



Meal Planning

Goal:

trying new recipes



Weekly Meal Planner

Breakfast

Lunch

Dinner

Snack

Recipe Collection

Breakfast:

Lunch:

Dinner:

Snack:

Grocery List

Produce

Pantry Item

Dairy and Eggs:

Bakery:

Frozen Foods:

Snacks:

Beverages:

Seasonal Produce Chart:

Meal Prep Ideas:

Recipe Review



RANCH CHICKEN CHILI



(CROCKPOT RECIPE USING STORE BOUGHT INGREDIENTS)

INGREDIENTS

- 1 LB BONELESS SKINLESS CHICKEN BREASTS CUBBED INTO BIT SIZE PIECES
- 1 YELLOW ONION DICED
- 10 OZ CAN “ROTEL” DICED TOMATOES WITH GREEN CHILES, NOT DRAINED
- 3 STALKS CELERY SLICED
- 1 CAN (15OZ PER CAN) WHITE NORTHERN BEANS DRAINED AND RINSED
- 1 CAN (15 OZ) BLACK BEANS DRAINED AND RINSED
- 1 PACKET TACO SEASONING MIX
- 1 PACKET RANCH DRY SEASONING MIX
- 4 GARLIC GLOVES
- 16 OZ CHICKEN BROTH (NOT NEEDED UNTIL DAY OF COOKING)
- 8 OZ CREAM CHEESE (NOT NEEDED UNTIL DAY OF COOKING)

MATERIALS

- 1 GALLON-SIZED FREEZER BAG

INSTRUCTIONS

TO FREEZE AND COOK LATER

1. LABEL YOUR FREEZER BAG WITH THE NAME OF THE RECIPE, COOKING INSTRUCTIONS, AND “USE-BY” DATE (THIS MEAL IS GOOD 3 MONTHS FROM WHEN YOU PREPPED THE MEAL).
2. ADD ALL INGREDIENTS EXCEPT FOR THE CREAM CHEESE AND BROTH TO YOUR FREEZER BAG.
3. REMOVE AS MUCH AIR AS POSSIBLE, SEAL, AND FREEZE FOR UP TO THREE MONTHS.

TO COOK IN CROCKPOT

- ADD TO CROCKPOT WITH BROTH.
- COOK ON “LOW” SETTING FOR 4-6 HOURS.
- ADD THE CREAM CHEESE AND COVER FOR 5-10 MINUTES OR UNTIL MELTED.

TO COOK IN INSTANT POT

- ADD TO INSTANT POT WITH BROTH
- PRESSURE COOK 25 MINUTES
- NATURAL RELEASE
- ADD THE CREAM CHEESE AND STIR UNTIL COMBINED AND CREAMY