

# SIMPLY DELICIOUS

## FREEZER MEAL GROCERY LIST



DAIRY	MEAT	PRODUCE	SEASONINGS/MISC.
<input type="checkbox"/> 30 Eggs	<input type="checkbox"/> 1 Package Bacon	<input type="checkbox"/> 3 Ripe Bananas	<input type="checkbox"/> 8 TBSP Minced Garlic
<input type="checkbox"/> 2 Cup Milk	<input type="checkbox"/> 2 LB Sausage	<input type="checkbox"/> 6 Carrots	<input type="checkbox"/> 1 TBSP Garlic Powder
<input type="checkbox"/> 6 Cup Cheddar Cheese	<input type="checkbox"/> 6 LB Ground Beef	<input type="checkbox"/> 6 Celery Stalks	<input type="checkbox"/> 3 TBSP Italian Seasoning
<input type="checkbox"/> 1 Cup PepperJack	<input type="checkbox"/> 5 LB Chicken Breast	<input type="checkbox"/> 6 Onions	<input type="checkbox"/> 2 Packet Taco Seasoning
<input type="checkbox"/> 24 Oz Mozzarella Cheese	<input type="checkbox"/> 2 LB Flank/Skirt Steak	<input type="checkbox"/> 1 Bag Sun-Dried Tomatoes	<input type="checkbox"/> 1 Packet Chili Seasoning
<input type="checkbox"/> 30 Oz Ricotta Cheese	<input type="checkbox"/> 4 LB Beef Chuck Roast	<input type="checkbox"/> 2 TBSP Lemon Juice	<input type="checkbox"/> 1 Packet Beef Stew Mix
<input type="checkbox"/> 2 Cup Grated Parm Cheese	<input type="checkbox"/> 3 LB Chicken Thighs	<input type="checkbox"/> 2 TBSP Lime Juice	<input type="checkbox"/> 1 Meatloaf Packet
<input type="checkbox"/> 2 Cup Greek Yogurt	<input type="checkbox"/> 2 LB Pork Style Ribs		<input type="checkbox"/> 3 Cup Ketchup
<input type="checkbox"/> ½ Cup Mayo			<input type="checkbox"/> ½ Cup Yellow Mustard
<input type="checkbox"/> 8 oz Cream Cheese			<input type="checkbox"/> 2 TBSP Hot Sauce
			<input type="checkbox"/> 1 Cup Teriyaki Sauce
			<input type="checkbox"/> ½ Cup Soy Sauce
			<input type="checkbox"/> 1 TBSP Worcestershire
			<input type="checkbox"/> 1 Cup Dijon Mustard
			<input type="checkbox"/> ½ Cup Maple Syrup
			<input type="checkbox"/> 1 Cup Apple Cider Vinegar
			<input type="checkbox"/> 1 Cup BBQ Sauce
			<input type="checkbox"/> 2 Cans Tomato Juice
			<input type="checkbox"/> 2 TBSP Cornstarch
			<input type="checkbox"/> 2 TBSP Parsley
			<input type="checkbox"/> 1 Can Chipotle Chili in Adobo
BAKING	FROZEN	PASTA/GRAINS/BREAD	
<input type="checkbox"/> 1 Cup Rolled Oats	<input type="checkbox"/> 10oz Broccoli Florets	<input type="checkbox"/> No-Bake Lasagna Noodles	
<input type="checkbox"/> 2½ Cup Mini Semi-Sweet Chocolate Chips		<input type="checkbox"/> 1 Box Elbows	
<input type="checkbox"/> 1 Cup Coconut Flakes	<b>CANNED</b>	<input type="checkbox"/> 1 Box Bowtie Pasta	
<input type="checkbox"/> ½ Cup Ground Flax Seed	<input type="checkbox"/> 3 Jars Tomato Pasta Sauce	<input type="checkbox"/> 1 Box Ziti	
<input type="checkbox"/> ½ Cup Peanut Butter	<input type="checkbox"/> 2 Jars Ragu Cheese Sauce	<input type="checkbox"/> 6 Cups Rice	
<input type="checkbox"/> ⅓ Cup Honey	<input type="checkbox"/> 1 Jar Alfredo Sauce	<input type="checkbox"/> ½ Cup Barley	
<input type="checkbox"/> 1 TSP Vanilla Extract	<input type="checkbox"/> 1 Can Condensed Cream of Chicken Soup	<input type="checkbox"/> 1 Cup Bread Crumbs	
<input type="checkbox"/> 1 Box Yellow Cake Mix	<input type="checkbox"/> 2 Can Green Chilies	<input type="checkbox"/> 20 Burrito Tortillas	
<input type="checkbox"/> 1 Cup Vegetable Oil	<input type="checkbox"/> 1 Can Pinto Beans	<input type="checkbox"/> 30 Small Flour Tortillas	
<input type="checkbox"/> 2 Cup Brown Sugar	<input type="checkbox"/> 2 Can Black Beans		
	<input type="checkbox"/> 1 Can Bush's Baked Beans		
	<input type="checkbox"/> 1 Can Chili Beans		
	<input type="checkbox"/> 2 Cans Sweet Corn		
	<input type="checkbox"/> 1 Can Rotel		
	<input type="checkbox"/> 3 Cups Salsa		
	<input type="checkbox"/> 1 28oz Can Enchilada Sauce		
	<input type="checkbox"/> 1 Can Tomato Sauce		
	<input type="checkbox"/> 1 20oz Can Pineapple Chunks		
	<input type="checkbox"/> 2 Boxes Beef Broth		

This full grocery list covers all the ingredients for the following recipes from [SimplyDelicious.com](http://SimplyDelicious.com)

Breakfast Burritos	Simply Homemade Banana Bread	Protein Balls	Lasagna
Macaroni and Cheese	Tuscan Chicken	Baked Ziti	Chicken Broccoli Cheddar Bake
Pepper Jack Chicken Taquitos	Fiesta Chicken Bake	Burritos	Enchiladas
Chili	Beef Barbacoa Tacos	Teriyaki Chicken Thighs	Mongolian Beef
Beef Stew	Maple Dijon Glazed Chicken	BBQ Ribs	Meatloaf