FREEZER COOKING SHOPPING LIST

THIS LIST INCLUDES ALL OF THE INGREDIENTS TO MAKE

ONE OF EACH RECIPE LISTED. MULTIPLY ACCORDINGLY.

PEAS, RICE, CASHEWS, CILANTRO 2 JALAPENO PEPPERS (OPTIONAL) SOY SAUCE (ABOUT A CUP TOTAL) COCONUT CURRY - 2 CANS COCONUT MILK, FR. RAMEN/RICE NOODLES, GREEN ONIONS, SRIR 1 LEMON, 2 LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE MAPLE DIJON CHICKEN- COUS COUS OR RICE 1/2 CUP CREAMY PEANUT BUTTER THAI CHICKEN- RICE OR THAI NOODLES, PEAN CILANTRO, RED THAI PEPPERS 1 OZ FRESH GINGER (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAIIAN CHICKEN- RICE, FRESH PINEAPPLE	MEAT	OTHER	OTHER (CONT.)
2 TABLE CORRECTS 1 CAN INATER CHESTNUTS 2 TEMP CURRY PONDER 3 CUPS CHICKEN BROTH (CANINED, BOTED OR ROMEMADE) 1 TEMP GROUND CORLANDER 1 TEMP GROUND CORLANDER 1 TEMP GROUND CORLANDER 1 TEMP GROUND COMMIN 1 TEMP OF PROVOLONE CHEESE 1 TEMP GROUND COMMIN 3 THE LEGY OF CHEPPERS 1 CUPS OF MILK 3 THE LOW ONLONS, 1 WHITE ONLON 2 CUPS OF MILK 3 THE LOW ONLONS, 1 WHITE ONLON 3 THE LARGE CARROTS 1 TEMP OF BUTTERN 2 THE CORLINGS (FOR 3 CUPS CHOPPED) 1 TEMP OF BUTTERN 2 THE CORLINGS (FOR 3 CUPS CHOPPED) 1 TEMPON, 2 LIMES 1 TEMPON, 2 LIMES 1 TEMPON, 2 LIMES 1 TEMPON, 2 LIMES 1 THE CORLINGS 1 THE CORLINGS (TO BE CHEESE STRAKS - HOAGEE BUNS, MORE PROVOLED READ WITHOUT A CUP TOTAL) 1 THE MONN, 2 LIMES 1 THE MONN, 2 LIMES 1 THE CORLINGS (TO BE CHEESE STRAKS - HOAGEE BUNS, MORE PROVOLED READ WITHOUT A CUP TOTAL) 1 THE MONN, 2 LIMES 1 THE MONN SUGAR (ABOUT A CUP TOTAL) 1 THE MONN, 2 LIMES 1 THE CHEESE WEARDS - LEFT LUCE, RELE, SPECIAL SAUCE	16 LBS. BONELESS, SKINLESS	(20 07) CAN PINEAPPLE SLICES	1/3 C HONEY
3 RED BELL PEPPERS 1.25-DZ. PACKAGE TACO SEASONING 2. TBSP GROUND CUMIN 6. GREEN BELL PEPPERS 1. CUP OF PROVOLONE CHEESE 1.72 TSP. GROUND GINGER 3. V2 LBS OF CHOPPED BUTTERNUT SQUASH 3. V4 CUPS OF MILK 7. YELLOW ONTONS , 1 WHITE ONTON 2. CUPS OF MILK 3. LARGE CARROTS 1. TBSP OF BUTTER DAY—OF SUPPLIES 2. DUCCHINIS (FOR 3 CUPS CHOPPED) 0. CHESE STEAKS - HOAGLE BUNS, MORE PROVOLCE 2. PALAPPINO PEPPERS (DPITONAL) 2. DALAPPINO PEPPERS (DPITONAL) 3. SOY SAUCE (ABOUT A CUP TOTAL) COCONUT CURRY - 2 CANS COCONUT MILK, FR RAMEN/ALICE NODOLES, GREEN ONTONS, SELR 1. LEMON, 2 LIMES 8. BROWN SUGAR (ABOUT 1/2 CUP TOTAL) 1. LET CUE WARPS-LETTUCE, RICE, SPECIAL SAUCE 2. GARLLEC CLOVES 1. CUP CUP CHEMON JULGE MAPLE DIJON CHICKEN - COUS COUS OR RICE 2. GARLLEC CLOVES 1. CUP CHEMON SELRA GARLLE - Y PESTO) 1. AS CHARACTERS 1. AS CHARACTERS 1. AS CUP CHOPPED FRESH ROSEMARY 1. TBSP RICE VINEGAR HONEY ROSEMARY CHICKEN - COUSCOUS OR RICE 1. AS CUP CHOPPED FRESH ROSEMARY		1 CAN WATER CHESTNUTS	2 TBSP CURRY POWDER
