

Simple Meals for Summer Freezer Meal Plan

16+ meals serving 4 people

This meal plan has some recipes that you can just reheat and some for the grill. They are a fantastic way to keep the kitchen cool this summer.

[Chihuahua Chili](#), 2 batches (2+ meals)

[Asian-Style Marinated Chicken](#), 2 batches (2 meals)

[Spice-Rubbed Grilled Pork Tenderloin](#), 2 batches (2 meals)

[Sweet and Sour Pulled Chicken](#) (uncooked), 2 batches (2 meals) – see note

[Fish or Shrimp Tacos](#), 2 batches (2 meals)

[Burger Patties for the Freezer](#), 2 batches (2 meals)

[Bulk Batch Meatballs](#), 1 batch (4 meals)

[Coconut Crunch Pie](#), 1 pie

Notes

- We're using ground turkey for the burgers in this plan. It's a bit more economical these days, and you can often get a 20 oz. package of turkey for less than a pound ground beef.
- Instead of cooking the chicken for the Sweet and Sour Pulled Pork, we're combining the sauce and uncooked chicken together in a bag. Press out the air and freeze. To prepare, simply thaw it in the fridge and then dump the contents of the bag into the slow cooker the morning of serving. Proceed with the directions as noted in the recipe.

Grocery List

FRESH PRODUCE:

- 6 onions
- About 36 cloves garlic (about 4 bulbs)
- 2 teaspoons chopped ginger

DAIRY:

- 6 eggs
- 1 1/2 cups whipping cream
- 1/4 cup (1/2 stick) unsalted butter

MEAT & POULTRY:

- 6 pounds ground beef
- 2 pounds ground turkey
- 7 pounds boneless, skinless chicken breasts
- 2 pounds shrimp OR 4 fish steaks such as cod or shark
- 2 pork tenderloins, about 1 pound each

CANNED/BOTTLED/DRY GOODS:

- 1 cup oil
- 2 tablespoons sesame oil
- 1 1/4 cup rice vinegar
- 1/2 cup plus 6 tablespoons soy sauce

- 1/2 cup sherry
- 2 tablespoons tomato paste
- 4 cups tomato sauce
- 2 cups enchilada sauce
- two 12 ounce bottles of beer (optional)
- 4 (29-ounce) cans pinto beans
- 4 (15-ounce) cans black beans
- 6 cups fresh bread crumbs
- 1/2 cup unsweetened shredded coconut
- 3 cups shortbread cookie crumbs (you can use another style cookie if you like)
- 1/3 cup confectioners' sugar
- 2 tablespoons brown sugar

SEASONINGS & EXTRACTS:

- kosher salt
- black pepper
- garlic powder
- onion powder
- chili powder
- paprika
- dried basil
- dried parsley
- dried thyme
- cayenne pepper

- chili powder
- cumin
- crushed red pepper
- dill weed
- sesame seeds
- ground ginger

INGREDIENTS FOR SERVING:

- sour cream (for chili)
- grated cheddar cheese (for chili)
- chopped cilantro (for chili)
- sweet Hawaiian rolls (for chicken sandwiches)
- barbecue sauce (for sandwiches)
- olive oil (for cooking tacos)
- toppings for tacos (diced tomatoes, cabbage/lettuce, onion, avocado, lime)
- 1 cup plain yogurt (for tacos)
- 1 cup mayonnaise (for tacos)
- 1/2 cup lemon juice (for tacos)
- 4 cloves minced garlic (for tacos)
- two dozen corn tortillas or masa to make [Homemade Corn Tortillas](#)

Packaging

- plastic wrap
- wax paper
- gallon-size freezer bags
- snack-size plastic bags
- plastic containers for chili

Special Equipment

- pie plate
- two large stockpots or two slow cookers
- baking sheets

Prep List

- chop onion
- mince garlic
- chop ginger if not purchased that way
- crush cookies for pie

Cooking Plan

One of the tricks to saving time during a large cooking plan like this one is to make sure you maximize every action. Heat the oven once and keep it baking. Get long cooking recipes started first so that you can be working instead of waiting while

Here is a recommended order of preparation:

1. Start the chili in two pots on the stove or in two slow cookers, whichever you prefer.
2. Prepare the meatballs and start them baking in the oven.
3. Shape burger patties for freezing. [BURGER PATTIES DONE.]
4. Pull out the spices and prepare the rub for the pork tenderloin and the seasoning for the fish tacos. Package the spice mixes in small baggies along side the package of meat/fish in a larger freezer bag. Place all these items in the freezer. [PORK TENDERLOIN AND FISH TACOS DONE]
5. The chili should be done by now if you cooked it in a pot on the stove. Portion it into meal-sized portions and allow to cool. [CHILI DONE]
6. The meatballs should be done. Pull those from the oven and allow to cool before packaging into meal-sized portions. [MEATBALLS DONE]
7. Assemble the marinated chicken and the Sweet and Sour Pulled Chicken in freezer bags. Place in the freezer right away. [ASIAN CHICKEN AND S&S PULLED CHICKEN DONE]
8. Prepare the Coconut Crunch Pie and place in the freezer. [COCONUT CRUNCH PIE DONE]
9. Wipe down the counters, put away extra ingredients, chill the chili and meatballs in the fridge before freezing.