



Citrus Pear Meal Instructions

Just a few tips for storage and cooking

- Store the meals upright so they can easily be transferred to your crockpot. Place a cutting board, cookie sheet or piece of cardboard under them to prevent them from freezing to the rack/shelf.
- When you are ready to cook a meal, simply rip the bag off and drop it right into the crock pot! Some people like to run them under warm water for 1-2 minutes to get the bag off more easily.
- Keep in mind that all crock pots cook differently so if you know yours cooks hotter, set it for the lower range of recommended time.

Post a picture of your family enjoying a Citrus Pear meal or an example of how Citrus Pear “saved your life” and hashtag it #cplifesaver - if your post is featured you will receive a discount on an upcoming class!

www.citruspeardinners.com

The USDA does not recommend cooking frozen meat in the slow cooker. It is recommended to place your meal in the fridge the night before or defrost in the microwave to promote even, safe cooking.

Buffalo Chicken Lettuce Wraps

Serves: 6

Contains 2 pounds chicken breast. Cook on low for 6 hours for regular family or 3 hours for small family. Shred chicken and let sit in juice prior to serving.

Pressure Cooker Instructions: Add ~1/2 cup liquid. Cook 15-30 minutes on manual. Quick-release when done. If chicken is still raw, chop and return to pressure cooker on saute setting until cooked through.

Shopping List: Iceburg or butter lettuce, shredded or whole carrots, celery, dressing of choice

Serving Suggestions: Wash lettuce thoroughly. Place 1/2 cup chicken in each lettuce leaf, top with more cayenne pepper sauce for added flavor, as well as shredded carrots, celery and dressing of your choice.

If you desire stronger flavor, add these seasonings and stir ~1 hour before serving: garlic and hot cayenne pepper sauce

| | | | | | | |
|-----------|-----------------|-------------|-------------|----------------|-------------|----------------|
| 1G FAT | 1G TOTAL FAT | 5G CARBS | 2G FIBER | 25G PROTEIN | 2G SUGAR | 1G SAT. FAT |
|-----------|-----------------|-------------|-------------|----------------|-------------|----------------|

Nutrition facts are for the meal provided, any foods added must be calculated in for accuracy. Meat quantities reflect the Regular Family size meals

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Recipe 3

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|-----|----------|-------|-------|---------|-------|---------|
| 1G | 1G | 5G | 2G | 25G | 2G | 1G |
| FAT | TOTALFAT | CARBS | FIBER | PROTEIN | SUGAR | SAT.FAT |

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Recipe 5

Serves: 6

Contains 2 pounds chicken breast. Cook on low for 6 hours for regular family or 3 hours for small family. Shred chicken and let sit in juice prior to serving.

Pressure Cooker Instructions: Add ~1/2 cup liquid. Cook 15-30 minutes on manual. Quick-release when done. If chicken is still raw, chop and return to pressure cooker on saute setting until cooked through.

Shopping List: Iceburg or butter lettuce, shredded or whole carrots, celery, dressing of choice

Serving Suggestions: Wash lettuce thoroughly. Place 1/2 cup chicken in each lettuce leaf, top with more chicken, cheese, and sauce. Add a dash of cayenne pepper sauce for added flavor, as well as shredded carrots, celery and dressing of your choice.

If you desire stronger flavor, add these seasonings and stir ~1 hour before serving: garlic and cayenne pepper sauce

| | | | | | | |
|-----|----------|-------|-------|---------|-------|---------|
| 16 | 16 | 50 | 20 | 250 | 20 | 16 |
| FAT | TOTALFAT | CARBS | FIBER | PROTEIN | SUGAR | SAT.FAT |

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Recipe 4

Serves: 6

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Shopping List: Iceberg or butter lettuce, shredded or whole carrots, celery, dressing of choice

Serving Suggestions: Wash lettuce thoroughly. Place 1/2 cup chicken in each lettuce leaf, top with more cayenne pepper sauce for added flavor, as well as shredded carrots, celery and dressing of your choice.

If you desire stronger flavor, add these seasonings and stir ~1 hour before serving: garlic and hot cayenne pepper sauce

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|-----|----------|-------|-------|---------|-------|---------|
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Shopping List: Iceburg or butter lettuce, shredded or whole carrots, celery, dressing of choice

Serving Suggestions: Wash lettuce thoroughly. Place 1/2 cup chicken in each lettuce leaf, top with more cayenne pepper sauce for added flavor, as well as shredded carrots, celery and dressing of your choice.

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