6 GREEN BELL PEPPERS 1 CUP OF PROVOLONE CHEESE 1/2 TSP GROUND GINGER 3/4 CUPS PARMESAN 5 ALT AND PEPPER 9 YELLOW ONTONS , 1 WHITE ONTON 2 CUPS OF MILK 3-4 LARGE CARROIS 1 TBSP OF BUTTER DAY-OF SUPPLIES 2 ZUCCHINIS (FOR 3 CUPS CHOPPED) DLIVE OLL (ABOUT A CUP TOTAL) COCONUTI CHEESE STEAKS - HOAGTE BUNS, MORE PROVOLED PEAS, RICE, CASHEWS, CLLANTRO 2 JALAPENO PEPPERS (OPTIONAL) 5 OY SAUCE (ABOUT A CUP TOTAL) COCONUTI CHERY - 2 CANS COLONITI MILK, FR RAMEN/RICE NOODLES, GREEN ONTOINS, SRIR 1 LEMON, Z LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) LETTUCE WRAPS - LETTUCE, RICE, SPECIAL SAUCE 1/2 CUP CREAMY PEANUT BUTTER 1/2 CUP CREAMY PEANUT BUTTER 1/3 C BALSAMIC VINEGAR HONEY ROSEMARY CHICKEN - COUS COUS OR RICE 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAITAN CHICKEN - RICE, FRESH PINEAPPLE 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO - NOODLES, COOKED CHICKEN, VEGGIES	Produce	3 CUPS CHICKEN BROTH (CANNED, BOXED OR HOMEMADE)	1 TSP GROUND CORTANDER
3 1/2 LBS OF CHOPPED BUTTERNUT SQUASH 3 A CUPS PARMESAN 3 CUPS OF MILK 3 -4 LARGE CARROTS 2 CUPS OF MILK 3 -4 LARGE CARROTS 1 TBSP OF BUTTER DAY—OF SUPPLIES 2 ZUCCHINIS (FOR 3 CUPS CHOPPED) 0 LIVE OIL (ABOUT A CUP TOTAL) CHESE STEAKS—HOAGIE BUNS, MORE PROVOLED PEAN, RICE, CASHEWS, CILANTRO 2 JALAPENO PEPERS (OPTIONAL) SOY SAUCE (ABOUT A CUP TOTAL) COCONUT CURRY—2 CANS COCONUT MILK, FRE RAMEN/RICE NOODLES, GREEN ONTONS, SRIR 1 LEMON, 2 LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) 1 LETTUCE WRAPS—LETTUCE, RICE, SPECIAL SAUCE 1 1/2 POUNDS + 1.5 CUPS OF MUSHROOMS 1 1/4 CUP OF LEMON JULCE MAPLE DIJON CHICKEN— COUS COUS OR RICE 20 GARLIC CLOVES 1 1/2 CUP CREAMY PEANUT BUTTER THAL CHICKEN—RICE OR THAI NOODLES, PEAN CILANTRO, RED THAI PEPPERS 1 OZ FRESH GINGER (A FEW MORE IF YOU WANTE EXTRA GARLIC—Y PESTO) 1 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAITAN CHICKEN—RICE, FRESH PINEAPPLE 1 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3 /4 CUP OF DIJON MUSTARD PESTO—NOODLES, COOKED CHICKEN, VEGGEES	3 RED BELL PEPPERS	1.25-07. PACKAGE TACO SEASONING	2 TBSP GROUND CUMIN
9 YELLOW ONTONS , 1 WHITE ONTON 2 CUPS OF MILK 2 TURS OF BUTTER DAY-OF SUPPLIES 2 TURS CHOPPED) 0 LIVE OIL (ABOUT A CUP TOTAL) CHESS STEAKS - HOAGTE BUNNS, MORE PROVOLED PEAS, RICE, CASHEWS, CILLANTRO 2 JALAPENO PEPPERS (OPTIONAL) SOY SAUCE (ABOUT A CUP TOTAL) COCONUT CURRY - 2 CANS COCONUT MILK, FR. RAMEN/RICE NOODLES, GREEN ONTONS, SRIR 1 LEMON, 2 LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE MAPLE DIJON CHICKEN - COUS COUS OR RICE 11/2 POUNDS + 1.5 CUPS OF MUSHROOMS 1/4 CUP OF LEMON JUICE MAPLE DIJON CHICKEN - COUS COUS OR RICE 20 GARLIC CLOVES 1/2 CUP CREAMY PEANUT BUTTER THAT CHICKEN- RICE OR THAI NOODLES, PEAN CLIANTRO, RED THAI PEPPERS 1 OZ FRESH GINGER (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED CLIANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO - NOODLES, COOKED CHICKEN, VEGGIES	GREEN BELL PEPPERS	1 CUP OF PROVOLONE CHEESE	1/2 TSP GROUND GINGER
