ROUND 3 freezer fiesta!

FROM HEALING HOPE
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10 DAYS before freezer fiesta!

Order Kits day

SMART THICKENERS

INSTANT SOY PROTEIN | FIBER PLAN

healworks.com creating healthy habits for life

Why?

- Help balance blood sugar
- Thicken sauces with protein instead of simple carb flours
- Help lower cholesterol
- Help balance hormones

Why?

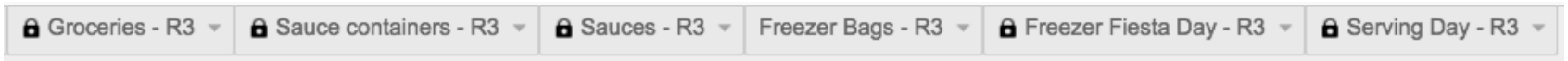
- Fiber helps digestion
- Fiber cleans blood & cells
- Thicken sauces with fiber instead of simple carb flours
- Fiber lowers cholesterol

5 DAYS before freezer fiesta!

Print day

# adult servings in your family (1 kid = 1/3 or 1/2 adult servings)	Make recipes this many times	gives you this many days of meals
1	1	40
2	2	40
3	3	40
4	3	30
5	4	32
6	5	33
7	5	29
8	6	30
9	7	31
10	8	32

1. To adjust how many times you 'multiply' your recipes, go to this google sheet.
2. Adjust the purple number at the top of each tab. Multiplier~ 2
3. Tab titles found at screen bottom. You can print from the 'sheet' or from the following slides.



Calories per srvg

Entrée Serves 4

CAULIFLOWER RICE

INGREDIENTS

In advance –(sauce)

condiment	coconut aminos	1.5	T
condiment	fish sauce	1	splash
condiment	vinegar, coconut	1	splash
fridge	eggs, large	2	each
produce	onion, minced	1	each
produce	scallions, thinly sliced	2	each
seasoning	basil	2	T
seasoning	cilantro	2	T
seasoning	ginger, powder	2	T
seasoning	mint	1	T
seasoning	pepper	1	pinch
seasoning	salt	1	pinch
dry	Shaklee Instant Protein	2	T
dry	Shaklee Fiber Plan	4	t

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fridge: meat	Kalua pork	0.33	c
produce	cauliflower, cut in florets	1	head
produce	mushroom, sliced	0.5	c

Serving day!

DIRECTIONS

In advance –(sauce)

1) Chop onions
2) Pulse cauliflower in food processor
3) Wisk sauce ingredients.
4) Store in 1 cup, labeled container. (your name, recipe name)

@ Freezer Fiesta!

1) Chop produce (keep raw)
2) Mix with sauce

1) Label freezer bags.
2) Pack freezer bags.
3) Freeze.

Serving day

1)Thaw 2) Stir fry

FAJITA CRUNCHWRAP

INGREDIENTS

In advance –(marinade)

fridge	onions, red, sliced	2	each
oil	oil, olive	3	T
produce	onion, green, diced	2	T
produce	tomato, diced	2	T
seasoning	cayenne	1	t
seasoning	cumin powder	0.5	T
seasoning	garlic powder	1	t
seasoning	paprika	0.5	t
seasoning	pepper	1	pinch
seasoning	salt	0.5	T
dry	Shaklee Instant Protein	1	T
dry	Shaklee Fiber Plan	2	t

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fridge: meat	chicken breast, 1" cube	4	breasts
produce	peppers, bell, chopped	3	each
fridge	cheese, shredded	2	c

Serving day!

canned | dry	tortilla chips, crushed	2	handfuls
canned | dry	tortilla wraps	7	each
produce	avocado	1	each

DIRECTIONS

In advance –(marinade)

1) Chop onions
2) Wisk sauce ingredients.
3) Store in 3 cup, labeled container. (your name, recipe name)

@ Freezer Fiesta!

1) Chop meat
2) Chop produce
3) Stir fry chicken in marinade

1) Cool.
2) Label bags
3) Wrap in paper.
4) Pack bags.
5) Freeze.

Serving day

1)Thaw 2) Assemble 3) bake @ 350 for 20 min

Calories per srvg

Entrée Serves 4

CHICKEN SALAD

INGREDIENTS

In advance –(sauce)

1st Sauce, 2.5 c container

condiment	honey	4	T
misc.	water	.5	c
produce	Lemon, sliced	2	whole
produce	garlic, minced	1	t
produce	onions, green, chopped	1	T
produce	onion, red, finely diced	0.5	c
seasoning	mustard, dijon	1	T
seasoning	parsley	1	T
seasoning	salt & pepper	1	pinch
seasoning	tarragon	1	teas
dry	Shaklee Ins. Protein	1	T
dry	Shaklee Fiber Plan	2	t

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fridge: meat	chicken breast, 1" cubes	4	lb

Serving day!

Celery, ½ c, Mayo, .1/4 c

Lettuce leaves, 8 buns

DIRECTIONS

In advance –(sauce)

1) Wisk sauce ingredients.
2) 1st sauce, store in 2.5 cup, labeled container. (your name, recipe name)
3) 2nd sauce, store in small freezer bag, labeled "mix w ¼ c Mayo" for each duplication of recipe

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1) Cube meat to 1".
2) Cook meat with sauce 1 in crock till tender.
3) After cooked, discard lemon slices.

1) Cool.
2) Label bags.
3) Add to bags
4) Freeze.

Serving day

1) Thaw. 2) Mix w mayo, ¼ c &
3) Serve on lettuce leaves & bun.

Entrée Serves 6

CHICKEN MARSALA

INGREDIENTS

In advance –(sauce)

canned | dry	broth, chicken	0.5	c
canned | dry	wine, Marsala	0.5	c
fridge	heavy whipping cream	1	c
oil	oil, olive	2	T
seasoning	garlic powder	1	t
seasoning	mustard, ground	1	t
seasoning	parsley for garnish	1	t
seasoning	pepper	1	pinch
seasoning	salt	1	pinch
dry	Shaklee Instant Protein	2	T
dry	Shaklee Fiber Plan	4	t

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fridge: meat	chicken breasts, 1" cube	4	c
produce	mushrooms, chopped	1.5	c

Serving day!

1) Carrot noodles, sautéed, 6 c

DIRECTIONS

In advance –(sauce)

1) Wisk sauce ingredients.
2) 1st sauce, store in 3 cup, labeled container. (your name, recipe name)

@ Freezer Fiesta!

1) Cube meat to 1"
2) Chop produce
3) Add Sauce to dish / pan
4) Bake @ 350 for 1 hr

1) Cool.
2) Label bags.
3) Add to bags.
4) Freeze.

Serving day

1) Thaw. 2) Re-heat. 3) Serve over carrot noodles.

SHEPHERD'S PIE

Entrée Serves 6

INGREDIENTS

In advance –(sauce)

canned | dry	broth, beef	1/3	c
condiment	ketchup or tomato paste	1	T
oil	coconut oil	2	T
produce	garlic, minced	2	t
produce	onion, diced	1	each
seasoning	parsley	2	T
seasoning	salt and pepper	1	pinch
dry	Shaklee Instant Protein	2	T
dry	Shaklee Fiber Plan	4	t

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produce	cauliflower, cut in florets	1	head
oil	coconut oil	2	T
produce	celery, diced	0.5	c
produce	carrots, diced	2	each
fridge: meat	ground beef or turkey	1	lb
fridge	cheese, shredded	0.5	c

Serving day!

1) Enjoy!

DIRECTIONS

In advance –(sauce)

1) Chop onions
2) Combine all sauce ingredients in labeled 2 cup container. (your name, recipe name)

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1) Boil cauliflower till tender
2) Heat coconut oil in wok
3) Stir fry produce
4) Brown meat
5) Add sauce
6) Drain the cauliflower. Mash till smooth. Add 2 TBS coconut oil & season w salt & pepper
7) Layer cauliflower whip & meat mixture
8) Sprinkle cheese on top

1) Cool till solid.
2) Label freezer bags.
3) Wrap in paper.
4) Add to bags.
5) Freeze.

Serving day!

1)Thaw 2) Re-heat

SOUVLAKI

Entrée Serves 6

INGREDIENTS

In advance

condiment	vinegar, red wine	1	T
oil	oil, olive	6.5	T
produce	lemon juice	3	T
produce	garlic, grated	2	t
seasoning	marjoram	2	t
seasoning	dill	1	t
seasoning	mint	1	T
seasoning	oregano	1	T
seasoning	pepper, black	1	pinch
seasoning	salt	1	pinch
fridge: meat	pork leg, 1" chunks	2	lb
dry	Instant Protein	1	T
dry	Shaklee Fiber Plan	2	t

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produce	peppers, sweet	3	each

Serving day!

condiment	vinegar, red wine	1.5	t
fridge	yogurt	0.75	c
produce	cucumber	1	c
seasoning	garlic, powder	1	teas
seasoning	mint	1	t
canned | dry	flatbreads	8	each

DIRECTIONS

In advance –(sauce)

1) Chop meat
2) Combine all sauce ingredients in 1 cup labeled container. (your name, recipe name)

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1) Chop produce
2) Cook meat in sauce in wok or crock
3) Add produce & cook

1) Cool.
2) Label bags.
3) Add to bags.
4) Freeze.

Serving day!

1) Thaw. 2) Re-heat. 3) Whip up Tzatziki sauce & enjoy!

SPLIT PEA SOUP

Entrée Serves 6

INGREDIENTS

In advance –(sauce)

canned | dry	peas, split, dried, rinsed	16	ounce
misc.	water	1.5	quart
produce	garlic, minced	2	t
produce	onion, chopped	1	each
seasoning	bay leaf	1	leaf
seasoning	salt	0.5	t
seasoning	pepper	0.5	t
dry	Instant Protein	2	T
dry	Shaklee Fiber Plan	4	t

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fridge: meat	ham, diced	2	c
produce	carrots, sliced	3	each
produce	celery, chopped	2	each

Serving day!

DIRECTIONS

In advance –(sauce)

1) Chop onions
2) Combine all sauce ingredients in labeled 2.25 quart container. (your name, recipe name)

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1) Chop meat
2) Cook meat in stock pot on stove on high till boil
3) Chop produce
4) Add produce & sauce to pot, simmer
5) Remove Bay leaves when done.

1) Cool.
2) Label jars.
3) Pack jars
4) Freeze.

Serving day!

1) Thaw. 2) Re-heat.

S. POTATO BURRITO

Entrée Serves 6

INGREDIENTS

In advance –(sauce)

canned | dry	black beans, rinsed, drained	16	ounce
canned | dry	salsa verde	0.67	c
oil	oil, vegetable	2	T
produce	Lime juice	2	T
produce	onion, red, thinly sliced	0.5	each
produce	spinach, baby	5	ounce
seasoning	cayenne	0.5	t
seasoning	cilantro	4	t
seasoning	cumin	1	t
seasoning	salt	1	t
dry	Shaklee Instant Protein	2	T
dry	Shaklee Fiber Plan	4	t

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canned | dry	rice	0.75	c
canned | dry	tortillas, flour (12")	4	each
fridge	cheese, shredded	0.75	c
produce	avocado, diced	1	each
produce	mushrooms	1	c
produce	sweet potato, chunks	1	c

DIRECTIONS

In advance –(sauce)

1) Chop onions
2) Combine all sauce ingredients in a ½ cup labeled container. (your name, recipe name)

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1) Cook rice
2) Chop produce
3) Add oil to wok
4) Stir fry produce
5) Add sauce to crock
6) Place rice on shell
7) Place mixture on shell
8) Add cheese to shell
9) Roll in tortilla shells
10) Tortillas seam side down on pan
11) Bake @ 350 for 10 min

1) Cool.
2) Label bags.
3) Roll burritos in paper.
4) Add to bags.
5) Freeze.

Serving day!

1) Thaw. 2) Re-heat. 3) Add sour cream & enjoy!

CAULIFLOWER WHIP

Headworths.com freezer fiesta! Entrée Serves 6

INGREDIENTS

In advance –(sauce)

oil	coconut oil	4	T
produce	garlic, chopped	8	teas
seasoning	pepper	1	pinch
seasoning	salt	1	pinch
dry	Instant Protein	2	T
dry	Shaklee Fiber Plan	4	t

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produce	cauliflower, cut in 1" chunks	1	head

DIRECTIONS

In advance –(sauce)

1) Combine all sauce ingredients in ¼ cup labeled container. (your name, recipe name)

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1) Steam cauliflower till very tender
2) Toast the garlic in 2 TBS coconut oil over low heat for 6 minutes
3) Sprinkle with salt
4) Drain & puree the cauliflower till smooth & creamy
5) Add coconut oil & salt
6) Stir in garlic

1) Cool.
2) Label bags.
3) Load bags
4) Freeze.

Serving day!

1) Enjoy!

1)Thaw 2) Re-heat

KALUA PORK

Headworths.com freezer fiesta! Entrée Serves 6

INGREDIENTS

In advance –(sauce)

misc.	water	1	c
produce	garlic, minced	5	cloves
seasoning	coarse salt	1.5	T
dry	Instant Protein	2	T
dry	Shaklee Fiber Plan	4	t

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fridge: meat	bacon	3	slices
fridge: meat	pork shoulder roast w bone	5	lb
produce	cabbage, cored, and cut into 6 wedges	1	each

DIRECTIONS

In advance –(sauce)

1) Combine all sauce ingredients in 1 ¼ cup labeled container. (your name, recipe name)

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1) Lay Bacon on bottom of crock or instant pot
2) Sauté for 1 min (or cook in crock on medium)
3) Cut roast into 3 equal pieces
4) Stab pork with fork & push in some garlic
5) Salt roast with ¾ teas course salt per pound of meat (if using fine salt, use ½ the amount)
6) Flip over the bacon
7) Add sauce to crock.
8) Cook w instant pot for 90 minutes. Cook with crockpot on high for 6-12 hrs
9) Chop cabbage & add to instant pot for 3-5 minutes or add to crock 1 hour before finished.
10) Shred pork.

1) Cool.
2) Label bags.
3) Load bags
4) Freeze.

Serving day!

1) Enjoy!

1)Thaw 2) Re-heat

Grocery day

GROCERIES

1. Take inventory; cross off items in the 'total' column)
2. Go shopping 3 days before.
3. Refer to next page for cooking tools & paper products

freezer fiesta!

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1 = 40 meals for 1 adult. (1 kid = 1/3 an adult)	Multiplier~	2	80	total meals

Groceries Freezer Fiesta - Round 3

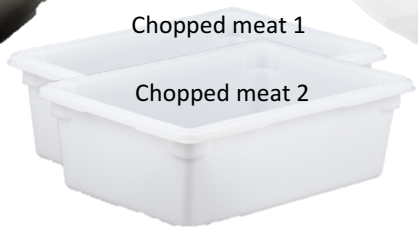
Inventory Day: 5 days prior. Grocery Day: 4 days prior			Total	
recipe	Category	Item	amt	unit
sweet potato bean burrito	canned | dry good	black beans, drained	32	ounce
shepherd's pie (.33 c) creamy chicken marsala (.5 c)	canned | dry good	broth, chicken	1.7	c
Souvlaki	canned | dry good	flatout, to serve	16	each
sweet potato bean burrito	canned | dry good	flour tortillas (12")	8	c
sweet potato bean burrito	canned | dry good	rice	1.5	c
split pea soup	canned | dry good	split peas, dried, rinsed	32	ounce
chicken fajita crunchwrap	canned | dry good	tortilla chips	4	c
chicken fajita crunchwrap	canned | dry good	tortilla wraps	14	c
asian cauliflower fried rice	condiment	coconut aminos	3	T
classic chicken salad	condiment	Dijon mustard	2	T
asian cauliflower fried rice	condiment	fish sauce	2	splash
classic chicken salad	condiment	honey	8	T
shepherd's pie: cauliflower	condiment	ketchup or tomato paste	2	T
classic chicken salad	condiment	mayo (serving day)	0.5	c
sweet potato bean burrito	condiment	salsa verde	1.34	c
asian cauliflower fried rice	condiment	vinegar, coconut	2	splash
Souvlaki	condiment	vinegar, red wine	2	T
Souvlaki tzatziki sauce	condiment	vinegar, red wine	3	c
creamy chicken marsala	condiment	wine, Marsala	1	c
sweet potato bean burrito (.75 c) chicken fajita crunchwrap (2 c) shepherd's pie (.5 c)	fridge	cheese, shredded	6.5	c
asian cauliflower fried rice	fridge	eggs, large	4	each
toasted garlic cauliflower whip (8 t) Souvlaki (2 t) classic chicken salad (1 t) - 2nd sauce shepherd's pie (2 t) split pea soup (2 t) Kalua pork (5 t)	fridge	garlic, minced	40	t
creamy chicken marsala	fridge	heavy whipping cream	2	c
sweet potato bean burrito	fridge	sour cream	0.66	c
Souvlaki tzatziki sauce	fridge	yogurt	1.5	c
Kalua pork (serves 8)	fridge | meat	bacon	6	slices
classic chicken salad (4 lbs) chicken fajita crunchwrap (2 lbs) creamy chicken marsala (4 lbs)	fridge | meat	chicken breast, 1 " chunks	20	lb
shepherd's pie: cauliflower	fridge | meat	ground beef or turkey	2	c
split pea soup	fridge | meat	ham, diced	4	c
asian cauliflower fried rice	fridge | meat	Kalua pork	0.66	c
Souvlaki	fridge | meat	pork leg, 1" chunks	4	lbs
Kalua pork	fridge | meat	pork shoulder (w bone)	10	lbs
split pea soup (6 c) Kalua pork (1 c)	misc	water	14	c
shepherd's pie (2 T) toasted garlic cauliflower whip (4 T)	oil	oil, coconut	12	T
chicken fajita crunchwrap (3 T) creamy chicken marsala (2 T) sweet potato bean burrito (2 T) Souvlaki (6.5 T)	oil	oil, olive	27	T
chicken fajita crunchwrap	produce	avocado, blended	2	c
sweet potato bean burrito	produce	avocado, diced	2	c
Kalua pork	produce	cabbage, cored, cut into 6 wedges	2	c
shepherd's pie (2) split pea soup (3)	produce	carrots, diced	10	c
shepherd's pie (1 head) cauliflower whip (1 head) cauliflower fried rice (1 head)	produce	cauliflower, cut into florets	6	c
classic chicken salad (.5 c) shepherd's pie (.5 c) split pea soup (1 c)	produce	celery, diced	4	c
Souvlaki tzatziki sauce	produce	cucumber	2	c
Souvlaki	produce	lemon juice	6	T
classic chicken salad	produce	lemon, sliced	4	whole
