

time IS ON YOUR SIDE

FREEZER MEAL PARTY #1 SHOPPING LIST:

THE ITEMS ON THIS LIST ARE FOR SIX SERVINGS OF EACH OF THESE SIX RECIPES:

1. OVEN-FRIED PARMESAN CHICKEN TENDERS
2. ON-THE-GO CHICKEN BURRITOS
3. SLOW COOKER STEAK CHILI
4. MINI ITALIAN BURGERS
5. APPLE CINNAMON BAKED OATMEAL
6. SWEET AND SAVORY SALMON

PRODUCE

- 3 medium onions (or buy 1 bag of frozen, chopped onions to save time)
- 1 jar of minced garlic (Hint: Preferred, to save prep time) or 4 heads of garlic
- 1 large bunch of fresh flat leaf parsley
- 1 large ginger root (about 3 inches or enough for 6 tablespoons of grated ginger)
- 1 small bunch of green onions
- 6 large apples

BAKERY/BREAD

- 48 8-inch whole wheat tortillas
- 48 mini wheat buns

DRY GOODS

- 3 (15-ounce) cans of black beans
- 6 (15-ounce) cans pinto beans
- 6 (28-ounce) cans petite diced tomatoes
- ¾ cup or 2 (6-ounce) cans tomato paste
- 6 cups or 2 (32-ounce) cartons beef broth
- 6 cups (48-ounce) mild salsa
- 6 (1.5-ounce) packets store-bought mild taco seasoning (or make 6 servings of this homemade taco seasoning)
- 1 (14-ounce) box of instant brown rice
- ¾ cup reduced-sodium soy sauce
- 6 tablespoons (or 3-ounces) rice vinegar
- 6 tablespoons (or 3-ounces) sesame oil
- 16 ½ cups rolled oats
- 1 ½ cups raisins
- 1 ½ cups honey

FREEZER CONTAINERS

- 1 large roll aluminum foil
- 1 roll parchment paper
- 6 disposable aluminum 8x8 casserole pans with lids
- 36 (plus a few extras) gallon-sized ziplock freezer bags

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SPICES (Note: If you can't find these exact sizes of spice bottles, buy the next size up.)

- 3 tablespoons Old Bay seasoning
- 2 tablespoons garlic powder
- 6 tablespoons chili powder
- 3 tablespoons ground cumin
- 1 tablespoon crushed red pepper flakes
- 1 ½ teaspoons dried oregano
- 1 ½ teaspoons paprika
- 2 tablespoons cinnamon
- 1 ½ tablespoons ground black pepper
- about 8 tablespoons salt

BAKING

- 1 ½ cups (or a small bag) whole wheat flour
- at least 1 cup (or 1 small container) olive oil
- baking spray
- 4 cups (or 1 bag) brown sugar
- 2 tablespoons (1 container) baking powder
- 3 cups chopped walnuts

REFRIGERATED

- 3 cups freshly grated Parmesan cheese (or may be found in dry goods aisle)
- 9 cups shredded cheddar cheese
- 24 provolone or mozzarella cheese slices
- 3 sticks (1 package) butter
- 1 dozen eggs
- 6 cups milk

MEAT

- 8 pounds of chicken tenders
- 12 individual chicken breasts
- 9 pounds of stew beef (cut into chunks)
- 10–11 pounds of ground beef
- 9 pounds of salmon filets (with or without skin)

FROZEN

- 4 ½ cups (32-ounces) frozen corn

HEALTH FOOD SECTION

- 1 ½ cups ground flaxseed (one small bag)

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