

4 WEEKS TO FILL YOUR FREEZER

WEEK 3: DINNER GROCERY LIST

GROCERY ITEMS

*Omit if using 6 pounds of meat

- 4 pounds boneless chicken breasts
- 3-6 pounds ground beef/turkey
- 1 pound carrots*
- 2 zucchini*
- 6 onions
- 1 green bell pepper
- 2 stalks celery
- 2 yellow bell peppers
- 2 red bell peppers
- 2 orange bell peppers
- 1 can pinto beans
- 1 can black beans
- 1 can kidney beans
- 2 cans tomato paste
- 1 can green chiles
- 4 cans red enchilada sauce
- 46-ounce can tomato juice
- 4 cups shredded cheddar
- 1-pound box ziti

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- 2 26-ounce jars spaghetti sauce
- 15-ounce container ricotta cheese
- 2 cups shredded mozzarella
- ¼ cup Parmesan cheese
- 16 tortillas
- ¼ teaspoon cayenne pepper
- ½ teaspoon white sugar
- ½ teaspoon oregano
- 1 teaspoon black pepper
- 1 ½ teaspoons cumin
- ½ tablespoon chili powder + 2 teaspoons
- 1 cup ketchup
- ¼ cup brown sugar
- 2 tablespoons yellow mustard
- 2 tablespoons Worcestershire sauce
- 1 tablespoon minced garlic
- 2 packets taco seasoning
- 2-4 foil pans (2 8x8, 2 9x13)
- Aluminum foil
- 3-6 freezer bags (2 quart, 4 gallon)