

# shopping list

## 5 Freezer Meals In One Hour

### meat

- 2 pounds of bone-in chicken
- 1 pound of ground beef
- 12 oz. of frozen turkey meatballs
- 16 oz. of mild Italian sausage
- 6 pieces of thin-sliced chicken breasts

### produce

- 1 pound of small potatoes
- Green onions
- 1/2 pound of carrots
- 1 medium white onion
- 3 bell peppers: orange, green and red

### canned goods

- 2 cans of black beans
- 2 small cans of enchilada sauce
- 45 oz. of chicken broth, plus 2 additional small cans of chicken broth
- 3 15 oz. of diced tomatoes
- 1 can of pineapple chunks
- 16 oz. frozen stir-fry vegetables

### etc.

- 14 oz. of frozen cheese tortellini
- 10 oz. frozen chopped spinach
- Uncooked brown rice (2 cups)
- 1 package of flour tortillas
- Shredded Mexican cheese
- Olive oil
- Minced garlic
- Teriyaki sauce