

Protein-Style Freezer Cooking Plan

to be used with recipes from
Not Your Mother's Make-Ahead & Freeze Cookbook by Jessica Fisher



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](#), page 111, 2 batches

[Grilled Tilapia or Shrimp Tacos](#), page 147, 2 batches

Herbed Pork Sausage Patties, page 173, 2 batches

Tarragon and Lemon Rubbed Fish, page 146, 2 batches

[Our Favorite Irish Stew](#), page 225, 2 batches

Quick and Easy Texas Chili, page 229, 2 batches

Chili and Sausage Oven Frittata, page 278, 2 batches

[Salsa Verde Chicken](#), print from Good Cheap Eats, 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

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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.

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Tarragon & Lemon Rubbed Fish

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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

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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: