

| # | Recipe | Strategy Code (1,2, or 3) | Meat Needed & Meat Preparation | Freezer Container | Notes | Quantity (per person/ use initials) | Total Meals to Cook |
|---|----------------|---------------------------|--|-------------------|--|-------------------------------------|---------------------|
| 1 | Peanut Turkey | 2 | 1 turkey breast roast (raw) | bag | I've used cooked turkey breast from Costco and it works great and taste great | CN 3 J 3 CW 3 | 9 |
| 2 | Sesame Chicken | 1 | 4-6 boneless, skinless raw chicken breast halves | bag | | CN 4 J 3 CW 0 | 7 |
| 3 | Meatballs | 3 | 1 lb raw hamburger & 1/4 lb sausage | Pan | Ground turkey can be substitute for ground beef; we will not be baking meatballs on cook day You can pick size you want your meatballs to be. | CN 2 J 4 CW 3 | 9 |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| | Total | | | | | | |