

Grocery List

FREEZER COOKING DAY MEAL PLAN

This is your printable grocery list that are all the ingredients you need for the two weeks' worth of dinners listed on this post (CLICK).

Meats

- Chicken breast 12 3/4 lbs
- Flank steak (sliced thin) 1 lb
- Ground beef 2 lbs
- Pepperoni slices 6 oz

Dairy

- Butter 2-3 sticks
- Cheese (for the stromboli) 1 lb
- Gouda cheese 1/4 cup
- Heavy cream 2 1/4 cup
- Mozzarella cheese 4 cups
- Parmesan cheese .5 cup

Vegetables & Fruits

- Avocado 1
- Carrots 4
- Celery makes 2 cups
- Cilantro makes 5 tbsp
- Garlic cloves 15
- Ginger 1
- Green bell pepper (optional) 1/4
- Jalapeno (medium) 1
- Lettuce 1
- Mushrooms 1 box
- Onion (yellow/white) 8
- Onion (red) makes 1/4 cup
- Onions (green) 2
- Parsley makes 1/4 cup
- Peas (frozen) 2 packages

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Breads/Pasta/Dried Goods

- Angel hair pasta 1 box (12 oz)
- Basic pizza dough 1
- Cornstarch
- Flour 10.5 cups
- Rice 7 cups
- Yeast 2 envelopes

Seasoning/Condiments

- Salt and pepper
- Sesame oil
- Soy sauce
- Thyme
- Vegetable oil
- White pepper
- White vinegar

Seasoning/Condiments

- Barbecue sauce 1
- Basil (dried)
- Brown sugar
- Cayenne pepper
- Chicken broth makes 4 cups
- Chile-garlic sauce
- Chilli powder
- Cumin (ground)
- Curry powder
- Hoisin sauce
- Honey
- Hot pepper sauce (ie Tabasco)
- Lime juice
- Olive oil
- Pico de gallo
- Ranch dressing
- Red pepper flakes
- Rosemary

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Miscellaneous

- Better than bouillon (chicken)
- Canned beer or bottled 1
- Sesame seeds (toasted)