

5 SIMPLE *make ahead* *& freeze* GRILLER PACKS IN 2 HOURS

FROM KARRIE AT HAPPYMONEYSAVER.COM



Here are 5 different freezer meals, each serving 6 people with printable shopping list and recipes below. I have included both grilling and oven directions for each recipe so you don't have to miss out on this menu if you don't have one or the other. This menu takes me 2 to 3 hours to make and freeze these meals, but those who are really new to freezing might take a bit longer.

RECIPE LIST

Savory Steak Grill Packs
Italian Chicken Grill Packs
Creole Shrimp Verde Grill Packs
Teriyaki Chicken Grill Packs
Garden Chicken Grill Packs

QUICK TIPS FOR THESE FREEZER MEALS

- Print out the helpful grocery shopping list to use when grocery shopping. For freshest tasting freezer meals buy the freshest ingredients and shop day of or day before making these meals.
- Follow the Pre-Prep Plan in order for fastest results starting with labeling your bags or containers first.
- After Pre-Prep follow the Make the Freezer Meals for fastest results.
- Seal all bags and containers, removing as much air as possible. These can be frozen for up to 4 months.
- Thawing recipes by placing in refrigerator overnight usually produces the best results. If frozen you may need to add more time for cooking.
- For an additional challenge and time savings you can double this menu to make 10 freezer meals, adding not much more time.
- For more of my recipes and tips for freezer cooking check out my cookbook **Seriously Good Freezer Meals**.

SHOPPING LIST

DRY GOODS/PANTRY

- ☐ 16 oz. (500 g) can of pineapple rings
- ☐ 1 tbsp. +1 tsp. Corn Starch
- ☐ 1/2 cup (125 mL) brown sugar, packed
- ☐ 1.5 oz. (45 g) sundried tomatoes
- ☐ 1/2 cup (125 mL) artichoke hearts
- ☐ 1 cup (259 mL) salsa Verde, chunky style
- ☐ 1 tbsp (15 ml) toasted sesame seeds
- ☐ 1/2 cup (125 mL) rice wine vinegar
- ☐ 2 tbsp (30 mL) soy sauce or tamari
- ☐ 1/4 cup (60 ml) olive oil

SEASONINGS

- ☐ 2 tsp. tarragon
- ☐ 1 1/2 tbsp. basil
- ☐ 1 tbsp. creole seasoning
- ☐ 1-1.06 oz. (35 g) Italian dressing seasoning packet
- ☐ salt
- ☐ pepper

DAIRY

- ☐ 4 tbsp. butter
- ☐ 1 c. parmesan cheese, grated (optional)

MEAT/FISH

- ☐ 3 lbs. (1.5 kg) steak of choice
- ☐ 6 lbs. (1 kg) boneless/skinless chicken filets, or 12 filets
- ☐ 2 lbs. (1 kg) shrimp, peeled & deveined

PRODUCE

- ☐ 2- 15 oz cans whole potatoes
- ☐ 4 c. (1 L) whole cherry tomatoes
- ☐ 1/4 cup lemon juice
- ☐ 2 large red bell peppers
- ☐ 2 large yellow bell peppers,
- ☐ 2 large zucchinis
- ☐ 1/2 tsp freshly grated ginger
- ☐ 2-1/2 tbsp minced garlic cloves (about 12 garlic cloves)

BAGS/CONTAINERS

- ☐ 30- 18 in.x15 in. (45 cm.x37.5 cm) pieces of heavy duty aluminum foil
- ☐ 10 Gallon Freezer Bags

FROZEN FOODS

- ☐ 16 oz. (475 g) frozen asparagus spears
- ☐ 16 oz. (475 g) frozen diced potatoes
- ☐ 16 oz. (475 g) frozen broccoli florets

PRE-PREP

Follow the order below for fastest results. If you like, some or all the ingredients can be prepped, packaged and kept in the refrigerator for up to 24 hours before assembling your freezer meals, or you can prep and assemble them all in one go. Any perishables, such as meat, poultry, cheese, and dairy, should be refrigerated immediately after prepping/cooking until you're ready to assemble and freeze your meals.

