

# CHIPOTLE RANCH CHICKEN TACOS



## GROCERY LIST

### WILDTREE PRODUCTS

- Chipotle Ranch
- Garlic Galore Seasoning Blend

### PROTEIN

- Chicken breasts, boneless skinless, 1 ½ pounds

### PRODUCE

- Lettuce, 1 cup shredded

### BREAD/PASTA/RICE/FLOUR

- Corn tortillas, 12 each

### MISCELLANEOUS

- Salsa, ¾ cup
- Fire roasted diced tomatoes, 1 (14.5 ounce) can

6 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 390 Calories (kcal) | 15 Fat (g) | 5 Saturated Fat (g) | 28 Carbohydrates (g)  
4 Fiber (g) | 2 Sugar (g) | 34 Protein (g) | 100 Cholesterol (mg) | 980 Sodium (mg)

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## INGREDIENTS

- 1 ½ pound boneless skinless chicken breasts
- 1 (14.5 ounce) can fire roasted diced tomatoes
- 2 tablespoons Chipotle Ranch
- 1 tablespoon Garlic Galore Seasoning Blend
- 12 hard shell corn tortillas
- 1 cup shredded lettuce
- ¾ cup salsa

## KITCHEN TOOLS

- Electric pressure cooker
- Measuring spoons
- Can opener
- Tongs
- Knife
- Cutting board
- Measuring cup

# CHIPOTLE RANCH CHICKEN TACOS

## STEP-BY-STEP DIRECTIONS



**1** Add chicken, diced tomatoes, **Chipotle Ranch**, and **Garlic Galore Seasoning Blend** to an electric pressure cooker. Cover and cook on high pressure for 20 minutes. Use quick release.



**2** Shred chicken with forks or tongs, and toss with the sauce in the pressure cooker.



**3** Serve chicken in tortillas with lettuce and salsa, or other desired toppings.  
*\*For meal prep, package chicken, lettuce, and salsa in airtight containers with compartments and store in the refrigerator. Keep corn tortillas separate.*



# CHIPOTLE RANCH CHICKEN TENDERS



## GROCERY LIST

### WILDTREE PRODUCTS

- Chipotle Ranch
- Garlic Galore Seasoning Blend

### PROTEIN

- Chicken tenderloins, 1 ½ pounds

### PRODUCE

- Broccoli, 1 pound
- Carrots, 1 pound

### BREAD/PASTA/RICE/FLOUR

- Gluten-free breadcrumbs, 1 cup

### MISCELLANEOUS

- Mayonnaise, ¼ cup
- Oil, 2 tablespoons

**6 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES**

Per Serving: 350 Calories (kcal) | 15 Fat (g) | 6 Saturated Fat (g) | 24 Carbohydrates (g)

4 Fiber (g) | 6 Sugar (g) | 30 Protein (g) | 85 Cholesterol (mg) | 620 Sodium (mg)

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## INGREDIENTS

- 1 ½ pounds chicken tenderloins
- ¼ cup mayonnaise
- 2 tablespoons Chipotle Ranch
- 1 cup gluten-free breadcrumbs
- 1 pound broccoli florets
- 1 pound carrots, peeled and sliced
- 2 tablespoons oil (Wildtree Natural Grapeseed Oil recommended)
- 1 tablespoon Garlic Galore Seasoning Blend

## KITCHEN TOOLS

- Sheet pan x2
- Aluminum foil
- Pan spray
- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Mixing bowls
- Tongs

# CHIPOTLE RANCH CHICKEN TENDERS

## STEP-BY-STEP DIRECTIONS



**1** Preheat oven to 375°F. Line two sheet pans with foil and grease. Combine mayonnaise and **Chipotle Ranch** in a mixing bowl. Add chicken tenderloins and toss to coat in mixture.



**2** Toss coated chicken tenderloins in breadcrumbs and place in a single layer on one of the prepared sheet pans.



**3** Toss broccoli and carrots with oil and **Garlic Galore Seasoning Blend**. Season with salt and pepper if desired. Spread in a single layer on the second sheet pan. Bake both sheet pans for 20-25 minutes, flipping chicken halfway through cooking.



