

# Protein Power

## Freezer Meal Plan in an Hour

### 14 meals serving at least 4 people

This cooking plan provides the prepped proteins for about 14 meals for 4 people. The best part is that you can get it all done in about an hour. You can't really lose, can you?

#### Proteins:

[Herbed Meatballs](#), page 97 (1 batch; 4 meals)

Seasoned Taco Meat made with [Basic Taco Seasoning Mix](#), page 90 (1 batch seasoning, 4 pounds beef or turkey; 4 meals)

Simply Poached Chicken, page 109 (2 batches; 4 meals)

[Spicy Dijon Chicken](#), page 116 (2 batches; 2+ meals)

#### Notes

- This plan is only pre-prepped proteins. But that's half the battle, isn't it? Add a few side dishes and you're good to go.
- Purchase your ground beef and boneless, skinless chicken on sale (target price here in CA is \$2 to \$3/pound. Buy a lot; prep it for freezing in just one hour. Save time and money!

# Grocery List

## FRESH PRODUCE:

- 1 large onion, chopped
- 7 cloves garlic

## DAIRY:

- 6 eggs, beaten

## MEAT & POULTRY:

- 8 pounds ground beef or turkey
- 8 boneless, skinless chicken breasts (about 4 pounds)
- 4 pounds boneless skinless chicken tenders

## CANNED/BOTTLED/DRY GOODS:

- 3 cups bread crumbs
- 2/3 cup Dijon mustard
- 4 Tablespoons red wine vinegar
- 1/2 cup oil

## SEASONINGS:

- fine salt
- kosher salt
- black pepper
- bay leaves
- peppercorns
- dried basil

- cayenne pepper
- chili powder
- garlic powder
- dried oregano
- dried parsley
- onion flakes

## Packaging

- aluminum foil
- preferred storage containers for meatballs and taco meat — plastic containers or freezer bags
- freezer bags for marinated chicken and poached chicken

## Prep List

1. Chop onions and garlic for meatballs.
2. Mix taco seasoning mix.
3. Print labels, if using, or label containers and bags with a sharpie.

## Cooking Plan

1. Preheat the oven for the meatballs. Line the baking sheets and spray with non-stick cooking spray.
2. In a large mixing bowl, prepare the meatball mixture with 4 pounds of the ground meat. Working quickly, form meatballs and place them on the prepared tray. Pop the pan(s) into the oven and set the timer for 20 minutes and continue with next step.
3. In a large skillet with a lid (use two pans if you don't have a large one), prepare the poached chicken using the chicken tenders.
4. In a large stockpot, start cooking the remaining 4 pounds of ground meat. Season to taste with taco seasoning mix. Divide the meat into four meal-size portions. Cool, label, and chill in the fridge before freezing. [TACO MEAT DONE]

5. Prepare the Spicy Dijon Chicken with the boneless, skinless chicken breasts. Place in labeled zip-top freezer bags and freeze. [SPICY DIJON CHICKEN DONE]
6. Meatballs should be done by now. Divide into four meal-size portions. Cool, label, and chill in the fridge before freezing. [MEATBALLS DONE]
7. Poached chicken should be done by now. Divide into four meal-size portions. Cool, label, and chill in the fridge before freezing. [POACHED CHICKEN DONE]
8. Clean up the workspace. Wipe down the counters. Once the items in the refrigerator have chilled for several hours, transfer them to the freezer.

## **Herbed Meatballs**

Thaw in refrigerator. Reheat in a saucepan with preferred sauce until heated through.

Date prepared:

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## **Simply Poached Chicken**

Thaw in refrigerator. Reheat in the microwave or serve cold or at room temperature.

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## **Seasoned Taco Meat**

Thaw in refrigerator. Reheat in the microwave or in a saucepan until hot.

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## **Spicy Dijon Chicken**

Thaw in refrigerator. Grill over a hot fire until done.

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Thaw in refrigerator. Grill over a hot fire until done.

Date prepared: