

10 Oven Ready Freezer Meals Shopping List

3 cups cooked chicken

3 1/2 pounds lean ground beef

1 pork tenderloin - 1lb

9 boneless, skinless chicken breasts

2 (10.5 ounce) can cream of chicken

1 packet of dry onion soup mix

all purpose flour

ketchup

Worcestershire sauce

mustard powder

1 (14.5 ounce) can of french cut green beans, drained

Italian seasoning

olive oil

1 pear

1 apple

1 sweet potato

2 tsp minced garlic

Salt

Black Pepper

2 to 3 cups of prepared mashed potatoes (homemade or something like Bob Evans)

1 (10.5 ounce) can of french onion soup

16 oz sour cream and 8 oz sour cream

1 (1 oz) package Ranch dressing mix

1 (3 oz) bag real bacon pieces

2 cups shredded cheddar cheese

2 lb bag frozen tater tots

1 (29 oz) frozen ravioli package
1 (24 oz) jar of spaghetti sauce
1 green bell pepper
2 cups shredded Mozzarella cheese
1 onion
1 zucchini
1 cup of corn
1 can of black beans
1 cans of diced tomatoes with green chilis (aka rotel)
1 package of Taco seasoning (or 4 tablespoons of homemade seasoning)
salt
2 cups white rice
2 cups of shredded cheese
10 disposable 9x13 pan
1 jar (28 ounces) of marinara sauce
1/2 cup shredded or grated Parmesan cheese
1 1/2 cups shredded mozzarella cheese
1 cup panko bread crumbs
dried oregano
dried parsley
6 cups shredded cheese (I used Mexican style)
20 flour tortillas
4 (15 oz) cans enchilada sauce (red and/or green – I used 2 red sauce for the mixture, and 1 red sauce on top of one batch and 1 green sauce on top of the other)
1 (15 oz) can black beans
1 (7 oz) can chopped green chiles
24 oz jar of spaghetti
sugar
1 (8 oz) package egg noodles

1/4 cup butter

onion powder

garlic powder

1/4 cup grated Parmesan cheese

1 (6 oz) package shredded mozzarella cheese

2 small cans of tuna

3-4 mini Bella mushrooms

4 oz cream cheese

(1) 10.5 oz can mushroom soup

milk

8 oz pasta of your choice (I used egg noodles)

1 cup shredded Colby jack cheese

french fried onions

2 cups dry Basmati rice

2 cans (10 oz each) Enchilada sauce

1 can (16 oz) refried beans

1 cup white cheddar, shredded

1 cup Monterey Jack cheese, shredded

1 can (11 oz) corn kernel