

FREEZER MEAL SHOPPING LIST

Meat

1 beef roast
1 pork roast
1 bag meatballs
3 lbs ground beef
3 lbs boneless chicken
1 lb Italian sausage

Broth

11 cups beef
3 cups chicken

Misc

Flour Tortillas
Spaghetti Noodles
Lo Mein Noodles
Rigatoni Pasta
Shells Pasta
Hamburger Buns

Dairy

Parmesan Cheese
Sharp Cheese
Ricotta
Mozzarella
Toppings: Sour
Cream

Produce

Frozen Stir Fry Veggies
3 onions
4 bell peppers
1 stalk celery
1 garlic bulb
4 limes
Toppings: Tomatoes, romaine
lettuce, green onions, etc

Canned

11.5 oz V8
4 cans chili beans
1 can rotel
1 bottle Caesar Dressing
1 cup apple juice
1 soy sauce
2 pasta sauces
1 Peppercino Peppers
1 BBQ Sauce

Staple Ingredients

taco seasoning
chili seasoning
chili powder
dry mustard

apple cider vinegar
onion powder
Soy Sauce

Brown Sugar
Worcestershire
Italian Seasoning
Cumin