classic chicken salad	produce	lettuce (serving day)	16	c
sweet potato bean burrito	produce	lime, juice	2	T
asian cauliflower fried rice (.5 c) sweet potato bean burrito (1 c) creamy chicken marsala (1.5 c)	produce	mushroom, sliced	6	c
split pea soup (1 c) shepherd's pie (1 c) asian cauliflower fried rice (1 c)	produce	onion, diced	6	c
classic chicken salad - 2nd sauce (1 T) chicken fajita crunchwrap (2 T) asian cauliflower fried rice (2 T)	produce	onion, green, diced	10	T
sweet potato bean burrito (.5 c) chicken fajita crunchwrap (2 c) classic chicken salad - 2nd sauce (.5 c)	produce	onions, red, sliced	6	c
chicken fajita crunchwrap	produce	peppers, bell, sliced	6	c
sweet potato bean burrito	produce	spinach, baby	10	ounce
sweet potato bean burrito	produce	sweet potato, chunks	2	c
chicken fajita crunchwrap	produce	tomato, diced	4	T
asian cauliflower fried rice	seasoning	basil	6	T
split pea soup	seasoning	bay leaf	2	leaf
chicken fajita crunchwrap (1 teas) sweet potato bean burrito (.5 teas)	seasoning	cayenne	3	t
sweet potato bean burrito (4 t) asian cauliflower fried rice (2 T)	seasoning	cilantro	20	t
sweet potato bean burrito (1 t) chicken fajita crunchwrap (.5 T)	seasoning	cumin	5	t
Souvlaki	seasoning	dill	2	t
chicken fajita crunchwrap (1 t) creamy chicken marsala (1 t) souvlaki tzaziki sauce (1 t)	seasoning	garlic powder	6	t
asian cauliflower fried rice	seasoning	ginger, powder	4	T
Souvlaki	seasoning	marjoram	4	t
Souvlaki (1 T) asian cauliflower fried rice (1 T)	seasoning	mint	4	T
Souvlaki tzatziki sauce	seasoning	mint	2	t
creamy chicken marsala	seasoning	mustard, ground	2	t
Souvlaki	seasoning	oregano	2	T
chicken fajita crunchwrap	seasoning	paprika	1	t
classic chicken salad - 2nd sauce (1 T) shepherd's pie (2 T) creamy chicken marsala (1 t)	seasoning	parsley	20	t
(.5 t each) asian cauliflower fried rice chicken fajita crunchwrap classic chicken salad - 2nd sauce creamy chicken marsala shepherd's pie Souvlaki split pea soup toasted garlic cauliflower whip	seasoning	pepper	8	t
(.5 t each) asian cauliflower fried rice chicken fajita crunchwrap classic chicken salad - 2nd sauce creamy chicken marsala shepherd's pie Souvlaki split pea soup toasted garlic cauliflower whip	seasoning	salt	8	t
Kalua pork	seasoning	salt, coarse	3	T
classic chicken salad - 1st sauce	seasoning	tarragon	2	t
asain cauliflower fried rice 8 t chicken fajita crunchwrap 4 t classic chicken salad 4 t creamy chicken marsala 8 t Kalua pork 8 t shepherd's pie 8 t Souvlaki 4 t split pea soup 8 t sweet potato bean burrito 8 t toasted garlic cauliflower whip 8 t	Shaklee	Fiber Plan	68	t
asain cauliflower fried rice 4 T chicken fajita crunchwrap 2 T classic chicken salad 2 T creamy chicken marsala 4 T Kalua pork 4 T shepherd's pie 4 T Souvlaki 2 T split pea soup 4 T sweet potato bean burrito 4 T toasted garlic cauliflower whip 4 T	Shaklee	Instant Protein	34	T

ROUND 3 COOKING TOOLS & PAPER PRODUCTS

Multiplier~ 2

Freezer Bags - Round 3

		Total amt	Total unit
asian cauliflower fried rice		6	quart
chicken fajita crunchwrap		2	gallon
classic chicken salad		10	quart
classic chicken salad - 2nd sauce		10	quart
creamy chicken marsala		10	quart
kalua pork		10	quart
shepherd's pie		10	quart
Souvlaki		20	quart
split pea soup		12	quart
sweet potato bean burrito		3	gallon



Sauce day

SAUCES

1. Make sauces 2 days before.
2. Label & set out sauce containers
3. Get out all ingredients from one category.
4. Add one ingredient to each recipe at a time.
5. Put ingredient away as you go.
6. Move through each of the categories & put away as you go.

