredded meat filling into quart-size bags and freeze. [SHREDDDED MEAT DONE]
4. Assemble the marinades and chicken in bags. Freeze. [MARINATED CHICKEN DONE]
5. The granola should be done about now. Cool it on a rack.
6. Prepare the hamburger patties and freeze. [HAMBURGER PATTIES DONE]
7. Once the granola is cool, divide it into airtight containers and store in the pantry or freezer. [GRANOLA DONE]

Mix and Match Muffin Mix

Combine 1/2 cup oil, 1 cup milk, 1/2 cup plain yogurt, and 2 eggs in large bowl. Add dry mix and stir to combine. Fold in any desired mix-ins. Fill muffin cups and bake 25—35 minutes at 350 degrees depending on how much you fill them.

Date prepared:

Mix and Match Muffin Mix

Combine 1/2 cup oil, 1 cup milk, 1/2 cup plain yogurt, and 2 eggs in large bowl. Add dry mix and stir to combine. Fold in any desired mix-ins. Fill muffin cups and bake 25—35 minutes at 350 degrees depending on how much you fill them.

Date prepared:

Not Too Sweet Granola

Date prepared:

Shredded Meat Filling

Thaw and reheat the filling to use in sandwiches, salads, tacos, burritos, rice bowls,

Date prepared:

Shredded Meat Filling

Thaw and reheat the filling to use in sandwiches, salads, tacos, burritos, rice bowls,

Date prepared:

Mix and Match Muffin Mix

Combine 1/2 cup oil, 1 cup milk, 1/2 cup plain yogurt, and 2 eggs in large bowl. Add dry mix and stir to combine. Fold in any desired mix-ins. Fill muffin cups and bake 25—35 minutes at 350 degrees depending on how much you fill them.

Date prepared:

Mix and Match Muffin Mix

Combine 1/2 cup oil, 1 cup milk, 1/2 cup plain yogurt, and 2 eggs in large bowl. Add dry mix and stir to combine. Fold in any desired mix-ins. Fill muffin cups and bake 25—35 minutes at 350 degrees depending on how much you fill them.

Date prepared:

Not Too Sweet Granola

Date prepared:

Shredded Meat Filling

Thaw and reheat the filling to use in sandwiches, salads, tacos, burritos, rice bowls,

Date prepared:

Shredded Meat Filling

Thaw and reheat the filling to use in sandwiches, salads, tacos, burritos, rice bowls,

Date prepared:

Dijon Chicken

Thaw overnight on a rimmed baking tray in the refrigerator.
Grill or cook in your preferred method.

Date prepared:

Jamie's Spiced Chicken

Thaw overnight on a rimmed baking tray in the refrigerator.
Grill or cook in your preferred method.

Date prepared:

Salsa Verde Chicken

Thaw overnight on a rimmed baking tray in the refrigerator.
Grill or cook in your preferred method.

Date prepared:

Burger Patties

Date prepared:

Burger Patties

Date prepared:

Burger Patties

Date prepared:

Burger Patties

Date prepared

Jamie's Spice Mix

Date prepared

Taco Seasoning Mix

Date prepared

Homemade Onion Soup Mix

Date prepared

Mostly Meatless Meal Plan

This plan makes 13 + meals serving at least 4 people.

This freezer plan is made up of easy recipes that are mostly meatless, but you can add meat to the meatless ones or even sub out the meat in the two recipes that contain meat.

[Green Chile Burritos](#), make 2 batches (3-4 meals)

[Cheese Enchiladas](#), 2 batches (4 meals)

[Popeye Burgers](#), 2 batches (2 meals)

[Velvety Vegetable Soup](#), 2 batches (2 meals)

[Quick Meat Sauce for Pasta](#), 2 batches (2 meals)

[Healthier Refried Beans](#), 2 batches

[Homemade Garlic Focaccia](#), 2 batches

[Jamie's Spice Mix](#), 1 batch

Notes

- You'll need to download or print these recipe for reference. Two are not available online and are included in this plan.
- This grocery list only includes the items that you need to prepare the recipes for the freezer. Check the recipes to see what additional items you'll need for serving. For example, you'll need hamburger buns, additional greens, tomato slices, and condiments to serve the Popeye Burgers.

Grocery List

FRESH PRODUCE:

- 1 1/2 cups finely chopped greens such as spinach, kale, and/or chard
- 1 tablespoon plus 1 teaspoon chopped garlic
- 3 cups finely chopped onion
- 3 cups chopped mushrooms
- 1 cup chopped celery
- 8 cups chopped vegetables of your choice (such as potato, carrot, sweet potato, zucchini, celery, asparagus, green beans, rutabaga, broccoli, or cauliflower)
- sliced green onions (to top enchiladas)
- 1/2 cup chopped fresh basil (or use dried if you prefer)

DAIRY:

- 1/4 cup milk
- 16 ounces shredded jack cheese and/or cheddar if you prefer
- 8 cups shredded jack cheese and / or cheddar cheese

MEAT & POULTRY:

- 2 pounds lean ground beef for burgers
- 2 pounds ground turkey, beef, pork, or chicken for the quick meat sauce

CANNED/BOTTLED/DRY GOODS:

- vegetable oil
- olive oil
- 2 slices bread for fresh bread crumbs (about 1 1/2—2 cups)
- 2 pounds dry pinto beans
- 2 dozen burrito-size flour tortillas
- 4 dozen corn tortillas
- 2 (28-ounce) cans red enchilada sauce or the ingredients to make your own
- 2 (7-ounce) cans chopped green chiles
- 1 or 2 small can(s) sliced olives, depending on how much you like olives
- 2 (15-ounce) cans tomato sauce
- 1 small can tomato paste
- hot sauce
- 8 cups vegetable broth (or chicken broth or stock if you prefer)
- 4 1/2 cups unbleached all-purpose flour
- 2 cups whole wheat flour
- 5 teaspoons yeast

SEASONINGS:

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

Packaging

- aluminum foil
- waxed paper
- plastic wrap
- parchment paper
- four (9 x 13) pans with lids labeled Cheese Enchiladas
- large plastic containers in meal-sized portions labeled Velvety Vegetable Soup

- gallon-size zip-top freezer bags labeled Green Chile Burritos, Popeye Burgers, Garlic Focaccia
- quart-size zip-top freezer bags labeled for Refried Beans and Quick Meat Sauce

Special Equipment

- 5-quart slow cooker
- large stockpot
- immersion blender (can also use a regular blender or food processor)
- large rimmed cookie sheets
- bread machine or stand mixer with dough hook

Prep List

1. Print online recipes.
2. Soak dry beans overnight or up to 24 hours in advance.
3. Grate cheese if not purchased pre-shredded.
4. Grind bread into fresh breadcrumbs.
5. Chop onions. Will use these for various recipes.
6. Chop mushrooms and celery. Will use these for both the meat sauce and the soup.

7. Chop your preferred vegetables for the soup.
8. Chop basil if not using dried.
9. Make Jamie's Spice Mix if not using a purchased seasoning blend.

Cooking Plan

1. Start Healthier Refried Beans in the slow cooker(s). If your cooker isn't large enough, you'll have to cook two batches, so you'll want to make one batch overnight and then make the second batch in the morning. The first batch will be used for the burritos, and the second can be frozen for side dishes and later use.
2. Make dough for Garlic Focaccia. When dough cycle is complete, spread into cooking sheet and allow to rise for at least 30 more minutes.
3. Cook two batches of Quick Meat Sauce in a large stockpot on the stove. Portion into meal-size containers. Cool. Refrigerate before freezing. [QUICK MEAT SAUCE DONE]
4. Assemble Popeye Burgers. Form patties and separate with squares of wax paper. Pack, label, and freeze. [POPEYE BURGERS DONE]
5. Assemble Cheese Enchiladas. Wrap, label, and freeze. [CHEESE ENCHILADAS ARE DONE].
6. Bake Garlic Focaccia. Cool, wrap, label, and freeze. [GARLIC FOCACCIA DONE]
7. Once Quick Meat Sauce is done, clean the pot and start the Velvety Vegetable Soup. Cool, package, label, and freeze. [VELVETY VEGETABLE SOUP DONE]
8. Once Healthier Refried Beans are done, assemble Green Chile Burritos. Cool, wrap, label, and freeze. [GREEN CHILE BURRITOS DONE]

Green Chile Burritos

Frozen burritos can be reheated in the microwave, oven, or on the griddle.

Date prepared:

Green Chile Burritos

Frozen burritos can be reheated in the microwave, oven, or on the griddle.

Date prepared:

Green Chile Burritos

Frozen burritos can be reheated in the microwave, oven, or on the griddle.

Date prepared:

Green Chile Burritos

Frozen burritos can be reheated in the microwave, oven, or on the griddle.

Date prepared:

Cheese Enchiladas

Defrost completely. Bake in oven at 350 degrees until heated through and cheese is melted, about 20 minutes. Add more time if needed.

Date prepared:

Cheese Enchiladas

Defrost completely. Bake in oven at 350 degrees until heated through and cheese is melted, about 20 minutes. Add more time if needed.

Date prepared:

Cheese Enchiladas

Defrost completely. Bake in oven at 350 degrees until heated through and cheese is melted, about 20 minutes. Add more time if needed.

Date prepared:

Cheese Enchiladas

Defrost completely. Bake in oven at 350 degrees until heated through and cheese is melted, about 20 minutes. Add more time if needed.

Date prepared:

Popeye Burgers

Date prepared

Popeye Burgers

Date prepared

Velvety Vegetable Soup

Thaw and reheat.

Date prepared:

Velvety Vegetable Soup

Thaw and reheat.

Date prepared:

Quick Meat Sauce for Pasta

Thaw and reheat. Serve over the pasta of your choice.

Date prepared:

Quick Meat Sauce for Pasta

Thaw and reheat. Serve over the pasta of your choice.

Date prepared:

Homemade Garlic Focaccia

Thaw and warm it up in the oven before serving.

Date prepared:

Homemade Garlic Focaccia

Thaw and warm it up in the oven before serving.

Date prepared:

Jamie's Spice Mix

Date prepared

Healthier Refried Beans

Date prepared:

Healthier Refried Beans

Date prepared

Healthier Refried Beans

Date prepared

Soups & Stews Freezer Meal Plan

6 meals serving 4 people

This meal plan that takes 3 hours from start to finish should result in 6 meals. If you've got very big eaters on your hands, then you'll have fewer meals.

The beauty of soups and stews is that you can freeze them in individual portions so that family members can thaw what they want, when they want it. A container of soup and a few pretzels makes a great lunch to pack to work or an easy lunch or supper at home.

Soups:

[Cheddar Cheese Soup with Zucchini, Broccoli, and Carrots](#), cookbook

[Easy Slow Cooker Chili](#)

[Beef Stew with Eggplant, Carrots, and Mashed Potatoes](#), cookbook

Breads:

[Garlic Herb Pretzels](#)

[Make-Ahead Garlic Bread](#), cookbook

Notes

- To serve the Beef Stew with Eggplant, you'll also need the ingredients for your favorite mashed potato recipe. Serve the stew over mashed potatoes. You can try this recipe for [Mashed Potatoes](#) — it freezes well.
- If you like, you can cut the garlic bread loaves in half crosswise or in smaller chunks to allow for more individual serving.
- For a quicker meatless chili option, omit the ground meat. Skip the sauté step and add the uncooked onion directly to the pot.
- To speed up the stew's cooking time, add all the ingredients at one time and cook on high for 4 hours.

Grocery List

FRESH PRODUCE:

- about 9 cloves garlic
- 1/2 medium zucchini
- about 8-9 medium carrots,
- about 2 medium onions
- 1 head broccoli
- 4 cups peeled & diced eggplant (about 2 pounds)

DAIRY:

- 12 tablespoons butter (1 1/2 sticks)
- 3 cups milk
- 2 cups shredded cheddar cheese

MEAT & POULTRY:

- 1 1/4 pound ground beef or turkey
- 3 pounds boneless chuck roast

CANNED/BOTTLED/DRY GOODS:

- 1/2 cup olive oil
- 1 large loaf bread
- 3 cups chicken broth
- 2 cups beef broth
- 2 (29-ounce) cans pinto beans

- 1 (30-ounce) cans black beans
- 1 cup tomato sauce
- 1 (14.5-ounce) petite diced tomatoes
- about 3 1/2 cups unbleached, all-purpose flour
- 1 cup white whole wheat flour
- 2 to 4 tablespoons masa harina (thickens chili & adds flavor but can be omitted)
- 1/4 cup baking soda
- 1 tablespoon honey
- 1 tablespoon yeast
- sesame seeds for sprinkling

SEASONINGS:

- salt
- coarse salt
- kosher salt
- black pepper
- bay leaves
- dried basil
- cayenne pepper
- chili powder
- ground cumin

Grocery List *(continued)*

- garlic powder
- dried oregano
- dried parsley
- poppy seeds
- dried thyme

Prep List

1. Chop vegetables: 1 1/2 onions, broccoli, eggplant, garlic.
2. Shred vegetables: 1 carrot, 1/2 medium zucchini, and 1/2 onion.
3. Slice 2 cups carrots.
4. Cube the beef

Packaging

- aluminum foil
- preferred storage containers for soup — plastic containers or freezer bags
- freezer bags for pretzels

Special Equipment

- two 5-quart slow cooker
- large stockpot
- bread machine or stand mixer

Cooking Plan

1. Assemble Easy Slow Cooker Chili and start it cooking on HIGH.
2. Start pretzel dough.
3. Start stew in 2nd slowcooker.
4. Prepare Cheddar Soup in pot. When done, divide into containers, cool, label, and chill before freezing.
5. Wash the pot.
6. The pretzel dough should be done. Form pretzels, boil, and bake.
7. Assemble garlic breads, wrap, and freeze. Feel free to cut the garlic breads in smaller chunks to allow for more individual freezing and serving.
8. Chili should be done. Divide into containers, cool, label, and chill before freezing.
9. Clean up the kitchen while you wait for the stew to finish cooking.
10. Once the stew hits the 4-hour mark, divide into containers, cool, label, and chill before freezing.

Cheddar Cheese Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Cheddar Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Easy Slow Cooker Chili

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Easy Slow Cooker Chili

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Vegetable Beef Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Vegetable Beef Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Beef Eggplant Stew

To serve, you will also need mashed potatoes. Thaw stew in refrigerator. Reheat in a saucepan until heated through. Serve over mashed potatoes.

Date prepared:

Beef Eggplant Stew

To serve, you will also need mashed potatoes. Thaw stew in refrigerator. Reheat in a saucepan until heated through. Serve over mashed potatoes.

Date prepared:

Garlic Herb Pretzels

instructions

Date prepared:

Make-Ahead Garlic Bread

instructions

Date prepared:

Cold Weather Dinners Cooking Plan

17+ meals and 4 desserts serving at least 4 people, day-long

These meals and desserts are perfect for a cold night. They also will be sure to please any guests you find at your table this winter.

