

# Shopping List

## Meat

- 2 Chicken Breast Family Packs (8 breasts = 2 breasts per meal)
- 1 Pork Loin, about 2 feet long, 6-8 lbs (cut into quarters for 4 meals)
- 4 lbs ground beef or ground turkey (if buying a 5 lb package, split into 5 freezer bags)

## Fresh Produce

- 5 Bell Peppers, any color
- 1 large Tomato
- 1 lb Carrots
- 2 Yellow Onions
- 1 bunch Green Onions
- 1 small bunch of Cilantro
- 1 pack Brussel Sprouts (12-18 oz)
- 3 packs Lettuce, Spinach, Salad Bags, or Salad Kits
- 5 lb bag Potatoes
- 1 Lime

## Frozen Food

- 1 large package Frozen Chopped Broccoli, 40 oz
- 1 package Frozen Corn, 12-16 oz
- 1 large package Frozen Stir Fry Vegetables, 40 oz
- 1 pack Frozen Mixed Vegetables, 16 oz

## Dairy

- 2 packages (8 oz) Shredded Cheddar Cheese
- 1 package (8 oz) Grated Parmesan Cheese

## Canned Goods

- 3 cans Corn, 14-16 oz
- 3 cans Kidney Beans, 14-16 oz
- 2 cans Black Beans, 14-16 oz
- 1 can Pinto Beans, 14-16 oz
- 1 can Green Peas, 14-16 oz
- 2 cans Diced Tomatoes, 14-16 oz
- 3 cans Crushed Tomatoes, 28 oz
- 1 can Rotel (diced tomatoes with green chilies) 8 oz

## Pantry Items

- 2 lbs Rice (or substitute frozen Cauliflower Rice)
- 1 box Spaghetti, 16 oz
- 1 box Linguini, 16 oz
- 1 jar Alfredo Sauce, 15 oz
- 1 carton Beef Broth, 32 oz
- 1 carton Chicken Broth, 32 oz
- 1 bottle Barbecue Sauce, 18 oz
- 1 envelope Ranch Seasoning mix
- 1 envelope Taco Seasoning mix
- 1 Bag Tortilla Chips
- 1 pack Tortillas (Flour or Corn) 10 count

## Staple Items that are Probably at Home

- Freezer Bags
- Bread Crumbs
- Eggs
- Butter
- Olive Oil
- Peanut Butter
- Soy Sauce

- Minced Garlic
- Minced Ginger
- All-Purpose Seasoning
- Lemon-Pepper Seasoning
- Tajin Seasoning

- Cajun Seasoning
- Cayenne Pepper
- Chili Powder
- Crushed Red Pepper
- Paprika
- Ground Cumin

- Dried Basil
- Dried Oregano
- Garlic Powder
- Onion Powder
- Salt
- Pepper

