

FREEZER COOKING SHOPPING LIST

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

MEAT

16 LBS. BONELESS, SKINLESS
CHICKEN BREASTS/THIGHS

2 LBS. STEAK

PRODUCE

3 RED BELL PEPPERS

6 GREEN BELL PEPPERS

3 1/2 LBS OF CHOPPED BUTTERNUT SQUASH

9 YELLOW ONIONS, 1 WHITE ONION

3-4 LARGE CARROTS

2 ZUCCHINIS (FOR 3 CUPS CHOPPED)

2 JALAPENO PEPPERS (OPTIONAL)

1 LEMON, 2 LIMES

1 1/2 POUNDS + 1.5 CUPS OF MUSHROOMS

20 GARLIC CLOVES

1 OZ FRESH GINGER
(A FEW MORE IF YOU WANT EXTRA GARLIC-Y PESTO)

1/4 CUP CHOPPED FRESH ROSEMARY

1/4 CUP CHOPPED CILANTRO (OPTIONAL)

1/4 CUP PARSLEY

3 CUPS BASIL (OR 1 1/2 C BASIL AND 1 1/2 C SPINACH)

OTHER

(20 OZ) CAN PINEAPPLE SLICES

1 CAN WATER CHESTNUTS

3 CUPS CHICKEN BROTH (CANNED, BOXED OR HOMEMADE)

1.25-OZ. PACKAGE TACO SEASONING

1 CUP OF PROVOLONE CHEESE

3/4 CUPS PARMESAN

2 CUPS OF MILK

1 TBSP OF BUTTER

OLIVE OIL (ABOUT A CUP TOTAL)

SOY SAUCE (ABOUT A CUP TOTAL)

BROWN SUGAR (ABOUT 1/2 CUP TOTAL)

1/4 CUP OF LEMON JUICE

1/2 CUP CREAMY PEANUT BUTTER

1/3 C BALSAMIC VINEGAR

1 TBSP RICE VINEGAR

3/4 CUP OF DIJON MUSTARD

1/2 CUP OF MAPLE SYRUP

3 TBSP FLOUR

1/2 CUP WALNUTS

OTHER (CONT.)

1/3 C HONEY

2 TBSP CURRY POWDER

1 TSP GROUND CORIANDER

2 TBSP GROUND CUMIN

1/2 TSP GROUND GINGER

SALT AND PEPPER

DAY-OF SUPPLIES

CHEESE STEAKS- HOAGIE BUNS, MORE PROVOLONE
PEAS, RICE, CASHEWS, CILANTRO

COCONUT CURRY- 2 CANS COCONUT MILK, FROZEN
RAMEN/RICE NOODLES, GREEN ONIONS, SRIRACHA

LETTUCE WRAPS-LETTUCE, RICE, SPECIAL SAUCE, PEANUTS

MAPLE DIJON CHICKEN- COUS COUS OR RICE

THAI CHICKEN- RICE OR THAI NOODLES, PEANUTS,
CILANTRO, RED THAI PEPPERS

HONEY ROSEMARY CHICKEN- COUSCOUS OR RICE

HAWAIIAN CHICKEN- RICE, FRESH PINEAPPLE

PESTO- NOODLES, COOKED CHICKEN, VEGGIES

LIME SALSA CHICKEN- 1 JAR SALSA, RICE,
CORN TORTILLAS