- Stuffed Chicken Parmesan, cookbook, 2 batches
- [Chicken and Wild Rice Bake](#),* cookbook, 2 batches
- Best-Ever Chicken Pot Pie, cookbook, 3 pies
- Easy Chicken Gravy, cookbook, 3 batches
- Baked Manicotti, cookbook, 2 batches
- White Bean Soup with Vegetables, cookbook, 2 batches
- Not Your Mother's Chicken Noodle Soup, cookbook, 2 batches
- [Herbed Meatballs](#),* cookbook, 1 batch
- Slow Cooker Red Sauce,* cookbook, 1 batch
- [Herbed Vinaigrette Dressing](#), cookbook, 2 batches
- Jamie's Spice Mix,* cookbook, 1 batch
- Versatile Buttery Pie Crust, cookbook, 10 batches (see variation for Berry Pie)
- [Oatmeal Thumbprint Cookies with Cassis Jam](#), 2 batches
- [Mixed Berry Pie with Cinnamon and Lemon](#), 2 pies

A Note about Leftovers

Give new life to any leftovers you might have! Here are some ideas for the recipes marked with an asterisk.

- Meatballs: These can be heated on the grill and basted with BBQ sauce (p. 98). Serve with mashed potatoes and gravy. Or, make a meatball sandwich with leftover meatballs and red sauce.
- Slow Cooker Red Sauce: Use for dipping [Easy Garlic Breadsticks](#). Can also be used in [Minute Minestrone Soup](#). Serve simply over cooked pasta with a side vegetable and bread.
- Chicken and Wild Rice Bake: Add leftovers to a homemade soup like [Thursday Night Soup](#).
- Jamie's Spice Mix: Use for breadsticks or to top pizza.

Grocery List

FRESH PRODUCE:

- fresh basil, about 1/2 cup chopped (if not using dried)
- fresh parsley, 3/4 cup chopped (if not using dried)
- onions, for about 8 cups chopped and 2 cups grated
- mushrooms, 1 cup sliced
- celery, about 2 cups chopped
- carrots, about 3 1/2 cups diced
- zucchini, 2 small
- red bell pepper, 1/2 cup chopped
- jalapeno (optional), 2 T finely chopped
- russet potatoes, 1 1/2 cups diced
- red potato, 2 cups chopped
- 2 lemons (juice & zest for sep recipes)
- garlic, about 1 head
- ginger, 2 tsp

FROZEN:

- frozen peas (1 1/2 cups)
- frozen mixed berries, 8 cups

DAIRY:

- 8 ounces mozzarella cheese (NOT shredded)
- shredded mozzarella cheese, 4 cups
- ricotta cheese, 30 ounces
- unsalted butter, 3 1/2 pounds
- 8 eggs

MEAT & POULTRY:

- 4 pounds ground beef
- 8 boneless, skinless chicken breasts
- about 7 pounds boneless chicken breast for 10 cups cooked chicken. Use 10 chicken breast halves if using bone-in chicken.
- 6 bone-in chicken breasts or mixed chicken pieces (about 4 pounds)

CANNED/BOTTLED/DRY GOODS:

- 6 cups fresh bread crumbs
- 2 packages manicotti
- 16 ounces wide egg noodles
- four 28-ounce cans crushed tomatoes

Grocery List *(continued)*

- 8 ounces sun-dried tomatoes
- 2 pounds dry Great Northern Beans
- vinaigrette dressing (or make homemade dressing)
- red wine vinegar (for dressing)
- Dijon mustard (for dressing)
- olive oil
- sesame oil
- 22 cups chicken broth
- 4 cups brown rice
- 4 Tablespoons wild rice
- about 5 pounds unbleached flour
- 1 cup quick oats
- 2/3 cup dark brown sugar
- 2 cups sugar
- 2 tsp turbinado sugar
- 1/2 cup cornstarch
- vanilla extract
- cassis (black currant) jam or other preferred jam for cookies

SEASONINGS:

- dried basil
- dried parsley (if not using fresh)

- dried thyme
- dried oregano
- dried tarragon
- garlic powder
- onion powder
- paprika
- celery seeds
- cayenne pepper
- red pepper flakes
- cinnamon
- ground black pepper
- fine sea salt
- salt
- kosher salt

SPECIAL EQUIPMENT:

- two stockpots
- large (6qt) slow cooker
- rimmed baking sheets
- food processor (for making pie crusts quickly)

Packaging

- aluminum foil
- 12 quart-sized ziptop freezer bags labeled for Meatballs (4), Red Sauce for Chicken Parmesan (2), Red Sauce for Manicotti (2), Red Sauce for Meatballs (2), Rice for Chicken & Wild Rice Bake (2),
- two 2-gallon freezer bags labeled Chicken & Wild Rice Bake (2)
- two 1-gallon freezer bags for marinated chicken (2)
- 2 sandwich-size zip-top bags labeled for Vegetables for Chicken & Wild Rice Bake (2)
- four 9x13-inch pans with lids labeled Stuffed Chicken Parmesan (2), Baked Manicotti (2)
- five 8-inch pie plates for Chicken Pot Pie (3) and Mixed Berry Pie (2)
- plastic containers labeled for White Bean Soup, Chicken Noodle Soup, and Oatmeal Thumbprint Cookies. For the soups choose whatever size you want to serve, either individual portions or family meal-size containers.

Prep List

1. Make one large batch of red sauce. Divide into meal-sized containers and chill overnight. You can make this on cooking day, but you'll already be using two large pots for soup. If you have the space and equipment, feel free to bump this step to cooking day.
2. Shred onions, carrots, and zucchini for Chicken Noodle Soup.
3. Chop and cook carrots and potatoes for Chicken Pot Pie.
4. Make three batches of Easy Chicken Gravy.
5. Chop onions, celery, mushrooms, carrots, pepper, jalapenos, and herbs for other recipes.
6. Cook chicken for Pot Pie and Chicken Noodle Soup in whatever method you prefer. Simply Poached Chicken (page 107, 2 1/2 batches) is a good way to do this as is Basic Herb-Baked Chicken (page 104).
7. Make Jamie's Spice Mix.
8. Make two batches of Herbed Vinaigrette if not using store-bought dressing. If time allows, just pour into labeled bags for

marinated chicken, add the chicken pieces and freeze.

9. Mix six batches of regular pie crust and chill. Make four batches of pie crust according to the Mixed Berry Pie recipe.
10. Sort and soak beans according to package directions.

Cooking Plan

1. In a large pot boil the manicotti noodles to al dente, following the package directions. Drain, rinse, and cool.
2. While the manicotti is cooling, start the two soups in two pots or one pot and one slow cooker.
3. Prepare the manicotti filling. Fill noodle tubes. Wrap, label, and freeze. [MANICOTTI DONE]
4. Mix meatball mixture and form into balls. Bake. Alternatively, you can form some of the mixture into meatloaves, depending on your preference. Set a timer to alert you when the meatballs are done.
5. Assemble the chicken pot pie. Wrap, label and freeze. [CHICKEN POT PIES DONE.]
6. Check soups. If they are done, divide into preferred containers and allow to cool to room temperature. Chill before freezing. [WHITE BEAN AND CHICKEN NOODLE SOUPS DONE]
7. Meatballs should be done. Allow to cool before packaging. Chill in refrigerator before freezing. [MEATBALLS DONE]
8. Assemble Chicken and Wild Rice Bake. Wrap, label, and freeze. [CHICKEN AND WILD RICE BAKE DONE]
9. Assemble Stuffed Chicken Parmesan. Wrap, label, and freeze. [STUFFED CHICKEN PARMESAN DONE]
10. Make cookie dough. Assemble Cookies and bake. Cool on racks. Once cooled, Wrap, label, and freeze. [COOKIES DONE]
11. While you're waiting on trays of cookies, assemble berry pies quickly so berries don't thaw. Wrap, label, and freeze. [MIXED BERRY PIES DONE]
12. Clean up the workspace. Wipe down the counters. Once the items in the refrigerator have chilled for several hours, transfer the packages to the freezer.

