

“ONE STOP CROCK” 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. Here are a few notes before you start:

The Wildtree product bundle you purchased will be waiting for you at your workshop. You will have some Wildtree product left over so you will be able to go home and make different 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.

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 want pork shoulder roast, you can substitute pork tenderloin or even chicken breasts. Look this over before going to the store with the list on page 2.

There are ways to keep costs to a minimum. By purchasing your meats at Sam's Club, Costco or Woodman's or buying in larger packages, you will save money.

On the next page is a grocery list you can take with you to the grocery store. Be sure to check your freezer & pantry for any protein/items you may already have, or use the abridged list below to determine if you'll be substituting anything on the meals. **If you use frozen meat from your freezer, keep it frozen. Do not thaw & refreeze.**

Each meal makes 4-6 servings. If this is too much for you, you may divide each meal in half, making 2 portions for each meal. Instead of 10 freezer bags, you will make 20 smaller portioned meals. If you do this, it is easiest to do this when prepping your meat bags prior to the workshop, you come with 20 bags versus 10.

PROTEINS

3 lbs boneless pork or beef ribs – **Hawaiian Style Country Ribs #1**

2½ lbs boneless pork shoulder roast (or pork tenderloin) – **Apple Balsamic Pork Roast #2**

2½ lbs boneless pork shoulder roast (or pork tenderloin) – **Enchilada Pork Tacos with Marinated Onions #3**

1 lb ground beef – **Quick Crockpot Lasagna #4**

1 lb boneless, skinless chicken breast or thighs – **Ranch Chicken Chili #5**

1 to 2 lbs beef stew meat – **Beef Enchilada Stew #6**

2 lbs boneless, skinless chicken breast or thighs – **Buffalo Chicken Sliders #7**

2 lbs boneless, skinless chicken breast – **Honey Hoisin Chicken Wraps #8**

3 lbs turkey breast – **Ranch Roasted Turkey Breast #9**

2 lbs boneless, skinless chicken breast or thighs – **Pollo Asada Rice Bowls #10**

Step 1: Grocery List

Be sure to check your freezer for meat and your pantry for items you may already have.

Meat/Protein:

- _____ 3 lbs boneless pork or beef ribs (*not country style*)
- _____ 5 lbs boneless pork shoulder roast (*may use pork tenderloin*)
(*2½ lbs for Apple Balsamic Pork Roast & 2½ lbs for Enchilada Pork Tacos*)
- _____ 1 lb ground beef
- _____ 1 to 2 lbs beef stew meat
- _____ 5 lbs boneless, skinless chicken breast **OR** thighs
(*1 lb for Ranch Chicken Chili & 2 lbs for Buffalo Chicken sliders & 2 lbs for Pollo Asada Rice Bowls*)
- _____ 2 lbs boneless, skinless chicken breast
- _____ 3 lbs turkey breast (may already be frozen, keep frozen)

Veggies:

- _____ 2 to 3 celery stalks
- _____ 6 large white mushrooms
- _____ 3 onions (TIP: available already diced in frozen veggie section, one 12 oz bag)
- _____ butternut squash, will need 2 cups cubed (TIP: available already cubed in frozen veggie section, one 16 oz bag)

Misc: **(Will need for prep)**

- _____ 8 oz can of pineapple chunks
- _____ apple sauce, unsweetened (will need 1½ cups)
- _____ 8 oz can tomato sauce
- _____ (2) 29 oz can tomato sauce
- _____ (2) 6 oz can tomato paste (or one 12 oz can tomato paste & split)
- _____ (2) 15 oz can diced tomato (or one 28 oz can diced tomato & split)
- _____ 10 oz can "Rotel" tomatoes (or 10 oz diced tomatoes with green chilies)
- _____ 4 oz can diced green chilies
- _____ (2) 15 oz can black beans
- _____ 15 oz can white beans
- _____ Honey (will use 2 Tablespoons)
- _____ package of cream cheese, 8 oz
- _____ frozen corn (will need 2 cups)
- _____ 21 gallon size Ziploc freezer bags (1 box)

Step 2: Prep (Cutting & Chopping)

Onion:

- ◆ 2 onions, diced, will use 3 portions (½ onion, 1 onion & ½ onion)
- ◆ 1 onion, finely diced

Celery stalks:

- ◆ 2 to 3 celery stalks, diced

Butternut squash:

- ◆ Cubed, 2 cups

White mushrooms:

- ◆ Chopped/diced

Cream cheese:

- ◆ Cubed

Step 3: Assembly of Bags

Take 11 of your Gallon Ziploc Bags. Use a Sharpie and label as directed below

Fill as follows:

Gallon Bag #1: 3 lbs boneless pork or beef ribs, 8 oz can of pineapple chunks (not drained)

Gallon Bag #2: 2½ lbs boneless pork shoulder roast or tenderloin
1½ cups unsweetened apple sauce

Gallon Bag #3: 2½ lbs boneless pork shoulder roast or tenderloin,
8 oz can tomato sauce, 4 oz can diced green chilies

Gallon Bag #4a: 1 lb ground beef, ½ medium onion diced

Gallon Bag #4b: 29 oz can tomato sauce, 6 oz can tomato paste

Gallon Bag #5: 1 lb boneless, skinless chicken breast or thighs, 1 medium onion finely diced
1 cup frozen corn, 15 oz can black beans (drained & rinsed), 15 oz can white beans (drained & rinsed),
10 oz can "Rotel" tomatoes with green chilies (not drained), 8 oz package cream cheese, cubed

Gallon Bag #6: 1 to 2 lbs beef stew meat, 1 medium onion diced, 2-3 celery stalks diced,
6 large white mushrooms chopped/diced, 2 cups butternut squash cubed, 29 oz can tomato sauce,
15 oz can diced tomato (not drained)

Gallon Bag #7: 2 lbs boneless, skinless chicken breast or thighs, 6 oz can of tomato paste

Gallon Bag #8: 2 lbs boneless, skinless chicken breasts, 2 Tablespoons honey

Gallon Bag #9: 3 lbs turkey breast

Gallon Bag #10: 2 lbs boneless skinless chicken breasts or thighs, ½ medium onion diced, 1 cup frozen corn,
15 oz can of diced tomatoes (not drained), 15 oz can of black beans (drained & rinsed)

BRING THE FOLLOWING ITEMS WITH YOU TO THE WORKSHOP – (11) filled bags from above & (10) additional gallon size Ziploc freezer bags (we will be double bagging the meals).

NOTE: BRING ALL BAGS IN A HARD OR SOFT-SIDED COOLER WITH ICE/ICE PACKS. *You never want to thaw meat more than once. You have the choice to 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.*

Get ready for a very fun and very productive hour! See you soon!