

Freezer Meal Grocery List:

Meats:

- 24 chicken breasts
- 8 lbs. ground beef
- 2 beef chuck roasts (2-4 lbs)
- 2 packages stew meat
- 2 pot roasts (2-4 lbs)
- 2 pork loins 2 lbs.(or boneless rib meat)

Fresh:

- 4 small cartons of mushrooms
- 1 cup parsley
- 4 white or yellow onions
- green pepper
- 4 over ripe bananas

Dairy:

- 2 8oz. packages of cream cheese
- 8 eggs
- 1 cup parmesan cheese

You are expected to have:

Soy sauce, water, sugar, garlic, salt, pepper, red pepper flakes, olive oil, cumin, garlic salt, dry mustard, brown sugar, curry powder, milk, honey, and baking powder.

Canned Goods:

- 2 8oz. cans bamboo shoots
- 2 cans black beans
- 6 cans corn
- 2 jars salsa
- 5 cans beef consomme
- 4 cans cream of mushroom
- 2 cans cream of chicken soup
- 2 cans kidney beans
- 2 cans pinto beans
- 4 cans stewed tomatoes
- small jar chili sauce
- 2 cans pineapple chunks
- 2 cans green chilies
- 2 cans red enchilada sauce
- 2 cans mandarin oranges

Misc.

- freezer zip lock bags
- 1 1/2 cups bread crumbs
- 2 packets italian salad dressing
- 4 packets dry onion soup mix
- 2 packets taco seasoning
- 2 16oz. bottles pepsi (not diet)
- 1 can orange juice
- 6 cans coke (not diet)
- 6 cups rolled oats