

4 WEEKS TO FILL YOUR FREEZER

WEEK 2: LUNCH GROCERY LIST

GROCERY ITEMS

*Can use 2 cans of pizza dough instead

- 3 pounds boneless chicken breasts
- 2 jars salsa
- 5 ½ cups shredded cheddar
- 1 ½ cups shredded mozzarella
- 2 packets taco seasoning
- 16 tortillas
- 4 tablespoons olive oil*
- 2 teaspoons salt*
- 6 cups all-purpose flour*
- 2 tablespoons active dry yeast*
- 3 cups diced ham or 8-ounce package deli ham
- 1 package pepperoni
- (Optional) Pizza toppings for calzone
- 2 8-ounce blocks cream cheese
- 1 1/2 cups uncooked rice
- 1 can black beans
- 1 can corn
-
-

-
-
-
-
-
-

FREEZER SUPPLIES

- 4 Gallon-sized freezer bags
- 6 freezer safe containers
- A marker for labeling bags
- Plastic Wrap
-
-
-
-
-
-