

# FREEZER MEAL PLAN

## SIMPLE SUMMER MEALS

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

### Recipes

**Mix and Match Muffin Mix**,  
make 4 batches

**Not Too Sweet Granola**,  
make 2 batches

**Shredded Beef, Chicken, or  
Pork Filling**, make 2  
batches

#### **Marinated Chicken**

- Dijon Chicken, make 1 batch
- Jamie's Spiced Chicken, 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



## Simplify for the Summertime

I don't know about you, but I'm ready for some easy meals this summer. I took the kids down to Balboa Park on Tuesday. We traipsed through the art museum for almost three hours before picnicking and then heading home through traffic. It was a great day and one that I want to repeat throughout the southland in the months to come.

But, I don't want to worry about getting supper on the table once we've weaved our way home amid the commuters and

tourists. I want simple. I want summer. And I sure as heck don't want hangry\* people. That's where this freezer cooking plan comes into play. It looks so simple that you're going to kinda do a double take. Bear with me. Try it. You'll like it.

Or your money back. Ha!

*\*hungry + angry = hangry*

## This Plan's Recipes

You'll need to download or print these recipes to reference for this freezer meal plan. Two recipes are not available online and can be found below.

**Mix and Match Muffin Mix**, make 4 batches - this is one of my favorite of the homemade baking mixes. It allows you versatility as well as ease. I make the muffin mixes in advance so that on the day of baking, all I need to do is add the liquid ingredients and a few mix-ins. Chopped summer fruit or fresh berries are ideal for this right now.

Each batch of muffins makes a dozen or more, if you make smaller, kid-sized ones. You can easily freeze any extras for a bonus snack.

**Not Too Sweet Granola**, make 2 batches - this granola is delicious. Our family enjoys it with milk, in yogurt parfaits with fresh fruit, and just plain, out of hand, for snacking.

**Shredded Beef, Chicken, or Pork Filling**, make 2 batches - It is so incredibly easy to make shredded meat fillings. Just toss it in the crockpot (see recipe following) and walk away. Just walk away. I often do this overnight so that it's ready for me to shred, cool, and freeze first thing in the am.

Use the filling in sandwiches, salads, tacos, burritos, rice bowls, what have you. There's really no limit to your options, and it's so nice to have pre-cooked meat on hand.

**Marinated Chicken**, make 3 batches total - one of the easiest "freezer meals" on the planet is marinated meat or chicken. 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. Easy peasy.

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

**Burger Patties**, 16 patties - premade burger patties are such a boon when it comes time to grill. Such a



simple thing saves so much effort and time. Just slap those puppies on the grill — you don't even need to thaw — add buns, toppings, and condiments and you're good to go.

**Spice Mixes** - I lean on homemade spice blends to 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.

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

## 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.

## Groceries:

This is a grocery list for all ingredients needed to make this freezer meal plan.

Read through the list carefully to see what you already have on hand or what you might omit in order to accommodate a family preference or to trim costs further.

### *Dairy/deli section*

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

### *Produce*

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

### *Canned/dry goods*

- 12 cups unbleached 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 sucanant
- 6 cups mix-ins for muffins (any combination of dried fruit, nuts, chocolate, etc.)
- baking powder

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- baking soda
- vegetable or sunflower oil
- olive oil
- 1/3 cup Dijon mustard
- 6 tablespoons red wine vinegar
- 1/2 cup salsa verde

### *Meat department*

- 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

### *Spices & Extracts*

- 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

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- 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 plastic 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:**

- Make the spice mixes. I like to store them in canning jars with lids. SPICE MIXES DONE
- Chop the onion.
- Zest the lemon and juice the lime.

- Start the shredded meat in the crockpots 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. [SHREDDED 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]