Stuffed Chicken Parmesan

Thaw chicken breasts in the refrigerator. Bake at 350 degrees for 40 minutes to 1 hour, until chicken is cooked through and juices run clear. Serve with pasta of your choice and 2 cups of Red Sauce.

Date prepared:

Chicken and Wild Rice Bake

Place bag of chicken in a dish and thaw in the fridge. Spray 9x13-inch dish with nonstick spray. Combine rice mixture and vegetables in pan. Stir in broth. Place thawed chicken on top. Cover with foil and bake for 1 hour. Uncover and bake for 45 minutes to 1 hour until rice absorbs most of liquid and chicken is cooked.

Date prepared:

Best-Ever Chicken Pot Pie

Unwrap but DO NOT THAW before baking. Cut an X into the top of the frozen crust. Brush with milk. Bake at 450 degrees for 15 minutes then reduce to 375 degrees and bake until the crust is browned and filling bubbles, 45 minutes to 1 hour.

Date prepared:

Best-Ever Chicken Pot Pie

Unwrap but DO NOT THAW before baking. Cut an X into the top of the frozen crust. Brush with milk. Bake at 450 degrees for 15 minutes then reduce to 375 degrees and bake until the crust is browned and filling bubbles, 45 minutes to 1 hour.

Date prepared:

Baked Manicotti

Thaw in fridge. Preheat oven to 350 degrees and bake until heated through, about 30 minutes.

Date prepared:

Stuffed Chicken Parmesan

Thaw chicken breasts in the refrigerator. Bake at 350 degrees for 40 minutes to 1 hour, until chicken is cooked through and juices run clear. Serve with pasta of your choice and 2 cups of Red Sauce.

Date prepared:

Chicken and Wild Rice Bake

Place bag of marinated chicken in a dish and thaw in the fridge. Spray 9x13-inch dish with nonstick cooking spray. Combine rice mixture and vegetables in the pan. Stir in broth. Place thawed chicken on top. Cover with foil and bake for 1 hour. Uncover and bake for additional 45 minutes to 1 hour until rice absorbs most of liquid and chicken is cooked.

Date prepared:

Best-Ever Chicken Pot Pie

Unwrap but DO NOT THAW before baking. Cut an X into the top of the frozen crust. Brush with milk. Bake at 450 degrees for 15 minutes then reduce to 375 degrees and bake until the crust is browned and filling bubbles, 45 minutes to 1 hour.

Date prepared:

Jamie's Spice Mix

Store in freezer until needed for recipes.

Date prepared:

Baked Manicotti

Thaw in fridge. Preheat oven to 350 degrees and bake until heated through, about 30 minutes.

Date prepared:

White Bean Soup

Thaw in fridge. Reheat in a saucepan until heated through.

Date prepared:

White Bean Soup

Thaw in fridge. Reheat in a saucepan until heated through.

Date prepared:

NYM's Chicken Noodle Soup

Thaw in fridge. Reheat in a saucepan until heated through. Sprinkle with fresh cilantro over the top before serving. Serve with lime wedges.

Date prepared:

NYM's Chicken Noodle Soup

Thaw in fridge. Reheat in a saucepan until heated through. Sprinkle with fresh cilantro over the top before serving. Serve with lime wedges.

Date prepared:

Mixed Berry Pie

Preheat oven to 425°. Do not thaw pie. Vent the top crust, brush with cream and sprinkle with turbinado sugar. Bake for 60 to 75 minutes or until the crust is golden and the filling bubbles. If the crust begins to brown overly so, cover the edges with aluminum foil. Cool completely on a rack before serving.

Date prepared:

Mixed Berry Pie

Preheat oven to 425°. Do not thaw pie. Vent the top crust, brush with cream and sprinkle with turbinado sugar. Bake for 60 to 75 minutes or until the crust is golden and the filling bubbles. If the crust begins to brown overly so, cover the edges with aluminum foil. Cool completely on a rack before serving.

Date prepared:

Mixed Berry Pie

Preheat oven to 425°. Do not thaw pie. Vent the top crust, brush with cream and sprinkle with turbinado sugar. Bake for 60 to 75 minutes or until the crust is golden and the filling bubbles. If the crust begins to brown overly so, cover the edges with aluminum foil. Cool completely on a rack before serving.

Date prepared:

Oatmeal Thumbprint Cookies

Date prepared:

Oatmeal Thumbprint Cookies

Date prepared:

Herbed Meatballs

Thaw the meatballs in the refrigerator. Reheat them in your choice of sauce on the stovetop.

Date prepared:

Herbed Meatballs

Thaw the meatballs in the refrigerator. Reheat them in your choice of sauce on the stovetop.

Date prepared:

Herbed Meatballs

Thaw the meatballs in the refrigerator. Reheat them in your choice of sauce on the stovetop.

Date prepared:

Herbed Meatballs

Thaw the meatballs in the refrigerator. Reheat them in your choice of sauce on the stovetop.

Date prepared:

Busy Holiday Nights Cooking Plan

20-plus meals serving at least 4 people, day-long

Most of the recipes in this plan are for casseroles or “one-dish dinners”. These allow for quick and easy meals. These hearty dishes are perfect for busy nights during the holiday season. Find all but the last in the cookbook.

Beefy Mushroom Gravy, 4 batches

Cream Cheese Mashed Potatoes, 1 batch

Shepherd’s Pie with Green Chile Mashed Potatoes, 2 batches

Taco Kit, using Chipotle Taco Seasoning Mix, 2 taco kits

Jamie’s Spice Mix, 1 batch

Sweet and Spicy Joes, 1 batch

Swedish Meatballs with Dill (with Meatloaf variation), 1 batch

Cooked Chicken, choose one of these methods in the book, 11

cups are needed, you can package any extra for another meal

Chicken Enchilada Bake with Green Chiles and Jalapenos, 1 batch

Creamy Chicken Enchiladas, 2 batches

Bean and Cheese Nacho Bake, 2 batches

Cozy Cheese and Potato Casserole, 2 batches

Six-Layer Nachos, 2 batches

Potatoes Stuffed with Caramelized Onions and Dubliner Cheese, 1 batch

Split Pea Soup with Bacon and Thyme, 1 batch

Homemade Cream of Celery Soup for Cooking, 3 batches

Buttered French Toast Casserole with Almonds and Ginger, 2 batches

Cinnamon Bread, bonus recipe, 2 batches

Grocery List

FRESH PRODUCE:

- onions for 10 cups chopped
- 9 pounds potatoes (red or russet)
- 8 baking potatoes
- mushrooms, for 1 cup chopped
- 1 red bell pepper
- 2 jalapenos
- 7 garlic cloves
- carrots for 1 cup chopped
- celery for 6 tablespoons chopped
- fresh parsley
- fresh dill
- fresh cilantro
- fresh basil
- lemon for zesting

DAIRY:

- 13 cups shredded cheddar cheese
- 8 cups shredded pepper jack cheese
- quart half and half
- quart milk
- dozen eggs

