

“Figure Friendly ” FREEZER MEAL WORKSHOP
Grocery List and Pre-Workshop Prep Instructions

Meals:

- 1.Garlic & Herb Pork Chops
- 2.Shrimp Scampi
- 3.Lemon Rosemary Tenderloin
- 4.Opa! Greek Kabobs
- 5.Zesty Lime Fajitas
- 6.Greek Chicken Burgers
- 7.Italian Chicken Tenders
- 8.Baked Chicken Scampi
- 9.Herb Crusted Tilapia
- 10.Easy Tacos

Wildtree Product Bundle:

- 1.Garlic Lover's Set (10172) – contains:
 - a.Roasted Garlic Grapeseed oil
 - b.Garlic & Herb Blend
 - c.Scampi Blend
- 2.Lemon Rosemary Seasoning (10356)
- 3.Natural Grapeseed Oil (10229)
- 4.Taco Seasoning (10575, 10474 large plastic)
- 5.Opa! Greek Seasoning (10695)

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 Woodman’s or buying in larger packages, you will save money. There are some meals that will need extra ingredients later 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.

****Note:** If you have a larger family or are cooking for 1 you will want to make adjustments to the portion sizes accordingly & if you are doubling the quantity you will use all of the Garlic Grapeseed Oil for your 10 bags so you may want to add another bottle to your order for future uses. ☺

PROTEIN

Garlic & Herb Pork Chops: 2 lbs. Pork Chops

Italian Chicken Tenders: 2 lbs. Chicken Tenderloins or Breasts (cut into strips)

Herb Crusted Tilapia: 6 (6 oz.) Tilapia fillets (or white fish of your choice)

Lemon Rosemary Roasted Tenderloin: 2 lbs. Pork Tenderloin

Opa! Greek Kabobs: 2 lbs. Cubed Chicken, Lamb, or Steak

Greek Chicken Burgers: 2 lbs. Ground Chicken

Shrimp Scampi: 2 lbs. Shrimp (uncooked, peeled & de-veined, tails removed)

Baked Chicken Scampi & Rice: 2 lbs. skinless chicken thighs (can substitute chicken breasts) **OPTION:** Boneless

Fajitas: 2 lbs. chicken or steak, sliced in strips

Taco Night: 2 lbs. ground beef or ground turkey

NOTE: BRING ALL BAGS IN A HARD OR SOFT-SIDED COOLER. 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, which 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. Be sure to check your freezer for meat/items you may already have.

*****SHOPPING TIP***** Most grocery store butchers will dice/cube/slice meet 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! Note the bold and underlined “cut specs” for quick reference.

Meat/Protein:

___ 2 lbs. Pork Chops

___ 2 lbs. Chicken Tenderloins or Breasts (**cut into strips**)

___ 6 (6 oz.) Tilapia Fillets (or white fish of your choice- orange roughly is good too)

___ 2 lbs. Pork Tenderloin

___ 2 lbs. **Cubed** Chicken, Lamb or Steak (**for kabobs**)

___ 2 lbs. Ground Chicken

___ 2 lbs. Shrimp (uncooked, peeled & de-veined, can be frozen)

___ 2 lbs. Skinless Chicken Thighs (or breasts) **OPTIONAL:** boneless

___ 2 lbs. Chicken or Steak, **sliced in strips** for fajitas

___ 2 lbs. Ground Beef or Ground Turkey

Veggies:

___ 2 zucchini (cut length-wise then in slices)

___ 2 yellow squash (cut length-wise then in slices)

___ 3 any-color peppers, red, yellow or green, or frozen sliced peppers

___ 2 small/medium red onions, 1 sliced for Fajitas and 1 in chunks

Misc:

- _____ 1 box gallon freezer bags (at least 22)
- _____ measuring spoons
- _____ cooler with ice

Step 2: Pre-Workshop Prep (Cutting, Chopping, & Bagging)

Before you begin: Take 10 freezer bags, label each one with a sharpie, 1 to 10, and then fill them as follows:

****This list contains all the ingredients you need to provide for prepping the meals to be frozen.**

Bag #1: Pork Chops

Bag #2: Chicken Tenderloins or Breasts **cut into strips**

Bag #3: Tilapia fillets (or white fish of your choice)

Bag #4: Pork Tenderloin

Bag #5: **Cubed** Chicken, Lamb or Steak (**large chunks for kebobs**)

Bag #6: Ground Chicken

Bag #7: Shrimp - uncooked, peeled & de-veined, remove tails

Bag #8: Chicken thighs (or breasts)

Bag #9: Chicken or steak, **sliced in strips (for fajitas)**

Bag #10: Ground beef or ground turkey

Bag the veggies in a separate gallon size Ziploc bag and notate the appropriate number.

Bag #4 (Veggies): 2 each zucchini and yellow squash cut lengthwise & then in 1" slices, 1 small/medium red onion cut into chunks

Bag #9 (Veggies): 3 peppers (any color) sliced into strips for fajitas, and 1 red onion sliced