



The 2nd You Freezer Meal Menus

The 2nd You - Menu #1

Chicken:

- Chipotle Chicken Lettuce Wraps
- Tex-Mex Chicken Chili
- Garden Chicken

Beef:

- Fiesta Chili Mac
- Crockpot Meatloaf
- Spicy Asian Beef
- Tex-Mex Beef Sandwiches

Pork:

- Smoky BBQ Pork Tenderloin Sliders
- Shredded Pork Tostadas

Vegetarian/Vegan:

- Springtime Minestrone

The 2nd You - Menu #2

Chicken:

- Lemon Herb Chicken
- Dill Chicken
- Savory Jerk Chicken
- Chicken Lettuce Wraps

Beef:

- Mongolian Flank Steak
- Balsamic Braised Short Ribs
- Sweet Potato Shepherd's Pie
- Moroccan Beef and Butternut Squash

Pork:

- Rosemary & Garlic Pork Roast
- Chipotle Shredded Pork

The 2nd You - Menu #3

(Kid-Friendly)

Chicken:

- Creamy Italian Chicken
- Honey Raspberry Chicken
- Sweet Garlic Chicken
- BBQ Chicken Tacos
- Kids' Chicken Chili

Beef:

- Garlic Bread Meatball Subs
- Cheeseburger Macaroni
- Parmesan-Garlic Pizza Casserole

Pork:

- Asian Pork Tenderloin
- Parmesan Garlic Pork Chops

The 2nd You - Menu #4 (GF/DF)

Chicken:

- Chicken de Provence
- Chicken Cacciatore
- Greek Chicken
- Rosemary Herb Chicken

Beef:

- Spanish Rice
- Beef Fajitas
- Beef Gyros
- Raspberry Habanero Meatballs
(can also substitute Turkey)

Pork:

- Stewed Black-Eyed Peas

Vegetarian/Vegan:

- White Bean and Vegetable Stew

The 2nd You - Menu #5

Chicken:

- Greek Chicken
- Chicken de Provence
- Herb Chicken
- Zesty Pineapple Chicken Sandwiches

Beef:

- French Dip Sandwiches
- Beef Gyros
- Asian Short Ribs
- Savory Beef Vegetable Soup

Pork:

- Savory Pork Chops
(Can substitute chicken)
- Cheesy Ham & Potato Soup
(Can leave out ham)

The 2nd You - Menu #6

Chicken:

- Asian Chicken Wings
- Honey-Glazed Chicken Adobo
- Mexican Fiesta Chicken
- Basil Cream Chicken
- Parmesan Garlic Chicken
- White Chicken Chili
- Chicken Philly Sandwiches

Beef:

- Tex-Mex Carnitas
- Southwest Spiced Pork Loin

Vegetarian/Vegan:

- Baked Veggie Ziti

The 2nd You - Menu #7

Chicken:

- Chipotle Mango Chicken
- Orange Chicken
- Chicken Ropa Vieja
- Sun-Dried Tomato Chicken
- Cheesy Chicken Spaghetti

Beef:

- Mongolian Beef
- Pizza Casserole

Pork:

- Sugar-Spiced Pork
- Raspberry Habanero Chipotle Pork Tenderloin

Vegetarian/Vegan:

- Black Bean & Quinoa Chili w/ Sweet Potatoes

The 2nd You - Menu #8

Chicken:

- Bell Pepper Chicken Pasta
- Chicken w/ Mushroom Peppercorn Cream Sauce
- Chicken Cacciatore
- Chicken Noodle Soup

Beef:

- Macaroni & Beef
- Beef Fajitas
- Marinated Flank Steak
- Spanish Rice

Pork:

- Stewed Black-Eyed Peas
- Balsamic Pork Loin Roast

The 2nd You - Menu #9

Chicken:

- Italian Chicken Pasta
- Sweet & Sassy Chicken
- Maple Herb Chicken

Beef:

- Crockpot Lasagna
- UnStuffed Bell Peppers
- Balsamic & Basil Beef

Pork:

- Brown Sugar Balsamic Pork Tenderloin
- Maple Balsamic Pork Chops
- Asian Pulled Pork

Vegetarian/Vegan:

- Tomato Basil Pasta

The 2nd You - Menu #10

Chicken:

- Artichoke Chicken
- Chicken Caesar Sandwiches
- Southwest Chicken & Rice
- Basil Parmesan Chicken Pasta

Beef:

- Three Onion Beef Brisket
- Meatballs in Lemon Basil Sauce
- Chimichurri Steak
- Beef Enchilada Casserole

Pork:

- Garlic & Herb Pork Tenderloin

Vegetarian/Vegan:

- Parmesan Shrimp Pasta Marinara
(can substitute chicken if desired)

The 2nd You - Soups & Stews

Chicken:

- White Chicken Chili
- Chicken Tortilla
- Tuscan Chicken Soup

Beef:

- Zesty Chipotle Chili
- Taco Soup
- Savory Beef Vegetable Stew

Pork:

- Hearty Cheese Tortellini Soup
- Cheesy Potato & Ham Soup
- Asian Noodle Soup

Vegetarian/Vegan:

- Tomato Basil Parmesan Soup

The 2nd You - Vegetarian/Vegan Menu

Vegetarian:

- Pesto Tortellini
- Tomato Basil Pasta
- Cheesy Potato Soup
- Tortellini w/ Spring Veggies
- Quick 'n' Creamy Mac & Cheese
- Teriyaki Cauliflower "Rice"

Vegan:

- Black Bean & Quinoa Chili w/ Sweet Potatoes
- Springtime Minestrone
- Zesty Vegan Chipotle Chili
- Asian-Style Sloppy Joes

The 2nd You - All Grilling Menu

Chicken:

- Worth Waiting for Chicken
- Backyard Barbecue Chicken
- Grilled Pineapple Chicken
- Sweet Chili Lime Chicken
- Jamaican Jerk Chicken
- Jerk Chicken Pizza

Beef:

- All-American Burgers
- Grilled Pineapple Burgers w/ Avocado Cream
- Blue Ribbon Beef Ribs
- Heavenly Steaks

The 2nd You Freezer Mini-Meal Menus

The 2nd You - Mini-Menu #1

Beef:

- Crockpot Lasagna
- Meatballs in Lemon Basil Sauce

Pork:

- Smoky BBQ Pork Tenderloin Sliders

Vegetarian/Vegan:

- Pesto Tortellini

The 2nd You - Mini-Menu #2 (Gluten Free/Dairy Free)

Chicken:

- Greek Chicken Skewers w/ Avocado Tzatziki Sauce
- Lemon Rosemary Chicken
- Chicken de Provence

Beef:

- Beef Gyros

The 2nd You - Mini-Menu #3 Soups & Stews

Chicken:

- White Chicken Chili
- Chicken Tortilla

Beef:

- Zesty Chipotle Chili
- Taco Soup

Pork:

- Hearty Cheese Tortellini Soup
- Cheesy Potato & Ham Soup
- Asian Noodle Soup