

# FREEZER COOKING SHOPPING LIST

THIS LIST INCLUDES ALL OF THE INGREDIENTS TO MAKE  
**ONE** OF EACH RECIPE LISTED. MULTIPLY ACCORDINGLY.

## MEAT

8 LBS. BONELESS, SKINLESS  
CHICKEN BREASTS/THIGHS

## PRODUCE

6 CUPS ONIONS

5 CUPS CARROTS

4 CUPS ZUCCHINI

6 C RED BELL PEPPER

1 CUP GREEN BELL PEPPER

2 LBS BUTTERNUT SQUASH

2 BAGS FROZEN PEAS

1/2 T GRATED LIME PEEL

2 TBSP LIME JUICE

17 GARLIC CLOVES

## OTHER

2 TBSP SOY SAUCE

1/2 TSP RED CURRY PASTE

3/4 CUPS CHICKEN BROTH

2 TBSP PEANUT BUTTER

3 CANS COCONUT MILK (15 OZ)

4 TBSP FLOUR

8 OZ ORANGE JUICE CONCENTRATE

3/4 CUPS DIJON MUSTARD

1/2 CUP MAPLE SYRUP

1 TBSP OF RICE WINE VINEGAR

1 OZ FRESH GINGER

2 TBSP CURRY POWDER

1 TSP GROUND CORIANDER

1 TSP GROUND CUMIN

COARSE SALT & SALT

ON THE DAY YOU MAKE EACH  
RECIPE, YOU WILL ALSO NEED—

## HOT & SPICY BRAISED CHICKEN

COOKED RICE

CHOPPED PEANUTS AND CILANTRO FOR GARNISH

## COCONUT CURRY

COOKED RICE

CHOPPED CASHEWS AND CILANTRO FOR GARNISH

## ORANGE CHICKEN

COOKED RICE

2 CANS MANDARIN ORANGES OR 4 CLEMENTINES

2 CHOPPED GREEN ONIONS

STIR FRIED VEGGIES

## MAN PLEASING CHICKEN

ROSEMARY FOR GARNISH

COOKED RICE OR COUS COUS