



# FREEZER MEAL SHOPPING LIST

5 FREEZER MEALS EVEN YOUR PICKIEST EATERS WILL LOVE

*chicken pot pie • tuna casserole • café rio burritos • chicken enchiladas • lasagna*

**COSTCO/SAM'S CLUB:**

- 10-12 Chicken Breasts
- 2 pkgs- 4lbs of cheese- (won't use all of it)
- 1 Pack of tortillas (40 count)

**CANNED ITEMS:**

- 8- 6.4oz cans of Tuna
- 6- 15oz cans of Beans (your choice)
- 2- 15 oz cans of Diced Tomatoes
- 3 cans of Spaghetti Sauce
- 3- 32oz containers of Chicken Broth
- 2- 4oz- can of Green Chili Peppers
- 3- 28oz- cans of Green Enchilada Sauce
- 1-15oz container of Bread Crumbs

**PACKAGES:**

- 2 pkgs of Oven Ready Lasagna Noodles
- 2 pkgs of Ex-Wide Egg Noodles
- 6 Cups of Rice

**EXTRAS:**

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**DAIRY:**

- 2- 16 oz of Cottage Cheese
- 2- 3cup Mozzarella Cheese
- 1-oz Sour Cream

**MATERIALS:**

- 8- 9X13 containers to be frozen
- 2- 9" Pie tins
- 1-pkg of Tin Foil

**FRESH:**

- 2 pkgs of beef
- 1 bunch of Cilantro
- 4- Medium-sized Onions

**FROZEN:**

- 1 pkg-4cups of Hasbrowns
- 2-12oz pkgs of Mixed Veggies
- 2- 14oz pkgs of Frozen Broccoli

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