

shopping list

This list includes everything you'll need to prepare all 7 freezer meals for the freezer.

FOR FREEZER PREP OF ALL MEALS

DRY GOODS/PANTRY

- 1/4 cup + 1 Tablespoon brown sugar
- 1/4 cup balsamic vinegar
- 2 - 14.5-ounce cans diced tomatoes
- 1 jar (24 ounces) spaghetti sauce
- 15-ounce can black beans
- 1 cup red salsa
- 1 Tablespoon canola oil
- 6 cups beef broth

PRODUCE

- 2 carrots
- 1 cup diced potatoes
- 1/3 cup chopped cilantro
- 2 limes
- 3 large onions
- 9 cloves garlic

FROZEN FOODS

- 1 cup frozen green beans
- 1 cup frozen green peas
- 1 cup frozen corn

SEASONINGS

- 1 teaspoon + 1 Tablespoon garlic powder
- 1 Tablespoon chili powder
- 1 Tablespoon onion powder
- 1/2 teaspoon dried oregano
- 2 teaspoons dried basil
- 1 Tablespoon Beef Better than Bouillon
- 2 bay leaves
- 1 package taco seasoning
- Salt
- Pepper

MEAT/FISH

- 2 pounds pork roast
- 2 pounds lean ground beef
- 4 small boneless chicken breasts
- 2 pounds boneless chicken thighs
- 3 pounds top round roast
- 4 salmon fillets

BAGS/CONTAINERS

- 7 - 1-gallon freezer bags or plastic freezable containers

shopping list

This list includes the fresh ingredients you'll need to prepare each freezer meal.

FOR COOKING FROM FROZEN PRE-PREPARED MEAL

MEAL 1: PULLED PORK

- potato chips (optional side)
- fruit (optional side)

MEAL 2: BEEF STEW

- corn bread (optional side)

MEAL 3: TACO SALAD

- lettuce
- guacamole
- sour cream
- salad dressing

MEAL 4: CILANTRO LIME CHICKEN

- rice (optional side)
- vegetables (optional side)

MEAL 5: POT ROAST

- 2 Tablespoons corn starch
- potatoes (optional side)
- vegetables (optional side)

MEAL 6: LASAGNA SOUP

- ricotta cheese
- shredded mozzarella cheese
- 6 ounces lasagna noodles or pasta

MEAL 7: SALMON

- 3-4 medium lemons
- 1 bunch dill weed
- 1 1/2 Tablespoons butter, unsalted
- rice (optional side)
- green beans (optional side)

shopping list

This list includes everything you'll need to prepare all 7 meals from fresh ingredients (skipping the freezer prep step).

FOR COOKING FROM FRESH (ALL MEALS)

DRY GOODS/PANTRY

- 1/4 cup + 1 Tablespoon brown sugar
- 1/4 cup balsamic vinegar
- 2 - 14.5-ounce cans diced tomatoes
- 1 jar (24 ounces) spaghetti sauce
- 6 ounces lasagna noodles or pasta
- 15-ounce can black beans
- 1 cup red salsa
- 1 Tablespoon canola oil
- 6 cups beef broth
- 2 Tablespoons corn starch
- hamburger buns
- salad dressing
- potato chips (optional side)
- rice (optional side)
- 1 can green beans (optional side)

MEAT/FISH

- 2 pounds pork roast
- 2 pounds lean ground beef
- 4 small boneless chicken breasts
- 2 pounds boneless chicken thighs
- 3 pounds top round roast
- 4 salmon fillets

PRODUCE

- 2 carrots
- 1 cup diced potatoes
- 1/3 cup chopped cilantro
- 2 limes
- 3 large onions
- 9 cloves garlic
- 1 bunch fresh dill weed
- 3-4 medium lemons
- lettuce
- guacamole
- fruit (optional side)
- vegetables (optional side)
- potatoes (optional side)
- green salad (optional side)

FROZEN FOODS

- 1 cup frozen green beans
- 1 cup frozen green peas
- 1 cup frozen corn

BAKED GOODS

- corn bread (optional side)
- garlic bread (optional side)

SEASONINGS

- 1 teaspoon + 1 Tablespoon garlic powder
- 1 Tablespoon chili powder
- 1 Tablespoon onion powder
- 1/2 teaspoon dried oregano
- 2 teaspoons dried basil
- 1 Tablespoon Beef Better than Bouillon
- 2 bay leaves
- 1 package taco seasoning
- Salt
- Pepper

DAIRY

- ricotta cheese
- shredded mozzarella cheese
- 1 1/2 Tablespoons butter, unsalted
- sour cream

BAGS/CONTAINERS

- 7 - 1-gallon freezer bags or plastic freezable containers

