

Freezer Meals Grocery List

Baking and Storage Supplies

1 large box Gallon Freezer Bags
Foil
Plastic Wrap
Wax Paper
Paper Towels
Muffin liners
2 lg Rectangle foil pans
2 loaf foil pans
4 square foil pans

Meat

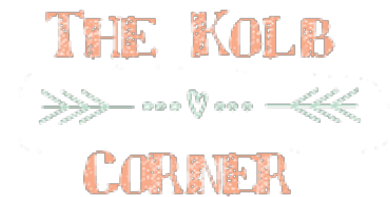
2 lbs bacon
1 pkg cooked ham (if desired for burritos)
6 pounds ground beef
**5-6 family packs chicken
1 pkg pepperoni (or fav pizza meat)

Dairy

3 dozen eggs
1 gal milk (you will use almost a whole one)
2 pkgs real butter
1 block provolone or 2 pkgs shredded
1 block parmesan or 1 pkg shredded
4 blocks Motz or 5 pkgs shredded
1 block cheddar cheese or 2 pkgs shredded
2 (16oz) containers Cottage cheese
1 pint buttermilk (or MYO)
1 (32oz) container plain Greek yogurt
1 (32oz) container vanilla Greek yogurt

Pantry, and Grocery Items

Sugar
2 pkgs whole wheat flour
baking soda
baking powder
Dark chocolate chips
olive oil
canola oil
vanilla extract
honey
1 jar of yeast
soy sauce or liquid aminos
quick oats
chia seeds
unsweetened applesauce
peanut butter
3 pkgs flour tortillas (8-10inch)
1 box lasagna noodles
1 box penne pasta
1 pkg egg noodles
2 cans black beans (or cook 2cups dry)
4 cans pinto beans (or cook 4 cups dry)
2 cans red kidney beans (or cook 2 cups dry)
***2 cans cream of mushroom (Organic)
***2 cans cream of chicken (Organic)
1 pkg sun ripened tomatoes in olive oil
2 cans diced tomatoes with green chilles
2 jars salsa
2 jars verde salsa
4 (32oz) containers Chicken broth (or *MYO)
14 small/7 large cans tomato sauce (112oz total)
Bread Crumbs
1 loaf french bread (or MYO)
1 jar pizza sauce



Freezer Meals Grocery List

Fruits and Veggies

1 pkg blueberries
1 pkg strawberries
1 pkg raspberries
1 bunch bananas
5 white onions
1 red onion
2 jalapenos
1 tomato
5 green peppers
2 bags of whole carrots
1 pkg white mushrooms
5-6 zucchini (non GMO)
4 bunches garlic
2 lemons
3 limes
1 bunch cilantro
1 bag frozen peas and carrots
2 bags frozen corn (non GMO)

Spices

Oregano
Parsley—dried or fresh
Basil
Sage
Cumin
Chilli Powder
Garlic Powder
Cinnamon
Salt
Pepper
Basil
Paprika

*MYO= Make your own

**The family packs of chicken generally have 5 breasts. You need at least 24 to make all of these meals, if you use breasts. Or you can use any other cut you prefer.

Some recipes call for shredded chicken—for these you can use thighs, or legs. Or you can buy whole chickens which is cheaper by the pound.

***Pacific brand soups make an organic cream of chicken and cream of mushroom. Note, the recipe calls for cream of celery instead of cream of mushroom. I've used mushroom and it was fine.