- 9 sticks butter
- three 8-ounce packages cream cheese
- 2 cups ricotta cheese
- 4 1/3 cup sour cream
- 1 cup shredded Dubliner or sharp cheddar cheese
- 3 tablespoons shredded parmesan cheese

FROZEN:

- 8 ounces peas
- 2 32-ounce packages frozen shredded potatoes

MEAT:

- 9 pounds ground beef
- 1 pound ground pork
- 4 to 5 pounds boneless, skinless chicken, for 11 cups chopped
- 4 slices bacon

CANNED/BOTTLED/DRY GOODS:

- 9 cups refried beans (about 5 15-ounce cans)
- 64 ounces beef broth

Grocery List *(continued)*

- 32 oz. tomato sauce
- 2 cups flour
- 16 oz. favorite salsa
- 1 pound dried split peas
- 13 oz. package tortilla chips
- two 16-ounce jars salsa verde
- 8 oz. enchilada sauce
- 8 oz. can chopped green chiles
- 8 oz. sliced black olives
- 3/4 cup sugar
- brown sugar
- olive oil
- 1/2 cup raisins
- 1/4 cup dried cranberries
- 1/4 cup sliced almonds
- 1/4 cup crystallized ginger
- allspice
- paprika
- chili powder
- dried oregano
- onion flakes
- garlic powder
- ground cumin
- ground cinnamon
- dried basil
- celery seed
- lemon zest, if not using fresh
- cayenne pepper
- chipotle chili powder
- bay leaf
- marjoram
- thyme

SEASONINGS:

- dried dill, if not using fresh
- dried parsley flakes, if not using fresh
- dried basil, if not using fresh
- kosher and fine salt
- freshly ground black pepper

BAKERY:

- bread for 3 cups crumbs*
- 4 loaves Italian bread*
- 2 packages soft taco size flour tortillas
- 3 dozen corn tortillas

*depending on the size of your Italian bread, you may be able to use the ends

Packaging

- aluminum foil
- 6 sandwich-size zip-top bags, labeled Taco Cheese (2), Enchilada Cheese (2), Chipotle Taco Seasoning (1), and Jamie's Spice Mix (1)
- 8 quart-size zip-top freezer bags, labeled Sweet and Spicy Joe's (2), Swedish Meatballs (2), Taco Meat (2) Gravy (2)
- 6 gallon-size zip-top freezer bags, labeled Meatloaf (2), Taco Kit (2), and Stuffed Potatoes (2)
- ten 9x13 baking dishes with lids, labeled French Toast Casserole (2), Bean and Cheese Nacho Bake (2), Creamy Chicken Enchiladas (2), Cheesy Potatoes (2), Shepherd's Pie (2)
- four 8-inch square baking dishes with lids, labeled Mashed Potatoes (2) and Chicken Enchilada Bake (2)
- two 8-inch pie plates, labeled Six Layer Nacho
- plastic containers with lids for Split Pea Soup

Prep List

- Chop onions, bell pepper, jalapeno, celery, carrot, parsley, dill, cilantro, mushrooms, and garlic.
- Soften butter for Cinnamon Bread and French Toast Casserole.
- Soften cream cheese.
- Cook chicken and chop.
- Make Beefy Gravy (x4), cool, and chill.
- Grind bread for crumbs.*
- Make Cream of Celery Soup for Cooking (x3), cool, and chill.
- Make Chipotle Taco Seasoning and Jamie's Spice Mix.
- Shred cheese if not purchased shredded.

*depending on the size of your Italian bread for the French Toast, you may be able to use the ends for crumbs. If you'd like, wait until you make the French Toast to grind crumbs.

Cooking Plan

1. Start baking the 8 potatoes in the oven. Be sure to set the timer. Continue with steps until timer rings, then remove from oven and allow to cool slightly.
2. Start remainder of potatoes to boil for mashed potatoes. This is a lot of potatoes. If you do not have a very large kettle, split it into two pots, 4 pounds of potatoes in one and 5 in the other.
3. Slice 2 loaves of bread lengthwise for Cinnamon Bread. Slice 2 loaves in 1 1/2" slices for French Toast Casserole. Grind the ends for crumbs. (See previous note in prep list.)
4. Prepare Cinnamon Bread. Wrap, label, and freeze. [CINNAMON BREADS DONE]
5. Prepare French Toast Casserole. Wrap, label, and chill freeze. [FRENCH TOAST CASSEROLE DONE]
6. In a large skillet, cook two pounds of the ground beef for Shepherd's Pie. Follow recipe for filling. Divide into prepared pans. Package remaining gravy in labeled bags.
7. In same skillet, cook 2 more pounds of the ground beef. Season for taco meat. Drain and divide into labeled bags. Cool to room temperature. Chill in refrigerator before freezing.
8. Drain potatoes. If all in one pot, divide in two portions, with one portion being slightly larger. Use the larger portion to make Cream Cheese Mashed Potatoes and the slightly smaller portion for the Shepherd's Pie. Finish assembling Shepherd's Pies. Cool and chill before freezing. [SHEPHERD'S PIES DONE]
9. Divide mashed potatoes into prepared pans. Cool and chill before freezing. [CREAM CHEESE MASHED POTATOES DONE]
10. Baked potatoes should be done baking. Remove from oven if you haven't done so already. Allow to cool slightly. Prepare filling and stuff potatoes. Cool and chill before freezing. [STUFFED POTATOES DONE]
11. Start Split Pea Soup in large

- kettle.
12. Cook two pounds of beef and season for Sweet and Spicy Joe's. Cool and chill before freezing. [SWEET AND SPICY JOES DONE]
 13. Use remaining three pounds of beef and pork to make Swedish Meatballs and Meatloaf (meatloaf instructions are on page 99). Divide mixture into 2 parts. Make 2 meatloaves from ONE portion. Wrap, label, and freeze. [MEATLOAVES DONE]
 14. Form meatballs from remaining portion and bake. When done, divide into labeled bags. Chill before freezing. [SWEDISH MEATBALLS DONE]
 15. Prepare Cozy Cheese and Potato Bake quickly, using 4 cups of Cream of Celery Soup, and freeze immediately. [COZY CHEESE AND POTATO BAKE DONE]
 16. Prepare Chicken Enchilada Bake, using 2 cups Cream of Celery Soup and 3 cups cooked chicken. Wrap, label, and chill before freezing. [CHICKEN ENCHILADA BAKE DONE]
 17. Prepare Creamy Chicken Enchiladas. Wrap, label, and chill before freezing. [CREAMY CHICKEN ENCHILADAS DONE]
 18. Prepare Six Layer Nachos and Bean and Cheese Nacho Bake. Wrap, label, and chill before freezing. [SIX LAYER NACHOS AND BEAN AND CHEESE NACHO BAKE DONE]
 19. Package cheese for taco kits. Assemble taco kits in larger freezer bags and freeze. [TACO KITS DONE]
 20. Clean up the workspace. Wipe down the counters. Once the items in the refrigerator have chilled for several hours, transfer the packages to the freezer.

Bonus Recipe: Cinnamon Bread

Cinnamon toast is pretty simple to make. Toast sliced bread, slather it with butter, sprinkle on cinnamon sugar. But, like its savory counterpart, Easy Make-Ahead Garlic Bread, page 322, this Cinnamon Bread is so convenient. Pull a loaf out of the freezer to thaw overnight. Bake in its foil wrappings, then unwrap during the last minute or two to crisp the top.

