

20 Freezer Meals in Four Hours

Master Shopping List

Produce

- 9 bulbs garlic
- 6 onions
- celery
- 2 red onions
- 2 yellow squash
- 6-8 red potatoes
- 4 green bell peppers
- 1 red bell pepper
- 1 ½ lbs butternut squash
- 2 carrots
- 2 sweet potatoes
- 3 limes

Meat

- 2 whole chickens
- 12 lbs boneless chicken breasts
- 4-6 lbs beef chuck roast
- 8 chicken thighs
- 2 ½ lbs ground beef

Frozen

- 1 (16 oz) package broccoli florets
- 1 (8 oz) package cauliflower florets
- 2 cups corn

Dairy

- 3 sticks butter
- 1 cup shredded cheddar cheese
- 2 ½ cups milk
- 4 cups mozzarella cheese
- 1 (16 oz) cottage cheese
- 5 eggs
- 1 cup orange juice

Boxed

- 1 (16 oz) box rigatoni
- 1 (16 oz) box ziti
- 1 package cornbread stuffing mix
- 1 ⅓ cup dry bread crumbs

Canned

- ½ cup dry bread crumbs
- 3 (14.5 oz) cans chicken broth
- 2 cups pineapple juice
- ⅔ cup soy sauce
- 2 (14.5 oz) cans beef consommé
- 2 (14 oz) cans crushed tomatoes
- 2 (14 oz) cans diced tomatoes
- 1 can corn
- 1 can Great Northern Beans
- 4 cans black beans
- 1 can red beans
- 1 can diced tomatoes
- 1 (4 oz) can green chilis
- 1 cup unsweetened applesauce
- 2 (32 oz) jar spaghetti sauce
- 1 (24 oz) jar salsa
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 cup cranberry sauce

Spices

- ¼ cup + 1 TBS fresh basil
- 1 bay leaf
- 1 tsp dried oregano
- 1 packet Hidden Valley Ranch Dressing Mix
- 3 packets taco seasoning
- 1 tsp chili powder
- ½ tsp paprika
- 1 TBS curry powder
- 1 tsp ginger
- ¾ cup fresh cilantro
- 2 ½ tsp sage
- 1 tsp cumin
- 3 TBS rosemary

For Serving

- 6-8 hoagie buns
- Tortilla chips
- Sour cream
- tortillas

Pantry Staples

- ½ cup flour
- 1 TBS Worcestershire sauce
- 1 cup brown sugar
- ⅓ cup + 2TBS olive oil
- Salt
- Pepper
- Cider vinegar
- ⅓ cup balsamic vinegar
- ⅓ cup honey

Notes:
