
PRINTABLE LABELS FOR MEAL PLAN

RANCH CHICKEN TACOS

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 4-6 hours or high 2-3 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 4-6 hours or high 2-3 hours

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

Serve in preferred tortillas with favorite taco toppings!

Tex Mex Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours. During last hour of cook time add corn and beans.

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

Serve over rice and enjoy! (Garnish: Favorite taco toppings!).

Tex Mex Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours. During last hour of cook time add corn and beans.

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

Serve over rice and enjoy! (Garnish: Favorite taco toppings!).

General Tso Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

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

Serve over rice and enjoy! (Garnish: Sriracha, fresh green onions, toasted pine nuts)

General Tso Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

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

Serve over rice and enjoy! (Garnish: Sriracha, fresh green onions, toasted pine nuts)

Thai Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

Whisk thawed sauce and stir into slow cooker with one hour cook time remaining.

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

Serve over rice and enjoy! (Garnish: lime wedge, fresh green onions, fresh parsley)

Thai Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

Whisk thawed sauce and stir into slow cooker with one hour cook time remaining.

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

Serve over rice and enjoy! (Garnish: lime wedge, fresh green onions, fresh parsley)

Tandoori Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

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

Serve over rice and enjoy! (Garnish: chopped green onions, lime wedge).

Tandoori Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

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

Serve over rice and enjoy! (Garnish: chopped green onions, lime wedge).

Butter Garlic Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours. Add Broccoli during last 30 minutes of cook time.

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

Serve over rice and enjoy! (Garnish: chopped green onions, roasted pine nuts)

Butter Garlic Chicken

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours. Add Broccoli during last 30 minutes of cook time.

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

Serve over rice and enjoy! (Garnish: chopped green onions, roasted pine nuts)