*This list does NOT include the extra groceries to bring the 'day of' your Freezer Fiesta.

freezer fiesta! Headworths.com

1 = 40 meals for 1 adult. (1 kid = 1/3 an adult)	Multiplier~	2	80	total meals

Sauces Freezer Fiesta - Round 3

Sauce Day: 3 days prior.			sauce	
recipe	Category	Item	amt	unit
sweet potato bean burrito	canned | dry good	black beans, rinsed, drained	32	ounce
creamy chicken marsala (.5 c) shepherd's pie (.33 c)	canned | dry good	broth, chicken	1.7	c
split pea soup	canned | dry good	split peas, dried, rinsed	32	ounce
asian cauliflower fried rice	condiment	coconut aminos	3	T
asian cauliflower fried rice	condiment	fish sauce	2	splash
classic chicken salad	condiment	honey	4	T
shepherd's pie	condiment	ketchup or tomato paste	2	T
classic chicken salad - 2nd sauce	condiment	mustard, dijon	2	T
sweet potato bean burrito	condiment	salsa verde	1.34	c
asian cauliflower fried rice	condiment	vinegar, coconut	2	splash
Souvlaki	condiment	vinegar, red wine	2	T
creamy chicken marsala	condiment	wine, Marsala	1	c
asian cauliflower fried rice	fridge	eggs, large	4	each
classic chicken salad (1 t) - 2nd sauce Kalua pork (5 t) shepherd's pie (2 t) Souvlaki (2 t) split pea soup (2 t) toasted garlic cauliflower whip (8 t)	fridge	garlic, minced	40	t
creamy chicken marsala	fridge	heavy whipping cream	2	c
Kalua pork (1 c) split pea soup (6 c)	misc	water	14	c
shepherd's pie (2 T) toasted garlic cauliflower whip (4 T)	oil	oil, coconut	12	T
chicken fajita crunchwrap (3 T) creamy chicken marsala (2 T) Souvlaki (6.5 T) sweet potato bean burrito (2 T)	oil	oil, olive	27	T
Souvlaki	produce	lemon juice	6	T
classic chicken salad - 1st sauce	produce	lemon, sliced	4	whole
sweet potato bean burrito	produce	lime juice	2	T
asian cauliflower fried rice (1 c) shepherd's pie (1 c) split pea soup (1 c)	produce	onion, diced	6	c
asian cauliflower fried rice (2 T) chicken fajita crunchwrap (2 T) classic chicken salad - 2nd sauce (1 T)	produce	onion, green, diced	10	T
chicken fajita crunchwrap (2 c) classic chicken salad - 2nd sauce (.5 c) sweet potato bean burrito (.5 c)	produce	onions, red, sliced	6	c
sweet potato bean burrito	produce	spinach, baby	10	ounce
chicken fajita crunchwrap	produce	tomato, diced	4	T
asian cauliflower fried rice	seasoning	basil	4	T
split pea soup	seasoning	bay leaf	2	leaf
chicken fajita crunchwrap (1 teas) sweet potato bean burrito (.5 teas)	seasoning	cayenne	3	t
asian cauliflower fried rice (2 T) sweet potato bean burrito (4 t)	seasoning	cilantro	20	t
chicken fajita crunchwrap (.5 T) sweet potato bean burrito (1 t)	seasoning	cumin	5	t
Souvlaki	seasoning	dill	2	t
creamy chicken marsala (1 t) chicken fajita crunchwrap (1 t)	seasoning	garlic powder	4	t
asian cauliflower fried rice	seasoning	ginger, powder	4	T
Souvlaki	seasoning	marjoram	4	t
asian cauliflower fried rice (1 T) Souvlaki (1 T)	seasoning	mint	4	T
creamy chicken marsala	seasoning	mustard, ground	2	t
Souvlaki	seasoning	oregano	2	T
chicken fajita crunchwrap	seasoning	paprika	1	t
creamy chicken marsala (1 t) classic chicken salad - 2nd sauce (1 T) shepherd's pie (2 T)	seasoning	parsley	20	t
(.5 t each) asian cauliflower fried rice chicken fajita crunchwrap classic chicken salad - 2nd sauce creamy chicken marsala shepherd's pie Souvlaki split pea soup toasted garlic cauliflower whip	seasoning	pepper	8	t
(.5 t each) asian cauliflower fried rice chicken fajita crunchwrap classic chicken salad - 2nd sauce creamy chicken marsala shepherd's pie Souvlaki split pea soup toasted garlic cauliflower whip	seasoning	salt	8	t
Kalua pork	seasoning	salt, coarse	3	T
classic chicken salad - 1st sauce	seasoning	tarragon	2	teas
classic chicken salad (2 t) shepherd's pie (4 t) souvlaki (2 t) split pea soup (4 t) kalua pork (4 t) chicken fajita crunchwrap (2 t) sweet potato bean burrito (4 t) creamy chicken marsala (4 t) toasted garlic cauliflower whip (4 t) asian cauliflower rice (4 t)	Shaklee	Fiber Plan	68	t
classic chicken salad (1 T) shepherd's pie (2 T) souvlaki (1 T) split pea soup (2 T) kalua pork (2 T) chicken fajita crunchwrap (1 T) sweet potato bean burrito (2 T) creamy chicken marsala (2 T) toasted garlic cauliflower whip (2 T) asian cauliflower rice (2 T)	Shaklee	Instant Protein	34	T

