

8 Crock Pot Freezer Meals Shopping List

Meats

6 lbs Chuck Roast
6lbs Ground Beef
6 lbs chicken wings or legs
14-15 lbs chicken breasts OR
25 chicken breasts (boneless & skinless)

Canned Goods

6 cans Green Chilies (7oz)
9 cans White navy or pinto beans
6 cans Black Beans
5 jars Salsa
3 cans Red kidney beans
9 cans Tomato sauce (8oz)
6 cans Diced tomatoes with Green Chilies
1 jar Pepperoncini's (I like Mezzetta brand)

Pantry Items

1 bottle Soy Sauce
4 containers Chicken Broth (32oz)
1 container Beef broth (32oz)
2lbs White or brown rice
Olive oil
Lemon Juice
3pkgs Taco Seasoning or MYO
Peanut butter
Sugar
2 pkgs Hoagies or hamburger buns

Vegetables

5 medium white onion
3 Green peppers
3 Red peppers
3 Yellow peppers
2 bunches of Garlic
3 Limes
Ginger
1 bunch green onion

Refrigerated/Frozen

3 pkgs. Cream cheese
5 bags frozen corn
2 pkgs. Shredded Colby cheese
2 pkgs. Sliced Mozzarella or
Provolone

Spices

Chili Powder
Cumin
Paprika
Garlic Powder
Oregano
Basil
Onion Powder
Italian Seasoning
Salt
Pepper