| Ingredients List | 1 Meal | 4 Meals | 8 Meals |
| --- | --- | --- | --- |
| Chicken Breasts (Sliced in half thin, raw) | 5 breasts (2 lbs) | 20 breasts (8 lbs) | 40 breasts (16 lbs) |
| Bacon slice raw cut in half | 5 | 20 | 40 |
| Cream cheese herb flavored small tub | 1 | 3 | 6 |
| Cream of chicken soup  | 1 can | 4 cans | 8 cans |
| Mayonnaise | ½ cup | 2 cups | 4 cups |
| Milk | ½ cup | 2 cups | 4 cups |
| Lemon Juice | 1 tsp | 4 tsp | 8 tsp |
| Pepper  | ¼ tsp | 1 tsp | 2 tsp |
| Foil Pan 9x13 | 1 | 4 | 8 |
| Tin Foil to cover | 1.5 feet | 6 feet | 12 feet |
| XL Heavy Duty Ziplock Bags | 1 | 4 | 8 |

1. Label bags

2. Cut chicken breasts in half so they are thin. Lay out on cutting board and gently press heel of your hand in center of each breast to make a pocket.

3. Place a dollop of herb flavoured cream cheese onto center of each piece of chicken. Wrap with bacon slice and secure with toothpick.

4. Place wrapped chicken into foil pan.

5. Mix cream of chicken soup, mayo, milk, lemon juice and pepper together and pour sauce over chicken.

6. Freeze for later use, or cook right away.

\*4kg of chicken is equal to 8lbs. Purchase boneless, frozen chicken breasts in 4kg cases for added value.

Kelcey’s Baked Chicken:

Thaw, baked in oven 1 hour at 350 degrees, checking to make sure chicken is fully cooked.

**Kelcey’s Baked Chicken**