**4** Serve with your favorite dipping sauce. *\*For meal prep, package individual servings in airtight containers and store in the refrigerator.*



# CHIPOTLE SHRIMP & AVOCADO SALAD



## GROCERY LIST

### WILDTREE PRODUCTS

- Chipotle Ranch

### PROTEIN

- Shrimp, 1 pound

### PRODUCE

- Orange, 1
- Lemon, ½
- Shallot, 1
- Baby spinach, 4 cups
- Arugula, 4 cups
- Avocado, 1
- Cucumber, 1

### MISCELLANEOUS

- Dijon mustard, 1 teaspoon
- Oil, ¼ cup plus 1 tablespoon

**4 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 5 MINUTES**

Per Serving: 410 Calories (kcal) | 27 Fat (g) | 2.5 Saturated Fat (g) | 16 Carbohydrates (g)

7 Fiber (g) | 6 Sugar (g) | 27 Protein (g) | 170 Cholesterol (mg) | 470 Sodium (mg)

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## INGREDIENTS

- 1 orange, zested and juiced
- ½ lemon juice
- 1 teaspoon Dijon mustard
- ¼ cup oil (Wildtree Natural Grapeseed Oil recommended)
- 1 shallot, diced
- 1 pound raw shrimp, peeled and deveined
- 1 tablespoon Chipotle Ranch
- 1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)
- 4 cup baby spinach
- 4 cups arugula
- 1 avocado, diced
- 1 cucumber, sliced

## KITCHEN TOOLS

- Knife
- Cutting board
- Zester
- Mixing bowls
- Whisk
- Measuring cups
- Measuring spoons
- 10-inch nonstick skillet
- Rubber spatula or wooden spoon

# CHIPOTLE SHRIMP & AVOCADO SALAD

## STEP-BY-STEP DIRECTIONS



**1** Make dressing by whisking together orange zest, orange juice, lemon juice, Dijon mustard, ¼ cup oil, and shallot. Season with salt and pepper to taste. Set aside.



**2** Pat shrimp dry. Season with **Chipotle Ranch**.



**3** Heat remaining 1 tablespoon oil in a 10-inch nonstick skillet over medium heat. Add shrimp and sauté for about 2 minutes on each side or until cooked through. Remove from heat.



**4** Assemble salads with spinach, arugula, avocado, cucumber, shrimp, and dressing. *\*For meal prep, package individual servings of salad in airtight containers and refrigerate. Keep dressing separate.*



# SAUSAGE MEATBALLS OVER ZOODLES



## GROCERY LIST

### WILDTREE PRODUCTS

- Pizza Sauce Seasoning
- Italian Sausage Seasoning

### PROTEIN

- Ground pork, 1 pound
- Egg, 1

### PRODUCE

- Zucchini noodles, 1 ½ pounds

### BREAD/PASTA/RICE/FLOUR

- Gluten-free bread crumbs, ⅓ cup

### MISCELLANEOUS

- Tomato sauce, 1 (28 ounce) can
- Oil, 1 tablespoon



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4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES

Per Serving: 430 Calories (kcal) | 23 Fat (g) | 10 Saturated Fat (g) | 29 Carbohydrates (g)

7 Fiber (g) | 14 Sugar (g) | 29 Protein (g) | 120 Cholesterol (mg) | 310 Sodium (mg)

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## INGREDIENTS

- 1 (28 ounce) can no salt added tomato sauce
- 1 tablespoon Pizza Sauce Seasoning
- 1 pound ground pork
- 1 egg
- ⅓ cup gluten-free bread crumbs
- 1 tablespoon Italian Sausage Seasoning
- 1 tablespoon oil (Wildtree Natural Grapeseed Oil recommended)
- 1 ½ pounds zucchini noodles

## KITCHEN TOOLS

- Mixing bowl
- Measuring cups
- Measuring spoons
- Saucepan with lid
- Can opener
- Whisk
- Tongs
- 12-inch nonstick skillet

# SAUSAGE MEATBALLS OVER ZOODLES

## STEP-BY-STEP DIRECTIONS



**1** Combine tomato sauce and **Pizza Sauce Seasoning** in a saucepan. Cover and cook over low heat.



**2** In a mixing bowl, combine ground pork, egg, bread crumbs, and **Italian Sausage Seasoning**. Shape into 20 meatballs.



