

Freezer Meal Party #2 Shopping List:

<http://thrivinghomeblog.com/freezer-meal-party-plan-2/>

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

1. *Gourmet Grilled Chicken Sandwich*
2. *Herb Roasted Pork Tenderloin*
3. *Tortilla Soup*
4. *Baked Meatballs*
5. *Make-Ahead Breakfast Sandwiches*
6. *Mediterranean Shrimp*

Produce:

- 1 large bunch fresh parsley
- 9 lemons
- 1 jar of minced garlic (*Hint: Buy this to save prep time*) or 2 heads of garlic

Bakery/Bread:

- 36 hamburger buns (preferably whole wheat)
- 6 cups whole wheat or panko breadcrumbs
- 36 English muffins (preferably whole wheat)

Dry Goods:

- at least 10 ounces of cider vinegar
- 3 (32 ounce) boxes chicken or vegetable stock
- 3 (15 ounce) cans refried beans
- 3 (15 ounce) cans black beans, drained and rinsed
- 3 (15 ounce) cans petite diced tomatoes (juice and all)
- 3 (4 ounce) cans diced green chiles (juice and all)
- 3 (15 ounce) cans of corn, drained
- 1 (14 ounce) box instant brown rice
- 3 cups salsa
- 2 (1.5 ounce) all-natural taco seasoning packets
- $\frac{3}{4}$ cup or 2 (6 ounce) cans tomato paste

Spices:

9 tablespoons garlic powder
3 tablespoons powdered ginger
3 tablespoons paprika
3 tablespoons dried oregano
2 tablespoons ground cumin
2 tablespoons ground coriander
1 tablespoon ground thyme
1 tablespoon onion powder
1 tablespoon Italian seasoning
1 tablespoon dried basil
 $\frac{3}{4}$ teaspoon red pepper flakes
5 $\frac{1}{2}$ tablespoons ground black pepper
11 $\frac{1}{2}$ tablespoons salt

Baking:

at least 40 ounces of olive oil

Refrigerated:

18 tablespoons (2 $\frac{1}{2}$ sticks) butter
2 $\frac{1}{4}$ cups milk
72 slices cheddar cheese
42 (3 $\frac{1}{2}$ dozen) large eggs

Meat:

18 large boneless skinless chicken breasts
72 slices of bacon (*Hint: Buy precooked bacon to save time.*)
6 large or 12 small (about 7 $\frac{1}{2}$ lbs) pork tenderloins
9 lbs ground beef (or substitute ground turkey)

Frozen:

6 pounds raw deveined shrimp (peeled or shell on)

Miscellaneous:

1 large roll aluminum foil

1 small roll plastic wrap

48 (plus a few extras) gallon-sized zip-top freezer bags (*Hint: Buy the best ones possible, so they seal well.*)

30 (plus a few extras) wooden skewers (optional)