1 DAY before freezer fiesta!

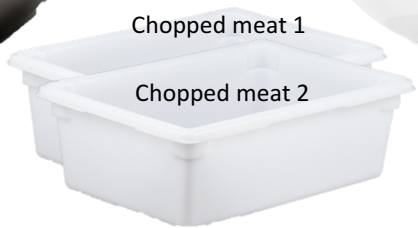
Loading day

ROUND 3 COOKING TOOLS & PAPER PRODUCTS

Multiplier~ 2

Freezer Bags - Round 3

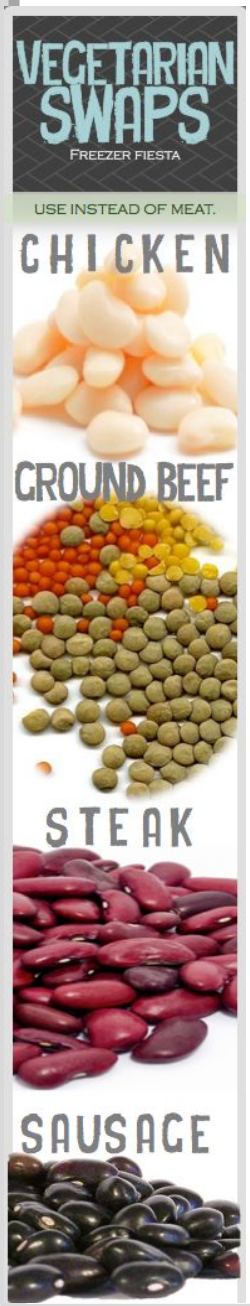
		Total amt	Total unit
asian cauliflower fried rice		6	quart
chicken fajita crunchwrap		2	gallon
classic chicken salad		10	quart
classic chicken salad - 2nd sauce		10	quart
creamy chicken marsala		10	quart
kalua pork		10	quart
shepherd's pie		10	quart
Souvlaki		20	quart
split pea soup		12	quart
sweet potato bean burrito		3	gallon



Cooking Day!

DAY OF

1. Bring these ingredients the day of your Freezer Fiesta.
2. Bring these cooking supplies (pics behind these words).
   - ✧ If @ Deb's house, she'll provide the wok.
3. Bring your sauces.
4. Bring your recipe cards (with names on the cards).



1 = 40 meals for 1 adult. (1 kid = 1/3 an adult)	Multiplier~	2	80	total meals

Day of Freezer Fiesta - Round 3

			f.f. day	
recipe	**Category**	**Item**	**amt**	**unit**
sweet potato bean burrito	canned | dry good	flour tortillas (12")		each
sweet potato bean burrito	canned | dry good	rice	1.5	c
sweet potato bean burrito (.75 c) chicken fajita crunchwrap (2 c) shepherd's pie (.5 c)	fridge	cheese, shredded	6.5	c
Kalua pork (serves 8)	fridge | meat	bacon	6	slices
classic chicken salad (4 lbs) chicken fajita crunchwrap (2 lbs) creamy chicken marsala (4 lbs)	fridge | meat	chicken breast, 1 " chunks	20	lb
shepherd's pie: cauliflower	fridge | meat	ground beef or turkey	2	lb
split pea soup	fridge | meat	ham, diced	4	c
asian cauliflower fried rice	fridge | meat	Kalua pork	0.66	c
Souvlaki	fridge | meat	pork leg, 1 inch chunks	4	lb
Kalua pork	fridge | meat	pork shoulder roast (bone in)	10	lb
sweet potato bean burrito	produce	avocado, diced	2	each
Kalua pork	produce	cabbage, cored, and cut into 6 wedges	2	each
shepherd's pie (2) split pea soup (3)	produce	carrots, diced	10	each
shepherd's pie (1 head) cauliflower whip (1 head) cauliflower fried rice (1 head)	produce	cauliflower, cut into florets	6	head
shepherd's pie (.5 c) split pea soup (1 c)	produce	celery, diced	3	c
asian cauliflower fried rice (.5 c) sweet potato bean burrito (1 c) creamy chicken marsala (1.5 c)	produce	mushroom, chopped	6	c
chicken fajita crunchwrap	produce	peppers, bell, sliced	6	each
sweet potato bean burrito	produce	sweet potato, grated	2	c

