

10 MEALS IN AN HOUR™

5 RECIPES BEING MADE

easy french onion soup spinach & sausage one pot pasta
easy chicken pot pie chicken & vegetable noodle bowl easy curry chicken

PREP

1. Prep your bags—either print labels using these ready-made printable labels or use a permanent marker to label each bag with the name of the recipe, date prepared, and cooking instructions. DO NOT SKIP THIS STEP! While you might think that you'll remember what is in every bag, I promise you will forget!
2. Cut sausage into bit size pieces and set aside.
3. Chop onions and set aside.
4. Wash and chop green onions and set aside.
5. Clean and chop peppers and set aside.
6. Peel and mince garlic and set aside
7. Open up all the cans needed for prep day and set aside.
8. Prep raw chicken and chop into bit size pieces, then pull chicken from rotisserie for pot pie.

PREPARE

1. Prep Easy French Onion Soup using instructions found [here](#). Divide onions and stock into 2 freezer bags, press out excess air, and seal well. Place bags in refrigerator.
2. Prep Easy Curry Chicken using instructions found [here](#). Divide chicken into 2 freezer bags then divide sauce over chicken, press out excess air, and seal well. Place bags in refrigerator.
3. Prep Spinach & Sausage One Pot Pasta using instructions found [here](#). Divide sausage mixture into 2 freezer bags, press out excess air, and seal well. Place bags in refrigerator.
4. Prep Chicken and Vegetable Noodle Bowl using instructions found [here](#). Divide chicken into 2 freezer bags then divide vegetables and stock mixture evenly over chicken, press out excess air and seal well. Place bags in refrigerator.
5. Prep Easy Chicken Pot Pie using instructions found [here](#). Place chicken into 2 freezer bags and cover with vegetable mixture, then press out excess air and seal well. Place bags in refrigerator.
6. Once all prep is complete, place all bags in freezer until needed. After you've made your meal plan for the coming week, consider setting an alert on your phone to remind you to take your bag out to thaw the day before you plan to make it.

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KITCHEN SUPPLIES

10 gallon size zipper freezer bags
labels or permanent marker
large mixing bowl
cutting board
sharp knife
garlic press
can opener
dry measuring cups
liquid measuring cups
dry measuring spoons
liquid measuring spoons
colander



MEAT

6-8 pounds boneless, skinless chicken thighs or breasts
2 packages chicken Italian sausage, chopped
1 rotisserie chicken



DAIRY

1 cup plain yogurt (cooking day only)
butter
pecorino romano
gruyère



CANNED / DRY GOODS

1 28oz. can crushed tomatoes or 2 15oz can diced tomatoes with chilies
1 8 oz. can tomato sauce
2 15 oz. can of diced tomatoes
9 32oz. cartons chicken stock
2 cartons beef stock



STARCHES

1 container refrigerated crescents (cooking day only)
1 box of rice noodles (cooking day only)
1 20 oz. package of cheese tortellini (cooking day only)
rice
italian bread, sliced (cooking day only)
naan (optional, cooking day only)



FROZEN

2 16oz. bags mixed vegetables
2 16 oz. bags of frozen vegetables (broccoli, carrots & water chestnuts)
3 7oz. packages of frozen sliced mushrooms



PRODUCE

2 small yellow onion
4 cups sweet onions or vidalia if in season, sliced
1 bag of shredded slaw mix (cooking day only)
1 red bell pepper
6-10 cloves garlic
1 red chili pepper
1 bunch of green onions
1 bag carrots
1 large lemon
1 9oz. bags of fresh baby spinach (cooking day only)
thyme (fresh or dried)
celery



PANTRY STAPLES

honey
ginger paste
garam masala
sriracha sauce
red pepper flakes
black pepper
chili powder
salt
sesame oil
sesame seeds, toasted (cooking day only)
soy sauce
1 container homemade cream of chicken soup