

“Kid Friendly” FREEZER MEAL WORKSHOP

Grocery List and Pre-Workshop Prep instructions

Are you ready to tame dinnertime? In about 60 minutes you are going to have prepped 10 meals to stock your freezer! What a time-saver! These meals are going to make your dinnertime less chaotic and much more enjoyable.

The Wildtree product bundle you purchased will be waiting for you at your workshop. You will have Wildtree product left over so you will be able to go home and make more freezer meals if desired. You will also be receiving recipes with ideas of other meals and side dishes that you can make with the Wildtree product bundle.

There are ways to keep costs to a minimum. By purchasing your meats at Sam’s Club or Costco or buying in larger packages, you will save money. There are some meals that will need extra ingredients to complete the recipe. For example, noodles for the pasta recipe and your favorite toppings for the fajitas. These will be noted on the label you will put on your freezer bag at the workshop.

Below is a list of suggested PROTEIN for the recipes – the name of the meal is listed next to the corresponding protein. All protein can be substituted for the protein YOU want in your meal. For instance, if you don’t like chicken thighs or drumsticks, you can substitute chicken breasts, etc.

On the next page is a grocery list you can take with you to the grocery store. Be sure to check your freezer for any current protein/items you may already have, and or use the abridged list below to determine if you’ll be substituting anything on the meals.

NOTE: **BRING ALL FILLED FREEZER BAGS IN A HARD OR SOFT-SIDED COOLER.** You never want to thaw meat more than once. You can buy fresh (unfrozen) meat, which you will then freeze at home after the workshop. Or, you can use frozen meats which you will keep frozen and place right back in your freezer. They may soften a bit during the workshop, but that is fine. If you buy your meat frozen, **DO NOT THAW IT** for the workshop or you will be unable to re-freeze it. **Get ready for a fun and very productive hour! See you soon!**

Step 1: Grocery List

DO NOT PANIC!! This is so much easier than it looks at first glance. Before you shop, be sure to check your freezer for meat/items you may already have.

*****SHOPPING TIP***** Most grocery store butchers will dice/cube/slice meat for you at no charge – simply ask at the butcher counter and save some time! Ask as you start your shopping, so by the time you’re finished, they may be too! (Just the chicken needs cut for this Freezer Meal Workshop)

PROTEIN

- _____ 3-4 lbs. Boneless "country style" pork ribs - Agave BBQ Ribs
- _____ 2 lbs. Ground beef – Easy Tacos and Mini Meatball Sandwiches
- _____ 3 lbs. (6-7 chicken breasts) – Crockpot Santa Fe Chicken and Hickory Smoked Chicken
- _____ 4 (6 oz) top sirloin steak (or favorite cut of steak) – Rodeo Steaks
- _____ 2 lb. Pork tenderloin – Lemon Rosemary Pork Tenderloin
- _____ 3 lb. Boston Butt (boneless pork roast) – BBQ Pulled Pork
- _____ 6 (6 oz.) Tilapia – Herb Crusted Tilapia
- _____ 1 bag (20-25 oz) frozen beef ravioli (Louisa is a good one) – Ravioli Lasagna

Everything Else:

- _____ 2 onions
- _____ 2 cans (29 oz each) crushed tomatoes
- _____ 1 can (15 oz.) black beans
- _____ 1 can (15 oz.) diced tomatoes with green chilis
- _____ 1/2 cup Parmesan Cheese
- _____ 1 and 1/2 cups mozzarella

Representative Provides:

- _____ 1 and 1/2 cups chicken stock per person
- _____ 8 oz. Frozen corn per person
- _____ salt and pepper
- _____ 8" round foil pan for Ravioli per person
- _____ 3/4 cup breadcrumbs or Panko breadcrumbs per person
- _____ 2-3 cloves or garlic per person
- _____ 1/4 cup milk per person

Step 2: Prep (Cutting & Chopping)

Veggies:

- ◆ 1 onion diced
- ◆ 1 onion sliced or quartered for pulled pork in slow cooker
- ◆ 1/2 cup Parmesan: make sure it is shredded

Step 3: Assembly of Bags

Take 18 Freezer bags, Label each one per directions below. The A and B bags will go inside one freezer bag. In other words, we'll take bag 2a and 2b and put it in one #2 bag and seal it. This helps protect against freezer burn and helps keep the ingredients/multiple bags organized and easy to pull from the freezer.

Bag #1: boneless pork ribs/ "country style" ribs

Bag #2a: 1 can diced tomatoes and green chilis
1 can black beans, drained and rinsed

Bag #2b: 2-3 chicken breasts (1 and ½ pounds)

Bag #3a: 1 lb. Ground beef

Bag # 3b: 29 oz. Can crushed tomatoes

Bag #3c: ½ onion, diced

Bag #4: 29 oz. Of crushed tomatoes

Bag #5a: 4 -6 tilapia

Bag #5b: ½ cup Parmesan cheese

Bag #6: 1 lb. Ground beef

Bag #7: Wrap in foil and then place in bag: 3 lb. Boston Butt (boneless pork roast), sliced onion, salt and pepper ** You could leave this bag at home. At the workshop you'll receive what to put into the pork after it has cooked in the slow cooker.

Bag #8: 4-6 chicken breasts

Bag #9: 4 steaks

Bag #10: 2 lb. Pork tenderloin