

Simple Meals for Summer Freezer Meal Plan

16+ meals serving 4 people

This meal plan has some recipes that you can just reheat, cook in the slow cooker or throw on the grill. These delicious meals are a fantastic way to keep the kitchen cool this summer and feed your family well.

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

[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 a combination of ground turkey and ground beef in this plan. Feel free to mix up the recipes to suit your family's tastes.
- 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.

- You can simmer the chili and freeze it “ready to go” or you can cook the meat and store that in a bag with the tomato sauce and seasonings. Cook it in the slow cooker on the day of serving, adding the beer and beans at that time.

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

Special Equipment

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

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

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.

Chihuahua Chili

Defrost and reheat. Serve with cheddar cheese, sour cream and chopped cilantro.

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Asian Chicken

Thaw and grill until cooked through. This chicken is perfect to top salads or use in summer rolls.

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Spice-Rubbed Pork Tenderloin

Sprinkle the seasoning generously on a thawed pork tenderloin. Cook the tenderloin over a hot grill until it reaches an internal temperature of 145 ° for medium and 160 ° for well done, about 20 to 30 minutes. Rest the meat for 10 minutes before slicing.

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Burger Patties

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Meatballs

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Fish or Shrimp Tacos

Thaw fish/shrimp and tortillas. Toss shrimp with oil and spice mix or brush fish steaks with oil and rub with spice mix. Allow to marinate while you heat the grill. Grill until cooked through. If using fish, slice into pieces that will fit into tortillas. Add your preferred toppings and the yogurt-dill dressing.

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Sweet and Sour Pulled Chicken

Thaw bag on a tray in the fridge. Dump contents into a slow cooker on the day of serving. Follow recipe directions for cooking and serving.

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Sweet and Sour Pulled Chicken

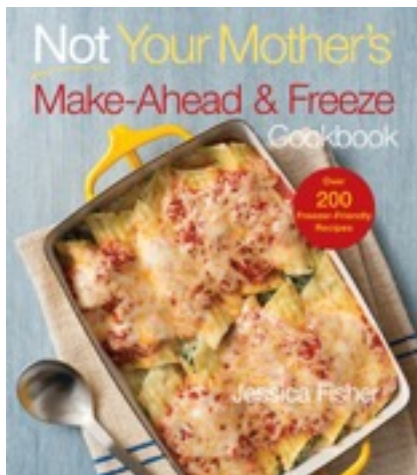
Thaw bag on a tray in the fridge. Dump contents into a slow cooker on the day of serving. Follow recipe directions for cooking and serving.

Date Prepared:

Coconut Crunch Pie

To serve, unwrap the pie. Let it stand at room temperature for about 10 minutes before slicing and serving.

Date Prepared:



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Jessica Fisher is an author, food professional, and home educator. She lives in San Diego with her husband of 21 years and their six children.

Jessica has authored four cookbooks, including *Not Your Mother's Make-Ahead and Freeze Cookbook* and *Good Cheap Eats*. She also publishes two daily blogs, [Good Cheap Eats](#) and [Life as Mom](#).

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