Freezer Bags - Round 3

	Total	
	amt	**unit**
asian cauliflower fried rice	6	quart
chicken fajita crunchwrap	2	gallon
classic chicken salad	10	quart
classic chicken salad - 2nd sauce	10	quart
creamy chicken marsala	10	quart
kalua pork	10	quart
shepherd's pie	10	quart
Souvlaki	20	quart
split pea soup	12	quart
sweet potato bean burrito	3	gallon

ROUND 3 'Day of' To do List

1) Put meat in crocks & fire em up!
2) Set up stations:
   - Produce station
   - Meat station
3) Sauce containers & recipe cards in cooking pan or crock on your portion of the table
4) Add sauces to crocks & put recipe cards near the crocks
5) Store your miscellaneous stuff under your section of the table
6) Chop produce & meat (chop crock pot meat first)
7) Determine who's on which recipe team
7) Load dishwasher
8) Label bottom edge of bags & jar lids.
9) When done cooking, cool food & store in bags & jars.
10) Empty & re-load dishwasher
11) Put away all ingredients.
12) Clean counters.
13) Empty dishwasher
14) Freeze & Enjoy stress free meals!

Team 1	Steamer & hand blender: cauliflower whip for shepherd's pie Wok: brown ground beef for shepherd's pie Oven: shepherd's pie	Team 1	Wok: fajita Crunchwrap
Team 2	Oven: chicken salad Oven: chicken marsala	Team 2	Stove: split pea soup
Team 3	Oven: burrito	Team 3	Steamer: rice

ZUCCHINI NOODLES

ZUCCHINI NOODLES

INGREDIENTS

From fridge ----------

1. Garlic, minced, 2 t
2. Ginger, crushed or sliced, 1 T
3. Zucchini, green or yellow, 5
4. Onions, white, chopped, 1 c
5. Tomato, chopped, 1

From pantry ----------

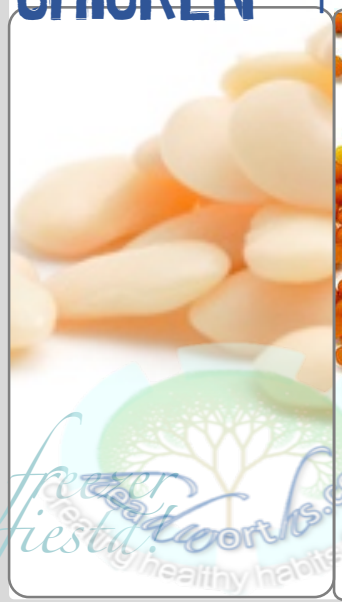
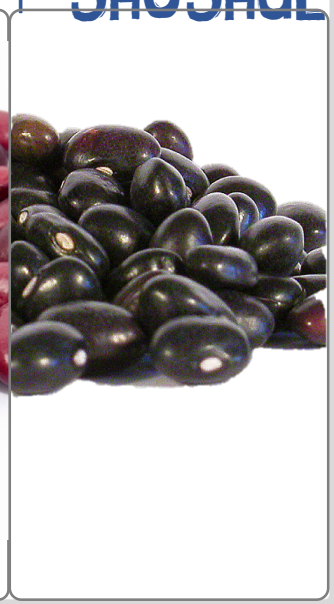
1. Bragg's Liquid Aminos or soy sauce (low sodium), 2 T
2. Coconut oil, 2 T
3. Lemon Juice, 3 T
4. Instant Soy Protein, 1 T

DIRECTIONS

Make the day of your meal.

1. Make zucchini noodles (by slicing, using julienne peeler, or using a Paderno Spiralizer).
2. Chop onions.
3. Mix all ingredients.
4. Store in a sealed container.
5. Sauté' just before eating.
6. During the Sauté process, if they are too runny, add a little Shaklee Instant Soy Protein and Fiber Plan to thicken.

VEGETARIAN SWAPS

CHICKEN	GROUND BEEF	STEAK	SAUSAGE
			

freezer fiesta
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