



SPLENDISHES DINNERS DONE!

Freezer Meal Program

MENU 7 INSTRUCTIONS

Meats must be defrosted before cooking or grilling.

#1 Thick Cut Pork Chops

NEED: Nothing

1. Heat grill on medium high heat. Place marinated chops on grill and cook for about 6-8 minutes, per side or until internal temp reaches 145F.

#2 Stuffed Burgers

NEED: Buns & your favorite toppings.

1. Heat grill on medium high heat. Place burgers on grill and cook for 4-6 minutes on each side or until internal temperature reaches 155-160F.

#3 Hawaiian Chicken Kabobs

NEED: Skewers or a grill pan; cooking spray

1. Preheat grill to medium high heat. Take chicken out of marinade and pour remaining marinade into saucepan. Heat on low and simmer until reduced about 1/3 and thickened.
2. Skewer chicken pieces, pineapple and peppers, alternating with each. Spray each skewer with cooking spray and place on grill and cook, turning them a quarter, every 4-5 minutes, until chicken temp reaches 165F. Brush cooked skewers with cooked marinade before serving.

#4 Marinated Chicken

NEED: Nothing

1. Heat grill on medium high heat. Place chicken in grill pan and cook for about 10-15 minutes (or until internal temp reaches 165F), tossing in between.

#5 Salmon Burgers

NEED: Cooking spray/grill basket or aluminum foil

1. Preheat grill on medium high heat; place burgers on grill basket (or aluminum foil) over direct heat and grill for 6 minutes, then flip and cook another 6 minutes or until internal temp reaches 145F.
2. Serve with prepared aioli.

#6 Marinated Beef Tenderloin

NEED: Nothing

1. Preheat grill on high heat. Remove steaks from marinade. Place steaks on the grill and sear for 6-8 minutes, per side, or until internal temp reaches 125F for medium rare (steaks will raise 5 degrees once rested off the grill). Let rest for 5-10 minutes before slicing.

#7 Marinated Beef Tenderloin

NEED: Nothing

PORK TENDERLOIN

1. Preheat grill to medium and oil grates. Transfer pork to grill and cook 15-20 minutes, turning every 4-5 minutes, for even cooking. Halfway through, brush remaining marinade over pork while cooking. Cook until internal temp reaches 145F.
2. Transfer to a cutting board and let rest 5-10 minutes before slicing.

SALADS ARE MEANT TO BE SERVED FRESH. DO NOT FREEZE

#8 Confetti Corn Salad

NEED: Nothing

1. Serve chilled.

#9 Lemon Pasta Salad

NEED: Nothing

2. Serve chilled.

#9 Sweet Broccoli Salad

NEED: Nothing.

1. Serve chilled.

#10 Caprese Tortellini Salad

NEED: Nothing.

1. Serve chilled.