3-4 LARGE CARROTS 1 TBSP OF BUTTER DAY-OF SUPPLIES 2 ZUCCHINIS (FOR 3 CUPS CHOPPED) OLIVE OIL (ABOUT A CUP TOTAL) CHEESE STEAKS-HOAGIE BUNS, MORE PROVOLCY PEAS, RICE, CASHEWS, CILANTRO COCONUT CURRY 2 CANS COCONUT MILK, FR RAMEN/RICE NOODLES, GREEN ONTONS, SRIR 1 LEMON, 2 LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE 1 1/2 POUNDS + 1.5 CUPS OF MUSHROOMS 1/4 CUP OF LEMON JULCE MAPLE DIJON CHICKEN- COUS COUS OR RICE 20 GARLIC CLOVES 1/2 CUP CREAMY PEANUT BUTTER THAT CHICKEN- RICE OR THAT NOODLES, PEAN CILANTRO, RED THAT PEPPERS 1 OZ FRESH GINGER (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/A CUP OF DIJON MUSTARD PESTO- NOODLES, COOKED CHICKEN, VEGGIES	3 1/2 LBS OF CHOPPED BUTTERNUT SQUASH	3/4 CUPS PARMESAN	SALT AND PEPPER
2 ZUCCHINIS (FOR 3 CUPS CHOPPED) OLIVE OIL (ABOUT A CUP TOTAL) CHEESE STEAKS—HOAGIE BUNS, MORE PROVOLCY PEAS, RICE, CASHEWS, CILANTRO 2 JALAPENO PEPPERS (OPTIONAL) SOY SAUCE (ABOUT A CUP TOTAL) COCONUT CURRY—2 CANS COCONUT MILK, FR RAMEN/RICE NOODLES, GREEN ONIONS, SRIR LETTUCE WRAPS—LETTUCE, RICE, SPECIAL SAUCE 1 1/2 POUNDS + 1.5 CUPS OF MUSHROOMS 1/4 CUP OF LEMON JUICE MAPLE DIJON CHICKEN—COUS COUS OR RICE 20 GARLIC CLOVES 1/2 CUP CREAMY PEANUT BUTTER THAT CHICKEN—RICE OR THAI NOODLES, PEAN CILANTRO, RED THAI PEPPERS 1 OZ FRESH GINGER (A FEW MORE IF YOU WANT EXTRA GARLIC—Y PESTO) 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAITAN CHICKEN—RICE, FRESH PINEAPPLE 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO—NOODLES, COOKED CHICKEN, VEGGIES	YELLOW ONIONS , 1 WHITE ONION	2 CUPS OF MILK	
2 JALAPENO PEPPERS (OPTIONAL) SOY SAUCE (ABOUT A CUP TOTAL) SOY SAUCE (ABOUT A CUP TOTAL) COCONUT CURRY- 2 CANS COCONUT MILK, FR RAMEN/RICE NOODLES, GREEN ONIONS, SRIR RAMEN/RICE NOODLES, GREEN ONIONS, SRIR LEMON, 2 LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE MAPLE DIJON CHICKEN- COUS COUS OR RICE 1/2 CUP CREAMY PEANUT BUTTER THAT CHICKEN- RICE OR THAT NOODLES, PEAN CILANTRO, RED THAT PEPPERS LOZ FRESH GINGER (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED FRESH ROSEMARY LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE MAPLE DIJON CHICKEN- COUS COUS OR RICE THAT CHICKEN- RICE OR THAT NOODLES, PEAN CILANTRO, RED THAT PEPPERS HONEY ROSEMARY CHICKEN- COUSCOUS OR RI (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO- NOODLES, COOKED CHICKEN, VEGGIES	3-4 LARGE CARROTS	1 TBSP OF BUTTER	DAY-OF SUPPLIES
2 JALAPENO PEPPERS (OPTIONAL) SOY SAUCE (ABOUT A CUP TOTAL) COCONUT CURRY- 2 CANS COCONUT MILK, FR. RAMEN/RICE NOODLES, GREEN ONIONS, SRIR 1 LEMON, 2 LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE 1/2 CUP OF LEMON JUICE MAPLE DIJON CHICKEN- COUS COUS OR RICE 20 GARLIC CLOVES 1/2 CUP CREAMY PEANUT BUTTER THAI CHICKEN- RICE OR THAI NOODLES, PEAN CILANTRO, RED THAI PEPPERS 1 OZ FRESH GINGER (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAIIAN CHICKEN- RICE, FRESH PINEAPPLE 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO- NOODLES, COOKED CHICKEN, VEGGIES	? ZUCCHINIS (FOR 3 CUPS CHOPPED)	OLIVE OIL (ABOUT A CUP TOTAL)	CHEESE STEAKS- HOAGIE BUNS, MORE PROVOLONE
