

Pre-Baby Freezer Meals - Grocery List

Meat

- 11 ½ pounds boneless, skinless chicken breasts
- 2 boneless skinless chicken breast halves
- 11-12 chicken breasts
- 1 ½ pounds boneless skinless chicken thighs
- 3 ½ pound shredded cooked chicken
- 1 ½ pounds chicken tenders
- 1 pound ground turkey
- 2 pounds lean beef stew meat
- 2-3 pounds pork tenderloin
- 1 pound Italian sausage
- 2 ½ pounds chuck roast
- 1 pound boneless beef chuck roast

Produce

- 5 bell peppers
- 1 large green pepper
- 1 large onion
- 5 yellow small onions
- 5-6 green onions
- Bag of Garlic (with at least 5-7 bulbs)
- 5 shallots
- 4-6 potatoes (or about 2-3 pounds)
- 1 ½ pound carrots
- Fresh broccoli florets
- ½ pound celeriac
- 10 oz white or cremini mushrooms (trimmed and thinly sliced)
- Cilantro
- Fresh ginger
- Fresh parsley
- 2 bay leaves
- Bottle of fresh lime juice
- Bottle of lemon juice

Dairy

- 16 oz grated Parmesan cheese
- 3 cheese sticks
- 6 slices provolone cheese
- 6 oz shredded provolone
- 12 oz shredded reduced-fat mozzarella cheese + enough for Sausage Lasagna
- 24 oz shredded Monterey Jack cheese
- 8 oz grated pepperjack or plain jack cheese
- 16 oz shredded cheddar cheese
- 28 oz low-fat cottage cheese
- 4 oz part-skim ricotta cheese + enough for Sausage Lasagna
- 20 oz sour cream
- 3 oz cream cheese
- 1 Greek yogurt cup
- 12 oz butter + for baking dishes
- Half gallon whole milk
- 3 Eggs
- 4 pre-made pie crusts

Breads/Pasta

- 12 corn tortillas
- 20 8" tortillas
- Small flour or corn tortillas
- 1 pound penne rigate
- 1 (13.25 oz) box whole wheat pasta
- lasagna noodles
- 1 (23.25 oz) jar light pasta sauce
- 1 can diced tomatoes
- 2 small cans tomato sauce
- 8 oz sliced oil-packed sun-dried tomatoes
- 1 (6 oz) can tomato paste
- 2 (16 oz) jars Alfredo sauce

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Pantry

- 8 oz Basmati rice
- Rice
- 2 (15 oz) cans black beans
- 36 oz chicken broth
- 4 (10 oz) cans red enchilada sauce
- Green salsa
- 3 (4 oz) cans chopped green chiles
- 1 can corn
- 1 (4 oz) can sliced mushrooms
- 2 (10.5 oz) cans beef consommé
- Dijon mustard
- Ketchup
- 14 oz Low sodium soy sauce
- Bourbon
- 12 oz Panko crumbs
- 4 oz Gluten free bread crumbs
- 10 oz honey

Frozen

- 1 (16 oz) frozen peas
- 1 (16 oz) bag frozen broccoli florets

Cooking/Baking

- 8 oz Olive oil
- 6 oz Oil
- Cooking spray or olive oil
- Sesame oil
- Red wine vinegar
- Vinegar
- Apple cider vinegar
- 8 oz Red wine
- Cornstarch
- Whole wheat flour
- Flour
- Brown sugar
- 2 oz Steak seasoning
- 4 taco seasoning packets
- 2 dry ranch seasoning packets
- Chicken granules
- Cumin
- Dried basil
- Dried oregano
- Dried thyme
- Paprika
- Chili powder
- Cayenne pepper
- Onion powder
- Garlic powder
- Lawry's Seasoning Salt
- Dried parsley
- Ground ginger
- Crushed red pepper flakes
- Black pepper + more to taste
- Salt Kosher salt to taste