Packaging: Heavy-duty aluminum foil

1/2 cup (1 stick) unsalted butter, softened

2 tablespoons sugar

2 teaspoons ground cinnamon

1 large loaf French or Italian bread, sliced lengthwise

1. In a small bowl, combine the butter, sugar, and cinnamon.
2. Spread the butter in a thick layer over the surface of each bread half.

Freezing instructions:

Put the two bread halves back together and wrap with foil. Freeze.

To thaw and serve:

Thaw the bread in the refrigerator. Bake, still wrapped in foil, at 375°F for 25 minutes. Or bake the frozen bread for 35 to 40 minutes. Open the halves and bake for 1-2 minutes more, allowing the top to crisp. Slice into portions and serve immediately.

Freezer Checklist for Busy Holiday Nights Cooking Plan

| Frozen Entrée or Side Dish | X | X |
|--|---|---|
| <p>Swedish Meatballs, Cream Cheese Mashed Potatoes & Beefy Mushroom Gravy</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Reheat meatballs and gravy on the stovetop. Bake mashed potatoes at 375° for 30-45 minutes or until hot. • For serving, you'll need a vegetable side dish and cranberry sauce. | | |
| <p>Swedish Meatloaf</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Bake at 350° for 45-60 minutes. • For serving, you'll need a vegetable and/or other side dish, such as Stuffed Potatoes or Cozy Cheese and Potato Casserole. | | |
| <p>Taco Kit</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Reheat meat mixture on the stovetop. • For serving, you'll need fresh toppings such as lettuce, tomatoes, salsa and sour cream. | | |
| <p>Shepherd's Pie</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Bake for 1 hour at 350° degrees. • For serving, you'll need a vegetable side dish. | | |
| <p>Sweet and Spicy Joes</p> <ul style="list-style-type: none"> • Thaw overnight. • For serving, you'll need hamburger buns, shredded cheddar cheese, and sliced dill pickles. You'll also need side dishes. | | |
| <p>Chicken Enchilada Bake</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Bake at 350 for 1 hour. • For serving, you'll need salsa and sour cream, beans and rice, and a vegetable side dish. | | |
| <p>Creamy Chicken Enchiladas</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Top with salsa and cheese, and bake at 350° for 20 minutes. • To finish preparation, you'll need the salsa of your choice. For serving, you'll need a vegetable side dish, beans, rice, salsa and sour cream. | | |

| Frozen Entrée or Side Dish | X | X |
|---|---|---|
| <p>Six-Layer Nachos</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Bake at 350° for 25-40 minutes. • For serving, you'll need tortilla chips and fresh toppings such as salsa, sour cream, and guacamole. | | |
| <p>Bean and Cheese Nacho Bake</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Bake at 350° for 40 minutes. • For serving as an appetizer, you'll need tortilla chips. For serving as a main dish, you'll need salad and rice as side dishes and salsa for topping. | | |
| <p>Split Pea Soup</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Reheat in a saucepan. • For serving, you'll need fresh bread and vegetable side dishes such as Stuffed Potatoes and a green salad. | | |
| <p>Cozy Cheese and Potato Casserole</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Bake at 375° for 1 hour. • For serving, you'll need a main dish or several side dishes if you want to go meatless. | | |
| <p>Potatoes Stuffed with Caramelized Onions and Dubliner Cheese</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Reheat at 375° for 15-20 minutes. • For serving, you'll need a main dish or several side dishes if you want to go meatless. | | |
| <p>Cream Cheese Mashed Potatoes</p> <ul style="list-style-type: none"> • Thaw the potatoes in the refrigerator. Preheat the oven to 375° Bake, covered, for 30 to 45 minutes or until hot. Stir the potatoes before serving. • For serving, you'll need a main dish or several side dishes if you want to go meatless. | | |
| <p>Buttered French Toast Casserole with Almonds and Ginger</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator. Bake at 350° for 20 minutes covered and then 20 minutes more uncovered. • For serving, you'll need a fruit side dish. Serve with maple syrup if desired. | | |
| <p>Cinnamon Bread</p> <ul style="list-style-type: none"> • Thaw overnight in the refrigerator, and bake at 375° for 25 minutes. If frozen, bake for 35-40 minutes. • Can be served as a side dish, snack, or dessert | | |

Swedish Meatballs

Thaw the meatballs and gravy in the refrigerator. Reheat the gravy in a large saucepan on the stovetop, whisking to recombine. Add the meatballs and simmer until heated through.

Date prepared:

Meatloaf

Thaw the meatloaf completely in the refrigerator. Preheat the oven to 350°F. Unwrap the meatloaf, place it on a rimmed baking sheet, and bake for 45 to 60 minutes or until cooked through.

Date prepared:

Taco Kit

Thaw the meat in the refrigerator and reheat in the microwave or in a pan on the stovetop. Serve with tortillas and cheese as well as fresh toppings like lettuce, tomatoes, salsa, and sour cream.

Date prepared:

Shepherd's Pie

Thaw the casserole in the refrigerator. Preheat the oven to 350°F. Bake for 1 hour, until the filling is bubbly and the mashed potatoes are golden brown.

Date prepared:

Chicken Enchilada Bake

Thaw completely in the refrigerator. Preheat the oven to 350°F. Bake for 1 hour, or until hot and bubbly.

Date prepared:

Swedish Meatballs

Thaw the meatballs and gravy in the refrigerator. Reheat the gravy in a large saucepan on the stovetop, whisking to recombine. Add the meatballs and simmer until heated through.

Date prepared:

Meatloaf

Thaw the meatloaf completely in the refrigerator. Preheat the oven to 350°F. Unwrap the meatloaf, place it on a rimmed baking sheet, and bake for 45 to 60 minutes or until cooked through.

Date prepared:

Taco Kit

Thaw the meat in the refrigerator and reheat in the microwave or in a pan on the stovetop. Serve with tortillas and cheese as well as fresh toppings like lettuce, tomatoes, salsa, and sour cream.

Date prepared:

Shepherd's Pie

Thaw the casserole in the refrigerator. Preheat the oven to 350°F. Bake for 1 hour, until the filling is bubbly and the mashed potatoes are golden brown.

Date prepared:

Chicken Enchilada Bake

Thaw completely in the refrigerator. Preheat the oven to 350°F. Bake for 1 hour, or until hot and bubbly.

Date prepared:

Sweet and Spicy Joes

Thaw in the refrigerator. Reheat the mixture in a large saucepan on the stovetop. Spoon the hot mixture onto hamburger buns and top with cheese and pickles. Serve immediately.

Date prepared:

Sweet and Spicy Joes

Thaw in the refrigerator. Reheat the mixture in a large saucepan on the stovetop. Spoon the hot mixture onto hamburger buns and top with cheese and pickles. Serve immediately.

Date prepared:

Creamy Chicken Enchiladas

Thaw completely in the refrigerator. Remove the bag of cheese. Preheat the oven to 350°F. Pour 16 oz salsa over enchiladas and sprinkle with cheese. Bake for 20 minutes or until heated through and cheese is melted.

Date prepared:

Creamy Chicken Enchiladas

Thaw completely in the refrigerator. Remove the bag of cheese. Preheat the oven to 350°F. Pour 16 oz salsa over enchiladas and sprinkle with cheese. Bake for 20 minutes or until heated through and cheese is melted.

Date prepared:

Beefy Mushroom Gravy

Thaw in the refrigerator and reheat in the microwave or in a pan on the stovetop.

Date prepared:

Beefy Mushroom Gravy

Thaw in the refrigerator and reheat in the microwave or in a pan on the stovetop.

