

Freezer Meals Shopping List

meat

12 lbs. ground beef
15 chicken breasts

tomato products

4 - 28 oz. cans crushed tomatoes
3 cans Rotel tomatoes
1 - 14 oz. can diced tomatoes
1 - 12 oz. can tomato paste
2 jars pre-made marinara

canned goods

3 cans chili beans
2 cans black beans
2 cans Campbell's cheddar soup
4 cans cream of chicken soup
5 cups chicken broth
2 cans whole kernel corn
1 small can sliced black olives

seasonings

Italian seasoning
balsamic vinegar
2 packs chili seasoning
2 packs taco seasoning
ground sage
salt & pepper

dairy products

eggs
1- 32 oz. ricotta cheese
sour cream
5 - 16 oz. bags shredded cheddar
2 - 16 oz. bags shredded mozerella
grated Parmesan cheese

produce

onions
garlic

pasta

2 boxes no-bake lasagna
2 boxes penne

dry foods

French's fried onions
cornbread mix
self-rising flour
3 lb. bag rice

frozen foods

2 bag peas & carrots
2 bags broccoli

