

time IS ON YOUR SIDE

FREEZER MEAL PARTY #2 SHOPPING LIST:

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

1. GOURMET GRILLED CHICKEN SANDWICH
2. HERB-ROASTED PORK TENDERLOIN
3. TORTILLA SOUP
4. BAKED MEATBALLS
5. MAKE-AHEAD BREAKFAST SANDWICHES
6. MEDITERRANEAN SHRIMP

PRODUCE

- 1 large bunch fresh parsley
- 9 lemons
- 2 heads of garlic (or 1 jar of minced garlic to save prep time)

BAKERY/BREAD

- 36 hamburger buns (preferably whole wheat)
- 6 cups whole wheat or panko breadcrumbs
- 36 English muffins (preferably whole wheat)

DRY GOODS

- at least 10 ounces of cider vinegar
- 3 (32-ounce) boxes chicken or vegetable stock
- 3 (15-ounce) cans refried beans
- 3 (15-ounce) cans black beans, drained and rinsed
- 3 (15-ounce) cans petite diced tomatoes (juice and all)
- 3 (4-ounce) cans diced green chiles (juice and all)
- 3 (15-ounce) cans of corn, drained
- 1 (14-ounce) box instant brown rice
- 3 cups salsa
- 2 (1.5-ounce) all-natural taco seasoning packets
- $\frac{3}{4}$ cup or 2 (6-ounce) cans tomato paste

REFRIGERATED

- 18 tablespoons (2 $\frac{1}{2}$ sticks) butter
- 2 $\frac{1}{4}$ cups milk
- 72 slices cheddar cheese
- 42 (3 $\frac{1}{2}$ dozen) large eggs

BAKING

- at least 40-ounces of olive oil

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

- 9 tablespoons garlic powder
- 3 tablespoons powdered ginger
- 3 tablespoons paprika
- 3 tablespoons dried oregano
- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 1 tablespoon ground thyme
- 1 tablespoon onion powder
- 1 tablespoon Italian seasoning
- 1 tablespoon dried basil
- ¾ teaspoon red pepper flakes
- 5 ½ tablespoons ground black pepper
- 11 ½ tablespoons salt

MEAT

- 18 large boneless skinless chicken breasts
- 72 slices of bacon (or buy precooked bacon to save time)
- 6 large or 12 small (about 7 ½ lbs) pork tenderloins
- 9 pounds ground beef (or substitute ground turkey)

FROZEN

- 6 pounds raw deveined shrimp (peeled or shell on)

MISCELLANEOUS

- 1 large roll aluminum foil
- 1 small roll plastic wrap
- 48 (plus a few extras) gallon-sized ziplock freezer bags or buy the best ones possible, so they seal well
- 30 (plus a few extras) wooden skewers (optional)

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