Date prepared:

Six Layer Nachos

Thaw the nachos in the refrigerator. Preheat the oven to 350°F. Bake for 15 to 20 minutes, until hot and bubbly. Serve with chips and toppings.

Date prepared:

Six Layer Nachos

Thaw the nachos in the refrigerator. Preheat the oven to 350°F. Bake for 15 to 20 minutes, until hot and bubbly. Serve with chips and toppings.

Date prepared:

Bean and Cheese Nacho Bake

Thaw completely in the refrigerator. Preheat the oven to 350°F. Bake for 40 minutes, or until hot and bubbly.

Date prepared:

Bean and Cheese Nacho Bake

Thaw completely in the refrigerator. Preheat the oven to 350°F. Bake for 40 minutes, or until hot and bubbly.

Date prepared:

Cinnamon Bread

Thaw in the refrigerator. Bake, still wrapped in foil, at 375° for 25 minutes. Or bake the frozen bread for 35 to 40 minutes. Open the halves and bake for 1-2 minutes more, allowing the top to crisp. Slice into portions and serve.

Date prepared:

Buttered French Toast Casserole

Thaw completely in the refrigerator. Preheat the oven to 350°F. Bake, covered for 25 minutes, then remove the cover and bake 20 minutes more.

Date prepared:

Split Pea Soup with Bacon and Thyme

Thaw in the refrigerator and reheat in the microwave or in a pan on the stovetop.

Date prepared:

Potatoes Stuffed with Caramelized Onions and Dubliner Cheese

Thaw the potatoes in the refrigerator. Preheat the oven to 375°F. Unwrap potatoes and place on a baking sheet. Bake for 15 to 20 minutes, until heated through. Date prepared:

Cozy Cheese and Potato Bake

Thaw completely in the refrigerator. Preheat the oven to 375°F. Bake for 1 hour or until hot and bubbly.

Date prepared:

Cinnamon Bread

Thaw in the refrigerator. Bake, still wrapped in foil, at 375° for 25 minutes. Or bake the frozen bread for 35 to 40 minutes. Open the halves and bake for 1-2 minutes more, allowing the top to crisp. Slice into portions and serve.

Date prepared:

Buttered French Toast Casserole

Thaw completely in the refrigerator. Preheat the oven to 350°F. Bake, covered for 25 minutes, then remove the cover and bake 20 minutes more.

Date prepared:

Split Pea Soup with Bacon and Thyme

Thaw in the refrigerator and reheat in the microwave or in a pan on the stovetop.

Date prepared:

Potatoes Stuffed with Caramelized Onions and Dubliner Cheese

Thaw the potatoes in the refrigerator. Preheat the oven to 375°F. Unwrap potatoes and place on a baking sheet. Bake for 15 to 20 minutes, until heated through. Date prepared:

Cozy Cheese and Potato Bake

Thaw completely in the refrigerator. Preheat the oven to 375°F. Bake for 1 hour or until hot and bubbly.

Date prepared:

Chipotle Taco Seasoning Mix

Date prepared:

Jamie's Spice Mix

Date prepared:

Cream Cheese Mashed Potatoes

Thaw the potatoes in the refrigerator. Preheat the oven to 375° Bake, covered, for 30 to 45 minutes or until hot. Stir the potatoes before serving.

Date prepared:

Cream Cheese Mashed Potatoes

Thaw the potatoes in the refrigerator. Preheat the oven to 375° Bake, covered, for 30 to 45 minutes or until hot. Stir the potatoes before serving.

Date prepared:

Taco Meat

Thaw in the refrigerator and reheat in the microwave or in a pan on the stovetop.

Date prepared:

Taco Meat

Thaw in the refrigerator and reheat in the microwave or in a pan on the stovetop.

Date prepared:

Taco Cheese

Taco Cheese

Holiday Baking Plan

Cookies, desserts, and other baked goods, day-long

The recipes in this plan cover a range of desserts and breakfast baked goods to enjoy during the holiday season.

This is a full day of baking that should yield nine types of cookies, three loaves of bread, 18 cinnamon rolls, at least a dozen scones, a cheesecake, two muffin mixes, and a partridge in a pear tree. If you find that you don't have as much time as you thought to tackle the entire plan, simply eliminate some of the cookie recipes. You'll have plenty of baking ingredients on hand to revisit those recipes at a later date.

[Whole-Grain Cinnamon Rolls](#), cookbook

Pretzel Berry Cheesecake, cookbook

Ginger-Coconut Scones, cookbook

[Mix-and-Match Muffin Mixes](#), cookbook, 2 batches

Vanilla Cranberry Bread, cookbook

Sugar Cookies, BONUS RECIPE, included here

Lemon Whole-Wheat Spritz Cookies, cookbook

[Gingerbread Crinkles](#)

[Chocolate-Almond Biscotti](#), cookbook

[White Chocolate-Walnut Jumbles](#), cookbook

[Chocolate-Toffee Cookies](#), cookbook

[Chocolate Minty Melts](#), cookbook

[Double Chocolate Magic Bars](#), cookbook

Kahlua Brownies, cookbook

Grocery List

FRESH PRODUCE:

- 2 lemons
- 3 cups cranberries

DAIRY:

- 22 eggs
- 4.75 pounds butter
- two 8-ounce packages cream cheese
- 3 cups milk
- 1 cup plain yogurt
- 3/4 cup whipping cream

CANNED/BOTTLED/DRY GOODS:

A note about flours: whole-wheat pastry flour may be difficult to find. Most health food grocery stores will carry it as does Amazon. Feel free to use regular, all-purpose flour instead of the whole wheat pastry flour.

- 29 cups unbleached, all-purpose flour (about eight pounds)

- 11 cups sugar (about 6 pounds)
- 9 cups whole wheat pastry flour (about 3 pounds)
- 6 cups dark brown sugar (about 3 pounds)
- 2 cups unsweetened, shredded coconut (check the organic section of your store. If it's unavailable in your area, simply use sweetened. The end result will simply be a little more sweet than otherwise.)
- 2 1/2 cups chocolate chips
- 2 cups whole wheat flour
- one 14-ounce can sweetened, condensed milk
- 12 ounces light coconut milk
- 12 ounces white chocolate chips
- 1 1/3 cups cocoa powder
- 1 cup whole almonds
- 1 cup toffee bits
- 1 cup chopped walnuts
- 3/4 cup mini chocolate chips
- 1/2 cup chopped pecans
- 1/2 cup quick oats

Grocery List *(continued)*

- 1/2 cup berry jam
- 1/4 cup Kahlua
- 1/4 cup crystallized ginger
- 1 package Oreos
- 42 Hershey kisses, preferably mint-flavored
- 2 tablespoons molasses
- 10 ounce bag pretzels (there will be extra leftover)
- baking powder
- baking soda
- salt
- vegetable oil
- cream of tartar
- yeast
- extracts: vanilla, lemon, peppermint, and almond
- ground decaf coffee
- colored sugar or sprinkles
- powdered sugar
- demerara or turbinado sugar

SPICES:

- ground cinnamon
- ground ginger

- ground nutmeg
- ground cloves

** On the day of serving the muffins, you will also need the wet ingredients as specified in the recipe. Please consult the recipe so that you have these items on hand.