**3** Heat oil in a 12-inch nonstick skillet. Add meatballs and cook for about 10 minutes, turning occasionally, until browned and cooked through: 145°F.



**4** Add zucchini noodles to the sauce; cook for 2-3 minutes or until heated through.



**5** Serve meatballs over zucchini noodles. *\*For meal prep, package individual servings in airtight containers and store in refrigerator.*



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# SMOKED SAUSAGE & VEGGIES



## GROCERY LIST

### WILDTREE PRODUCTS

- Chipotle Ranch
- Garlic Galore Seasoning Blend

### PROTEIN

- Kielbasa, 1 ½ pounds

### PRODUCE

- Broccoli, 1 head
- Red bell pepper, 1
- Yellow bell pepper, 1
- Green beans, 8 ounces

### BREAD/PASTA/RICE/FLOUR

- Quinoa, 1 ½ cups

### MISCELLANEOUS

- Oil, 2 tablespoons

**6 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 35 MINUTES**

Per Serving: 570 Calories (kcal) | 35 Fat (g) | 11 Saturated Fat (g) | 41 Carbohydrates (g)

6 Fiber (g) | 8 Sugar (g) | 23 Protein (g) | 75 Cholesterol (mg) | 1350 Sodium (mg)

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## INGREDIENTS

- 1 ½ pounds kielbasa, cut into ¼ inch rounds
- 1 head broccoli, but into florets
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 8 ounces green beans
- 2 tablespoons **Chipotle Ranch**
- ½ tablespoon **Garlic Galore Seasoning Blend**
- 2 tablespoons oil (**Wildtree Natural Grapeseed Oil**)
- 1 ½ cups dry quinoa, prepared according to package directions

## KITCHEN TOOLS

- Knife
- Cutting board
- Sheet pan
- Measuring cups
- Measuring spoons
- Saucepan with lid
- Rubber spatula or wooden spoon

# SMOKED SAUSAGE & VEGGIES

## STEP-BY-STEP DIRECTIONS



**1** Preheat oven to 400°F. Prep kielbasa and vegetables



**2** Toss kielbasa and vegetables with **Chipotle Ranch**, **Garlic Galore Seasoning**, and oil. Spread in an even layer on a sheet pan. Bake for 30-35 minutes or until kielbasa is browned and vegetables are tender.



**3** Meanwhile, prepare quinoa according to package directions.



**4** Serve kielbasa and vegetables over quinoa.  
*\*For meal prep, package individual servings in airtight containers and store in the refrigerator.*



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# TURKEY SAUSAGE & ZUCCHINI FRITTATA



## GROCERY LIST

### WILDTREE PRODUCTS

- Garlic Galore Seasoning Blend
- Italian Sausage Seasoning

### PROTEIN

- Eggs, 12
- Ground turkey, 1 pound

### PRODUCE

- Yellow onion, ½
- Zucchini, ½ pound
- Baby potatoes, ½ pound

### MISCELLANEOUS

- Oil, 2 tablespoons



**6 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 35 MINUTES**

Per Serving: 330 Calories (kcal) | 19 Fat (g) | 7 Saturated Fat (g) | 11 Carbohydrates (g)  
2 Fiber (g) | 3 Sugar (g) | 29 Protein (g) | 415 Cholesterol (mg) | 350 Sodium (mg)

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## INGREDIENTS

- 12 eggs
- 2 tablespoons Garlic Galore Seasoning Blend, divided
- 2 tablespoons oil, divided (Wildtree Natural Grapeseed Oil recommended)
- 1 pound ground turkey
- ½ yellow onion, chopped
- 1 tablespoon Italian Sausage Seasoning
- ½ pound zucchini, sliced
- ½ pound baby potatoes, sliced

## KITCHEN TOOLS

- Knife
- Cutting board
- 10-inch nonstick skillet
- Mixing bowl
- Whisk
- Measuring spoons

# TURKEY SAUSAGE & ZUCCHINI FRITTATA

## STEP-BY-STEP DIRECTIONS



**1** Preheat oven to 375°F. Whisk together eggs and 1 tablespoon **Garlic Galore Seasoning Blend**; set aside.



**2** Heat 1 tablespoon oil in a 10-inch nonstick skillet over medium heat. Add turkey, onion, and **Italian Sausage Seasoning**. Sauté until turkey is browned.