1. You will need 2 gallon sized bags per recipe. Label 10 gallon-size (4 L) freezer bags with the name of the recipe, the date and any instructions you need to remember. Make sure to read each recipe to become familiar with the thawing and cooking instructions, especially when making a recipe for the first time. Here are quick labels to write, including simplified cooking instructions:
 - Label 2 bags for Savory Steak Dinner Grill Packs, [date]. Thaw. GRILL 375-400°F (200°C) for 15-17 min./BAKE 400°F (200°C) for 25 min.
 - Label 2 bags for Italian Chicken Grill Packs, [date]. Thaw. GRILL 375-400°F (200°C) for 20-25 min./BAKE 375°F (190°C) for 30 min.
 - Label 2 bags for Creole Shrimp Verde Grill Packs [date]. Thaw. GRILL 375-400°F (200°C) for 20-25 min./BAKE 400°F (200°C) for 20 min.
 - Label 2 bags for Garden Chicken Grill Packs, [date]. Thaw. GRILL 375-400°F (200°C) for 17-20 min./BAKE 400°F (200°C) for 30 min.
 - Label 2 bags for Teriyaki Chicken Grill Packs, [date]. Thaw. GRILL 375-400°F (200°C) for 17-20 min./BAKE 400°F (200°C) for 30 min.
2. Prepare teriyaki sauce according to instructions. Allow to cool.
3. Mince all the garlic if not purchased pre-minced. Grate the ginger.
4. Slice bell peppers into thin strips, lengthwise.
5. Slice zucchinis into 1/2 inch rounds.
6. Rinse cherry tomatoes.
7. Peel, vein, and rinse shrimp, leaving tails intact if not purchased this way.
8. Using a clean cutting board, trim any fat from steaks. Slice into 1 in. (2.5 cm) strips, against the grain.
9. Cut 4 lbs. (or about 6 filets) of boneless/skinless chicken into 1 in. (2.5 cm) strips, against the grain. Trim fat from remaining 6 filets.

MAKING THE FREEZER MEALS

Once the major recipe components are all prepped, do the final cooking, mixing and packaging to assemble the meals, putting them in the freezer as they are assembled.

1. Prepare Savory Steak Grill Packs freezer meal.
2. Prepare Italian Chicken Grill Packs freezer meal.
3. Prepare Creole Shrimp Verde Grill Packs freezer meal.
4. Prepare Garden Chicken Grill Packs freezer meal.
5. Prepare Teriyaki Chicken Grill Packs freezer meal.

Clean up and you're finished!





SAVORY STEAK GRILL PACKS

from Karrie Truman at HappyMoneySaver.com
Makes 6 grill packs

- (6)18 in.x15 in. (45 cm.x37.5 cm) pieces of heavy duty aluminum foil
- 3 lbs. (1.5 kg) steak of choice
- 2 - 15 oz cans whole potatoes
- 16 oz. (475g) asparagus spears, frozen (or see tip below)
- 4 tbsp. (60 mL) butter, divided
- 1 tbsp. (15 mL) garlic, minced
- 1/4 c. (60 mL) lemon juice
- 1 tsp. (5 mL) corn starch
- 2 tsp. (10 mL) tarragon
- salt and pepper to taste

TIP: you can substitute the asparagus for 1- 6 oz. (175g) jar slice mushrooms, drained

1. Whisk together lemon juice, cornstarch, garlic and tarragon.
2. Slice steaks into 1 in. (2.5 cm) strips, cutting against the grain. Place into medium bowl, pour lemon juice mixture over steak, turning to coat all sides.
3. Slice potatoes and divide equally onto centers of foil packs.
4. Divide steak into 6 equal portions and place on top of potatoes in the center of each foil piece.
5. Place asparagus evenly on the sides of the steak slices. Cut butter into small peices and place evenly over packs. Season with salt and pepper.
6. Close foil packs by bringing the edges together and folding them over tightly.

MAKE IT NOW

Grill Instructions: Heat grill to 400°F (200°C). Keep grill between 350 & 400°F throughout grilling process. Place on grill, cook for 10 minutes then flip over. Grill for another 5-7 minutes, until done. If "pillowing" of the pack occurs, make sure to grill all sides of the pack.

Baking Instructions: Preheat oven to 400°F (200°). Place foil packets on bottom rack and bake for 25 minutes, or until meat is cooked through and tender. Open each foil pack just so the tops are open, but nothing spills out. Broil on the top rack for 5 minutes. Serve Hot.

MAKE IT A FREEZER MEAL

Add foil packs to (2) labeled gallon sized freezer bags. Seal, removing as much air as possible, and freeze.

THAW & COOK

Thaw packs in the fridge at least 8 hours prior to cooking. Then cook as directed above.



ITALIAN CHICKEN GRILL PACKS

from Karrie Truman at HappyMoneySaver.com
Makes 6 grill packs

- (6) 18in.x15in. (45 cm.x37.5 cm) pieces of heavy duty aluminum foil
- 2 lbs. (1 kg) boneless/skinless chicken breast filets, about 6
- 2 tbsp. (30 mL) olive oil
- 3 oz sundried tomatoes.
- 1/2 cup (125 mL) artichoke heart pcs.
- 6 tsp. (30 mL) garlic, minced, about 9 cloves
- 1 -1/2 tbsp. (232 mL) dried basil
- 1 cup (250 mL) parmesan cheese, grated (optional on serving day)
- salt and pepper to taste

1. Place chicken filets in center of foil squares. One filet per foil piece.
2. Drizzle each filet with 1 tsp. (5 mL) olive oil.
3. Top each filet equally with the sundried tomatoes, artichoke hearts, minced garlic, basil, and salt and pepper to taste.
4. Close foil packs by folding up foil tightly around food.

**You can substitute the artichoke hearts for 1 sliced bell pepper*

MAKE IT NOW

Grill instructions: Heat grill to 400°F (200°C). Keep grill between 350 & 400°F throughout grilling process. Place with Chicken side down for first 10 minutes then flip over. Grill for another 10-15 minutes, until done. If "pillowing" of the pack occurs, make sure to grill all sides of the pack. Remove from heat, top with grated parmesan cheese if desired.

Baking Instructions: Preheat oven to 375°F (190°). Place foil packets on bottom rack and bake for 30 minutes, or until meat is cooked through and tender. Open each foil pack just so the tops are open, but nothing spills out. Broil on the top rack for 3 minutes. Top with grated parmesan cheese if desired and serve.

MAKE IT A FREEZER MEAL

Add foil packs to 2 gallon sized freezer bags. Seal, removing air.

THAW & COOK

Thaw packs in the fridge at least 8 hours prior to cooking. Then cook as directed above.



CREOLE SHRIMP VERDE PACKS

from Karrie Truman at HappyMoneySaver.com
Serves 6

- (6) 18 in.x15in. (45 cm.x37.5 cm) pieces of heavy duty aluminum foil

- 2 lbs. (1 kg) shrimp
- 1 large red bell pepper
- 1 large yellow bell pepper
- 1 cup (250 mL) salsa Verde, chunky style
- 2 cup (500 mL) whole cherry tomatoes
- 1 tbsp (15 mL) creole seasoning
- salt and pepper

1. Vein, peel, and rinse shrimp as needed, leaving tails intact. Place 6-8 shrimp in the center of each foil piece.

2. Top each shrimp pack with 2 1/2 tbsp. (37 mL) salsa Verde and 1/4 cup (60 mL) cherry tomatoes.

3. Clean, stem, and seed both bell peppers and slice them into thin strips, lengthwise. Top each shrimp pile equally with the bell pepper, and sprinkle with creole seasoning. Season to taste with salt and pepper.

4. Close foil packs.

MAKE IT NOW

Grill Instructions: Heat grill to 400°F (200°C). Keep grill between 350 & 400°F throughout grilling process. Place with shrimp side down for first 10 minutes then flip over. Grill for another 10-15 minutes, until done.

Baking Instructions: Preheat oven to 400°F (200°). Place foil packets on bottom rack and bake for 20 minutes, or until shrimp is cooked through, and pink. Serve Hot.

MAKE IT A FREEZER MEAL

Add foil packs to 2 gallon sized freezer bags. Seal, removing air.

THAW AND COOK

Thaw packs in the fridge at least 8 hours prior to cooking. Then cook as directed above.



GARDEN CHICKEN GRILL PACKS

from Karrie Truman at HappyMoneySaver.com
Serves 6

- (6) 18 in.x15 in. (45 cm.x37.5 cm) pieces of heavy duty aluminum foil
 - 2 lbs. (1 kg) boneless/skinless chicken filets, about 6
 - 6 tbsp. (90 mL) olive oil
 - 16 oz. (475 g) diced potatoes , frozen
 - 16 oz. (475 g) broccoli florets, frozen
 - 2 large zucchinis, about 1 1/2 cups (375 mL)
 - 1- 1.06 oz. (35 g) Italian dressing seasoning packet
 - salt and pepper
1. 1. Slice chicken filets into 1 inch strips, against the grain of the meat.
 2. Clean and slice zucchini into 1 in. (2.5 cm) rounds, discarding end pieces. Divided evenly in center of each foil piece.
 3. Sprinkle 1/2 cup (125 mL) frozen diced potatoes on top of the zucchini. Evenly place broccoli florets on top.
 4. Place sliced chicken on top. Then sprinkle evenly with Italian seasoning packet.
 5. Drizzle 1 tbsp. (15 mL) olive oil over each packet.
 6. Close foil packs.

MAKE IT NOW

Grill Instructions: Heat grill to 400°F (200°C). Keep grill between 350 & 400°F throughout grilling process. Place with chicken side down for first 10 minutes then flip over. Grill for another 7-10 minutes, until done. If "pillowing" of the pack occurs, make sure to grill all sides of the pack.

Baking Instructions: Preheat oven to 400°F (200°). Place foil packets on bottom rack and bake for 30 minutes, or until chicken is cooked through, and no longer pink in the center. Serve Hot.

MAKE IT A FREEZER MEAL

Add foil packs to 2 gallon sized freezer bags. Seal, removing air.

THAW AND COOK

Thaw packs in the fridge at least 8 hours prior to cooking. Then cook as directed above.



TERIYAKI CHICKEN GRILL PACKS

from Karrie Truman at HappyMoneySaver.com
Serves 6

- 2 (6) 18 in.x15 in. (45 cm.x37.5 cm) pieces of heavy duty aluminum foil
- 2 lbs. (1 kg) boneless/skinless chicken filets, or 6 filets
- 16 oz. (500 g) can of pineapple rings,
- 2 tbsp. juice reserved
- 2 large bell peppers
- 2 cups (500 mL) cherry tomatoes, • optional
- 1 tbsp (15 ml) toasted sesame seeds

Teriyaki sauce ingredients:

- 1/2 c. (125 mL) rice wine vinegar
- 1/2 c. (125 mL) brown sugar, packed
- 2 tbsp. (30 mL) soy sauce or tamari
- 2 tbsp. (30 mL) reserved pineapple juice
- 1 tbsp. (15 mL) corn starch
- 1/2 tsp. (2 mL) fresh ginger, grated

1. In a small sauce pan, combine all sauce ingredients. Heat to a boil, whisking constantly. Allow to boil until thickened 1-2 minutes. Remove from heat and allow to cool completely.

2. Seed, stem, and slice bell peppers into slices, lengthwise. Divide evenly and place in center of foil pieces.

3. Slice chicken filets into 1 in. (2.5 cm) strips, cutting against the grain. Place evenly over bell peppers.

4. Pour about 3 tbsp. (45 mL) of cooled teriyaki sauce over each filet stack. Sprinkle sesame seeds over each filet stack.

5. Top with a pineapple slice and a few cherry tomatoes (optional).

6. Close foil packs, starting lengthwise, by bring the edges together and folding the over several times until tight and flat on top. Then, working one end at a time, fold up in 1 1/2 in. (4 cm) increments.

MAKE IT NOW

Grill Instructions: Heat grill to 400°F (200°C). Keep grill between 350 & 400°F throughout grilling process. Place with Chicken side down for first 10 minutes then flip over. Grill for another 7-10 minutes, until done. If "pillowing" of the pack occurs, make sure to grill all sides of the pack.

Baking Instructions: Preheat oven to 400°F (200°). Place foil packets on bottom rack and bake for 30 minutes, or until chicken is cooked through, and no longer pink in the center. Serve Hot

MAKE IT A FREEZER MEAL

Add foil packs to 2 gallon sized freezer bags. Seal, removing air.

THAW AND COOK

Thaw packs in the fridge at least 8 hours prior to cooking. Then cook as directed above.