

Freezer Cooking

Shopping List

Dairy

- 16 oz sour cream, plus extra for serving
- 1 lb. cheddar cheese block, plus extra for serving OR 4 cups pre-shredded cheese, plus extra for serving
- 1 lb. butter
- 6 eggs

Meat

- 8 chicken breasts
- 12 lbs ground beef
- 18 bone-in chicken thighs (or 1 per person, for three meals)
- 4 pounds beef stew meat
- 4 pounds chicken breasts

Vegetables

- broccoli (fresh or frozen), 8 cups
- 6 onions
- 1 head elephant garlic
- 6 bell peppers (I buy whatever color is on sale)
- 3 lemons
- 10-12 carrots
- 3-4 turnips
- fresh parsley, optional
- fresh basil, optional

Canned Goods

- 32 oz. mayonnaise
- 38 oz. tomato paste
- 8 oz. canned mushrooms
- 3 cans artichokes in water
- 1 jar pitted kalamata olives
- 8 cups beef broth or beef stock
- Bragg's liquid aminos
- 3 cans diced tomatoes
- 4 cans Rotel

Pantry/Staples

- 7 cups brown rice
- garlic powder
- onion powder
- salt
- pepper
- cinnamon
- cumin
- chili powder
- red pepper
- allspice
- bay leaves
- olive oil
- taco seasoning (or ingredients to make your own)
- oregano
- almond flour
- Gallon-sized freezer bags
- Quart-sized freezer bags (if desired)

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