**3** Add remaining 1 tablespoon oil, zucchini, potatoes, and remaining 1 tablespoon **Garlic Galore Seasoning Blend**. Sauté for 5 minutes.



**4** Add whisked eggs to skillet. Transfer skillet to oven and bake for 20-25 minutes or until eggs are set.



**5** *\*For meal prep: package individual serving in airtight containers store in the refrigerator.*



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# UNSTUFFED CABBAGE



## GROCERY LIST

### WILDTREE PRODUCTS

- Garlic Galore Seasoning Blend
- Pizza Sauce Seasoning

### PROTEIN

- Ground beef, 1 ½ pounds

### PRODUCE

- Carrots, 2
- Yellow onion, 1
- Green bell pepper, 1
- Green cabbage, 1 head

### MISCELLANEOUS

- Oil, 1 tablespoon
- Tomato paste, 1 (5 ounce) can
- Crushed tomatoes, 1 (28 ounce) can

**6 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 35 MINUTES**

Per Serving: 350 Calories (kcal) | 13 Fat (g) | 4 Saturated Fat (g) | 32 Carbohydrates (g)  
10 Fiber (g) | 18 Sugar (g) | 29 Protein (g) | 75 Cholesterol (mg) | 460 Sodium (mg)

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## INGREDIENTS

- 1 tablespoon oil (Wildtree Natural Grapeseed Oil)
- 1 ½ pounds ground beef
- 2 carrots, peeled and diced
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 1 ½ tablespoons Garlic Galore Seasoning Blend
- 1 tablespoon Pizza Sauce Seasoning
- 1 (5 ounce) can tomato paste
- 1 (28 ounce) can crushed tomatoes
- 1 head green cabbage, trimmed and cut into 2-inch pieces

## KITCHEN TOOLS

- Knife
- Cutting board
- Can opener
- Measuring spoons
- Large pot with lid
- Rubber spatula or wooden spoon

# UNSTUFFED CABBAGE

## STEP-BY-STEP DIRECTIONS



**1** Heat oil in a heavy bottom, high sided pot over medium-high heat. Add ground beef, carrot, onion, bell pepper, **Garlic Galore Seasoning Blend** and **Pizza Sauce Seasoning** and stir to combine. Sauté until ground beef is browned.



**2** Add tomato paste and crushed tomatoes and stir to combine.



**3** Bring pot to a boil. Add cabbage. Reduce heat to medium, cover, and cook for 20-25 minutes, stirring occasionally, or until cabbage is tender.



**4** *\*For meal prep, package individual servings in airtight containers and store in the refrigerator.*



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# ZUPPA TOSCANA



## GROCERY LIST

### WILDTREE PRODUCTS

○ Italian Sausage Seasoning

### PROTEIN

○ Ground pork, 1 ½ pounds

### PRODUCE

○ Yellow onion, 1

○ Kale, 1 bunch

○ Potatoes, 1 pound

### DAIRY

○ Almond milk, ¼ cup  
(or other nondairy milk)

### MISCELLANEOUS

○ Cannellini beans, 1 (15.5 ounce) can

○ Salt, ½ teaspoon

○ Chicken broth, low sodium, 6 cups

**6 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES**

Per Serving: 470 Calories (kcal) | 25 Fat (g) | 9 Saturated Fat (g) | 34 Carbohydrates (g)

6 Fiber (g) | 2 Sugar (g) | 29 Protein (g) | 80 Cholesterol (mg) | 680 Sodium (mg)

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## INGREDIENTS

- 1 ½ pounds ground pork
- 1 yellow onion, diced
- 2 tablespoons Italian Sausage Seasoning
- 1 pound potatoes, diced
- 6 cups low sodium chicken broth
- 1 bunch kale, chopped
- 1 (15.5 ounce) can low sodium cannellini beans, drained and rinsed
- ½ teaspoons salt
- ¼ cup almond milk (or other nondairy milk)

## KITCHEN TOOLS

- Knife
- Cutting board
- Large saucepan
- Rubber spatula or wooden spoon
- Measuring cups
- Measuring spoons

# ZUPPA TOSCANA

## STEP-BY-STEP DIRECTIONS



**1** Heat a large saucepan over medium heat. Add ground pork, onion, and **Italian Sausage Seasoning**. Sauté until pork is completely browned.



**2** Add potatoes and chicken broth. Bring to a boil. Reduce heat to low, cover and simmer for 10-15 minutes or until potatoes are tender.



**3** Add kale and beans to the soup. Cook for 5 minutes more.



**4** Remove pan from heat. Stir in salt and heavy cream.



**5** *\*For meal prep, package individual servings of soup in airtight containers and store in the refrigerator.*



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# WEEK 1

Chipotle Chicken Tacos | Chipotle Shrimp & Avocado Salad | Sausage Meatballs over Zoodles

Smoked Sausage & Veggies

## WILDTREE PRODUCTS

- Chipotle Ranch
- Garlic Galore Seasoning Blend
- Pizza Sauce Seasoning
- Italian Sausage Seasoning

## PROTEIN

- Chicken breasts, boneless skinless, 1 ½ pounds
- Shrimp, 1 pound
- Ground pork, 1 pound
- Egg, 1
- Kielbasa, 1 ½ pounds

## PRODUCE

- Lettuce, 1 cup shredded
- Orange, 1
- Lemon, ½
- Shallot, 1
- Baby spinach, 4 cups
- Arugula, 4 cups
- Avocado, 1
- Cucumber, 1
- Zucchini noodles, 1 ½ pounds
- Broccoli, 1 head
- Red bell pepper, 1
- Yellow bell pepper, 1
- Green beans, 8 ounces

## BREAD/PASTA/RICE/FLOUR

- Corn tortillas, 12 each
- Quinoa, 1 ½ cups
- Gluten-free bread crumbs, ½ cup

## MISCELLANEOUS

- Salsa, ¾ cup
- Fire roasted diced tomatoes, 1 (14.5 ounce) can
- Tomato sauce, 1 (28 ounce) can
- Dijon mustard, 1 teaspoon
- Oil, ½ cup



## WEEK 2

Chipotle Chicken Tenders | Turkey Sausage & Zucchini Frittata | Unstuffed Cabbage | Zuppa Toscana

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### WILDTREE PRODUCTS

- Chipotle Ranch
- Garlic Galore Seasoning Blend
- Italian Sausage Seasoning
- Pizza Sauce Seasoning

### PROTEIN

- Chicken tenderloins, 1 ½ pounds
- Eggs, 12
- Ground pork, 1 ½ pounds
- Ground turkey, 1 pound
- Ground beef, 1 ½ pounds

### PRODUCE

- Broccoli, 1 pound
- Carrots, 1 pound plus 2
- Yellow onion, 2 ½
- Zucchini, ½ pound
- Baby potatoes, ½ pound
- Green bell pepper, 1
- Green cabbage, 1 head
- Kale, 1 bunch
- Potatoes, 1 pound

### BREAD/FLOUR/RICE/FLOUR

- Gluten-free breadcrumbs, 1 cup

### DAIRY

- Almond milk, ¼ cup (or other nondairy milk)

### MISCELLANEOUS

- Mayonnaise, ¼ cup
- Oil, 5 tablespoons
- Tomato paste, 1 (5 ounce) can
- Crushed tomatoes, 1 (28 ounce) can
- Cannellini beans, 1 (15.5 ounce) can
- Salt, ½ teaspoon
- Chicken broth, low sodium, 6 cups

