

Freezer Meal Party #1 Shopping List:

Link on Thriving Home:

<http://thrivinghomeblog.com/freezer-meal-party-plan-1/>

The items on this list are for six servings of each of these six recipes:

1. *Oven-Fried Parmesan Chicken Tenders*
2. *On-the-Go Chicken Burritos*
3. *Slow Cooker Steak Chili*
4. *Mini Italian Burgers*
5. *Apple Cinnamon Baked Oatmeal*
6. *Sweet and Savory Salmon*

Produce:

3 medium onions (*Hint: Or buy 1 bag of frozen, chopped onions to save time.*)
1 jar of minced garlic (*Hint: Preferred, to save prep time*) or 4 heads of garlic
1 large bunch of fresh flat leaf parsley
1 large ginger root (about 3 inches or enough for 6 tablespoons of grated ginger)
1 small bunch of green onions
6 large apples

Bakery/Bread:

48 8-inch whole wheat tortillas
48 mini wheat buns

Dry Goods:

3 (15 ounce) cans of black beans
6 (15 ounce) cans pinto beans
6 (28 ounce) cans petite diced tomatoes
 $\frac{3}{4}$ cup or 2 (6 ounce) cans tomato paste
6 cups or 2 (32 ounce) cartons beef broth
6 cups (48 ounce) mild salsa
6 (1.5 ounce) packets store-bought mild taco seasoning (or make 6 servings of [this homemade taco seasoning](#))
1 (14 ounce) box of instant brown rice
 $\frac{3}{4}$ cup reduced-sodium soy sauce
6 tablespoons (or 3 ounces) rice vinegar
6 tablespoons (or 3 ounces) sesame oil

16 ½ cups rolled oats
1 ½ cups raisins
1 ½ cups honey

Spices: *Note: If you can't find these exact sizes of spice bottles, buy the next size up.*

3 tablespoons Old Bay seasoning
2 tablespoons garlic powder
6 tablespoons chili powder
3 tablespoons ground cumin
1 tablespoon crushed red pepper flakes
1 ½ teaspoons dried oregano
1 ½ teaspoons paprika
2 tablespoons cinnamon
1 ½ tablespoons ground black pepper
about 8 tablespoons salt

Baking:

1 ½ cups (or a small bag) whole wheat flour
at least 1 cup (or 1 small container) olive oil
baking spray
4 cups (or 1 bag) brown sugar
2 tablespoons (1 container) baking powder
3 cups chopped walnuts

Refrigerated:

3 cups freshly grated Parmesan cheese (or may be found in dry goods aisle)
9 cups shredded cheddar cheese
24 Provolone or mozzarella cheese slices
3 sticks (1 package) butter
1 dozen eggs
6 cups milk

Meat:

8 pounds of chicken tenders
12 individual chicken breasts
9 pounds of stew beef (cut into chunks)
10-11 pounds of ground beef
9 pounds of salmon filets (with or without skin)

Frozen:

4 ½ cups (32 ounces) frozen corn

Health Food Section:

1 ½ cups ground flaxseed (one small bag)

Freezer Containers:

1 large roll aluminum foil

1 roll parchment paper

6 disposable aluminum 8x8 casserole pans with lids

36 (plus a few extras) gallon-sized zip-top freezer bags