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# PRINTABLE LABELS FOR MEAL PLAN

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## ENCHILADA PORK BOWLS

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-7 hours or high 3-4 hours

Before servings grill pineapple in skillet for 3-5 min over med-high heat

Shred pork, top with grilled pineapple and sauce and serve with favorite toppings over rice.

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## RANCH CHICKEN TACOS

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-8 hours or high 3-4 hours

Shred chicken, remove bones and stir back into sauce in slow cooker

Serve in preferred tortillas with favorite taco toppings!

## RANCH CHICKEN TACOS

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-8 hours or high 3-4 hours

Shred chicken, remove bones and stir back into sauce in slow cooker

Serve in preferred tortillas with favorite taco toppings!

## CHICKEN THIGHS

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 4-6 hours

Remove chicken, brush each thigh with sauce and serve with onions.

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Cook on low 4-6 hours

Remove chicken, brush each thigh with sauce and serve with onions.

## APPLE BBQ SHREDDED PORK

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-7 hours

Serve pork shredded then top with apples and sauce in slow cooker

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Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-7 hours

Serve pork shredded then top with apples and sauce in slow cooker

## CURRY CHICKEN

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-8 hours or high 3-4 hours

Shred chicken, remove bones and stir back into sauce in slow cooker

Serve over cauliflower rice and enjoy!

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Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-8 hours or high 3-4 hours

Shred chicken, remove bones and stir back into sauce in slow cooker

Serve over cauliflower rice and enjoy!