1 LEMON, 2 LIMES BROWN SUGAR (ABOUT 1/2 CUP TOTAL) LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE 1/4 CUP OF LEMON JUICE MAPLE DIJON CHICKEN- COUS COUS OR RICE 20 GARLIC CLOVES 1/2 CUP CREAMY PEANUT BUTTER THAI CHICKEN- RICE OR THAI NOODLES, PEAN CILANTRO, RED THAI PEPPERS 1/3 C BALSAMIC YINEGAR HONEY ROSEMARY CHICKEN- COUSCOUS OR RI 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAITAN CHICKEN- RICE, FRESH PINEAPPLE 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO- NOODLES, COOKED CHICKEN, VEGGIES] JALAPENO PEPPERS (OPTIONAL)	SOY SAUCE (ABOUT A CUP TOTAL)	COCONUT CURRY- 2 CANS COCONUT MILK, FROZEN
20 GARLIC CLOVES 1/2 CUP CREAMY PEANUT BUTTER THAT CHICKEN- RICE OR THAT NOODLES, PEAN CILANTRO, RED THAT PEPPERS 1/3 C BALSAMIC VINEGAR HONEY ROSEMARY CHICKEN- COUSCOUS OR RI (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAITAN CHICKEN- RICE, FRESH PINEAPPLE 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO- NOODLES, COOKED CHICKEN, VEGGIES	LEMON, 2 LIMES	BROWN SUGAR (ABOUT 1/2 CUP TOTAL)	LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE, PEANUTS
1/2 COT CREAMY TEAROR BOTTER CILANTRO, RED THAI PEPPERS 1/3 C BALSAMIC VINEGAR HONEY ROSEMARY CHICKEN- COUSCOUS OR RI (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED FRESH ROSEMARY 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO- NOODLES, COOKED CHICKEN, VEGGIES	1 1/2 POUNDS + 1.5 CUPS OF MUSHROOMS	1/4 CUP OF LEMON JUICE	MAPLE DIJON CHICKEN- COUS COUS OR RICE
1 OZ FRESH GINGER (A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO) 1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 1/4 CUP OF DIJON MUSTARD 1/4 CUP OF DIJON MUSTARD 1/4 CUP OF DIJON MUSTARD	20 GARLIC CLOVES	1/2 CUP CREAMY PEANUT BUTTER	THAT CHICKEN- RICE OR THAT NOODLES, PEANUTS,
1/4 CUP CHOPPED FRESH ROSEMARY 1 TBSP RICE VINEGAR HAWAITAN CHICKEN- RICE, FRESH PINEAPPLE 1/4 CUP CHOPPED CILANTRO (OPTIONAL) 3/4 CUP OF DIJON MUSTARD PESTO- NOODLES, COOKED CHICKEN, VEGGIES		1/3 C BALSAMIC VINEGAR	HONEY ROSEMARY CHICKEN- COUSCOUS OR RICE
The current of the process of the current of the cu		1 TBSP RICE VINEGAR	HAWATIAN CHICKEN- RICE, FRESH PINEAPPLE
1/4 CUP PARSLEY 1/2 CUP OF MAPLE SYRUP LIME SALSA CHICKEN- 1 JAR SALSA, RICE,	1/4 CUP CHOPPED CILANTRO (OPTIONAL)	3/4 CUP OF DIJON MUSTARD	PESTO- NOODLES, COOKED CHICKEN, VEGGIES
	1/4 CUP PARSLEY	1/2 CUP OF MAPLE SYRUP	
CORN TORTILLAS 3 CUPS BASIL (OR 1 1/2 C BASIL AND 1 1/2 C SPINACH) 3 TBSP FLOUR	3 CUPS BASIL (OR 1 1/2 C BASIL AND 1 1/2 C SPINACH)	3 TBSP FLOUR	CORN TORTILLAS

1/2 CUP WALNUTS