Packaging

- aluminum foil
- plastic wrap
- waxed paper or parchment
- 6 gallon-size zip-top freezer bags, labeled (2) Muffin Mixes, (2) Vanilla Cranberry Bread, (2) Ginger-Coconut Scones
- three 8-inch pie plates or two 9x13-inch baking dishes, labeled Whole Grain Cinnamon Rolls
- plastic containers with lids for baked cookies or extra zip-top freezer bags for cookie dough

Prep List

- Soften cream cheese and butter.
- Zest lemon.
- Chop pecans and walnuts.
- Wash cranberries.
- Toast almonds.
- Crush Oreos.
- Crush pretzels.
- Warm jam.
- Print recipe for Gingerbread Crinkles from website

Special Equipment

- food processor
- stand mixer or hand mixer
- three bread pans
- springform baking pan
- several cookie sheets
- cookie press

Cooking Plan

Note: One of the tricks to saving time during a large baking plan like this one is to make sure you maximize every action. Heat the oven once and keep it baking. The steps with an asterisk* indicate that you will be using the oven. If you are quicker or slower with any of the steps and find that you have an empty oven, skip to the next * so that you can maximize that energy. Then go back to the step that you finished previously.

1. Start cinnamon roll dough in the bread machine or mixer. Allow to rise.
2. * Prepare pretzel crust for cheesecake, bake, and cool on a rack.
3. Prepare scones and quick freeze.
4. * Prepare cheesecake and bake. Be sure to set the timer. When the timer rings, place the cake on a rack and cool completely.
5. Assemble muffin mixes in marked bags. Use either flour you have for the whole wheat specified in the recipe. The difference is minimal. [MIX AND MATCH MUFFIN MIXES DONE]
6. Cinnamon roll dough should be done. Form rolls. Instead of freezing them flat on a cookie sheet, place them in the marked pans: 6 per pie plate or 9 per 9x13-inch pan. Cover, label, and freeze. [CINNAMON ROLLS DONE]
7. Remove scones from freezer, package in marked bags, and freeze. [GINGER-COCONUT SCONES DONE]
8. * Prepare cranberry breads and bake. When the timer rings, place the breads on a rack to cool for ten minutes. Remove from pans and allow breads to cool completely on the rack.
9. Begin making cookie doughs: Sugar Cookie, Lemon Whole-Wheat Spritz, and Gingerbread Crinkles. As each dough is complete, wrap in plastic wrap and chill.
10. Wash cookie bowl.
11. If cheesecake is cooled to room temperature, chill it in the refrigerator.
12. * Make biscotti and bake logs. Set the timer. When the timer

rings, come back to this recipe to slice the logs and do the double bakes. Then continue with the steps until the timer rings again when you will turn the cookies and continue baking them. When they are done with the final baking, cool on a rack.

13. Wash cookie bowl.

14. Cranberry breads should be cooled by now. Wrap in plastic wrap and place in marked freezer bags. Freeze. [VANILLA CRANBERRY BREADS DONE]

15. Make chocolate cookie doughs in this order: White Chocolate Walnut Jumbles, Double Chocolate Toffee, Minty Melts. As each dough is complete, wrap in plastic wrap and chill. (There's no need to wash the bowl in between batches if you are making them in quick succession.)

16. Wash the bowl.

17. * Make magic bars, bake, and cool on rack.

18. * Make Kahlua Brownies, bake and cool on rack.

19. You should now have three types of cookies already baked (biscotti, magic bars, and

brownies) and six types of dough chilling in the refrigerator.

Determine which of the remaining doughs you will bake at this time. You can bake all the cookies, cool on racks, and then freeze in airtight containers, according to recipe directions. Or you can freeze the doughs to be baked later. Form the dough into a disk or log, wrap tightly with plastic wrap and slip into a freezer bag for added protection. Store in the freezer. When ready to use, thaw the dough in the refrigerator prior to baking.

[LEMON WHOLE WHEAT SPRITZ, CHOCOLATE TOFFEE COOKIES, CHOCOLATE MINTY MELTS, SUGAR COOKIES, GINGERBREAD CRINKLES DONE]

20. Cut and wrap the Magic Bars and the Kahlua Brownies.

Freeze. [MAGIC BARS AND KAHLUA BROWNIES DONE]

21. Wrap the biscotti in an airtight container and freeze. [BISCOTTI DONE]

22. Wrap the cheesecake in layers of plastic wrap and freeze.

[PRETZEL BERRY CHEESECAKE DONE]

23. Clean up the workspace. Wipe down the counters.

Bonus Recipe: Sugar Cookies

Sugar cookies are easy to make and loved by all. This versatile recipe can be cut into shapes, sliced from the log, or shaped into balls and rolled in colored sugars or sprinkles. Package the recipe as a gift by first wrapping the log of dough in plastic wrap and then wrap again in parchment. Include a bottle of sprinkles and a few cookie cutters for a fun edible craft for families.

Packaging: plastic wrap, freezer bag, parchment paper

1 cup (2 sticks) unsalted butter, softened

1 cup sugar

1 teaspoon vanilla extract

2 1/4 cup flour

1 teaspoon baking soda

1 teaspoon cream of tartar

additional sugar for sprinkling/rolling

1. In a large bowl, cream together the butter and sugar until light and fluffy. Stir in the vanilla extract.
2. Stir in the flour, baking soda, and cream of tartar. Combine well. Chill before baking or freeze.

Freezing instructions:

Thaw the dough in the refrigerator.

To bake:

Preheat the oven to 375°F. Slice dough into rounds, roll and cut into shapes, or shape into balls and roll in sugar. Bake on parchment-lined baking sheets for 8 - 10 minutes or until set. Cool on racks.

Vanilla Cranberry Bread

Date prepared:

Mix and Match Muffins

Add: 1/2 cup oil, 1 cup milk, 1/2 cup plain yogurt, 2 eggs, 1 teaspoon extract, and up to 1 1/2 cups fruit, nuts, or chocolate. Bake at 350°.

Date prepared:

Ginger-Coconut Scones

Bake from frozen for 20 to 25 minutes at 375°.

Date prepared:

Pretzel Berry Cheesecake

Thaw the cake, wrapped, in the refrigerator. Once thawed, unwrap the cake and place it on a serving platter. Cut into slices and serve with fresh raspberries.

Date prepared:

Chocolate Almond Biscotti

Date prepared:

Vanilla Cranberry Bread

Date prepared:

Mix and Match Muffins

Add: 1/2 cup oil, 1 cup milk, 1/2 cup plain yogurt, 2 eggs, 1 teaspoon extract, and up to 1 1/2 cups fruit, nuts, or chocolate. Bake at 350°.

Date prepared:

Ginger-Coconut Scones

Bake from frozen for 20 to 25 minutes at 375°.

Date prepared:

Lemon Whole Wheat Spritz Cookies

Date prepared:

Double Chocolate Toffee Cookies

Date prepared:

Whole-Grain Cinnamon Rolls

Thaw overnight in the refrigerator. Bake at 350° for 20 to 30 minutes. Cool on rack and drizzle with powdered sugar icing.

Date prepared:

Whole-Grain Cinnamon Rolls

Thaw overnight in the refrigerator. Bake at 350° for 20 to 30 minutes. Cool on rack and drizzle with powdered sugar icing.

Date prepared:

Whole-Grain Cinnamon Rolls

Thaw overnight in the refrigerator. Bake at 350° for 20 to 30 minutes. Cool on rack and drizzle with powdered sugar icing.

Date prepared:

White Chocolate-Walnut Jumbles

Date prepared:

Chocolate Minty Melts

Date prepared:

Kahlua Brownies

Date prepared:

Double Chocolate Magic Bars

Date prepared:

Sugar Cookies

Date prepared:

Gingerbread Crinkles

Date prepared:

Vanilla Cranberry Bread

Date prepared: