

Master Grocery List - For 28 Slow Cooker Freezer Meals

RECIPES INCLUDED

1. CHICKEN CHEESESTEAKS
2. HAMBURGER POTATO SOUP
3. MINISTRONE SOUP
4. ORANGE-GINGER SHREDDED BEEF WITH SOY GLAZE
5. PULLED PORK
6. RED PEPPER CHICKEN
7. TACO CHILI WITH CORNBREAD TOPPING
8. "MONSTER" CHEESEBURGERS
9. LEMON PEPPER CHICKEN
10. GARDEN VEGETABLE SOUP WITH GROUND TURKEY
11. CLASSIC POT ROAST
12. CHICKEN TACO SOUP
13. BBQ BABY BACK RIBS
14. ASIAN CHICKEN LETTUCE WRAPS
15. SUPER SIMPLE MEATBALL VEGGIE SOUP
16. SLOPPY JOES
17. ORANGE GINGER CHICKEN
18. JALAPENO LIME SHREDDED PORK TACOS
19. CREAMY POTATO SOUP
20. CHILI-SPICED BEEF AND CARROTS
21. BBQ SHREDDED CHICKEN
22. CHICKEN TORTILLA SOUP
23. GRANDMA'S BEEF STEW
24. HONEY DIJON CHICKEN
25. ITALIAN-STYLE POT ROAST
26. MEDITERRANEAN SHREDDED PORK PITA POCKETS
27. SHREDDED BUFFALO CHICKEN
28. SPICY BEEF CURRY STEW

PRODUCE

- 18 SMALL YELLOW ONIONS – I BOUGHT 6 LBS AND IT WAS JUST ENOUGH
- 5 MEDIUM-SIZED RED BELL PEPPERS
- 3 MEDIUM-SIZED GREEN BELL PEPPERS
- 4 BULBS OF GARLIC (37 CLOVES TOTAL; THE AVERAGE-SIZED BULB HAS 10-12 CLOVES)- I BOUGHT PEELED CLOVES
- 7.75LBS CARROTS
- 7.5LBS RUSSET POTATOES
- 6 CUPS GREEN BEANS (ABOUT 2LBS)-I BOUGHT 2, 12OZ BAGS
- 2OZ BABY SPINACH*
- 2 NAVEL ORANGES
- 3-INCHES GINGER ROOT
- 1 LEMON
- 1LB ZUCCHINI (3-4 SMALL) + 1 LARGE
- 1 JALAPENO PEPPER
- 2 LIMES
- 4 MEDIUM-SIZED STALKS OF CELERY*

MEAT

- 13LBS BONELESS SKINLESS CHICKEN BREASTS
- 5LBS 85% LEAN GROUND BEEF
- 5 BONELESS BEEF CHUCK SHOULDER ROASTS (2LBS EACH)
- 2 BONELESS PORK SHOULDER ROASTS (ONE 2LBS AND ONE 3LBS)
- 1 BONE-IN PORK SHOULDER ROAST (2LBS)
- 1LB GROUND TURKEY
- 3LBS BABY BACK RIBS
- 2LBS GROUND CHICKEN

COLD

- 4 TABLESPOONS UNSALTED BUTTER

FREEZER

- 3.5 CUPS FROZEN CORN- I BOUGHT TWO 16OZ BAGS
- 1LB SMALL MEATBALLS
- 8OZ FROZEN BROCCOLI FLORETS

ITALIAN

- 5 CANS OF DICED TOMATOES (28 OZ EACH)*
- 28OZ CAN OF TOMATO SAUCE – I BOUGHT TWO 15OZ CANS*
- 2 CANS OF TOMATO SAUCE (15OZ EACH)*
- 24OZ JAR OF PASTA SAUCE (WE LIKE PREGO “TRADITIONAL”)

CANNED

- 15OZ CAN OF KIDNEY BEANS
- 15OZ CAN OF BLACK BEANS
- 2 CANS OF CANNELLINI BEANS (15OZ EACH)
- 4OZ CAN OF DICED MILD GREEN CHILES
- 15OZ CAN OF DICED TOMATOES WITH GREEN CHILES

SPICES

- 2 TEASPOONS DRIED BASIL LEAVES
- 2 BAY LEAVES
- 1/4 TEASPOON CELERY SEED
- 6 TABLESPOONS + 2 TEASPOONS CHILI POWDER
- 2.5 TEASPOONS GROUND CUMIN
- 2 TABLESPOONS + 1 TEASPOON CURRY POWDER
- 1 TABLESPOON + 1.75 TEASPOONS CRUSHED RED PEPPER FLAKES
- 1 TABLESPOON + 1/2 TEASPOON GARLIC POWDER
- 1/2 CUP ITALIAN SEASONINGS
- 3/4 CUP DRIED MINCED ONION FLAKES
- 2.5 TEASPOONS MONTREAL STEAK SEASONING
- 1 TABLESPOON + 2.25 TEASPOONS ONION POWDER
- 1 TABLESPOON + 1/2 TEASPOON GROUND OREGANO
- 2 TABLESPOONS + 1.25 TEASPOONS PAPRIKA
- 3/4 TEASPOON PARSLEY FLAKES
- 8 TEASPOONS PEPPER
- 1 TEASPOON DRIED ROSEMARY
- 1 TABLESPOON + 2.75 TEASPOONS SALT
- 1.5 TEASPOONS GROUND THYME

MISCELLANEOUS

- 28 GALLON-SIZED PLASTIC FREEZER BAGS

- 1.25 CUPS + 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1/2 CUP + 1 TABLESPOON HONEY
- 1/2 CUP + 1 TABLESPOONS + 2 TEASPOONS APPLE CIDER VINEGAR
- 1/4 CUP + 1 TABLESPOON LOW SODIUM SOY SAUCE
- 2 TABLESPOONS WHITE SUGAR
- 2 CUPS KETCHUP – I LIKE SIMPLY HEINZ
- 1/2 CUP + 2 TABLESPOONS LIGHT BROWN SUGAR
- 2 TABLESPOONS COCONUT OIL
- 2 TABLESPOONS RED WINE VINEGAR
- 1/4 CUP DIJON MUSTARD
- 1 CUP HOT SAUCE
- 2 TABLESPOONS DISTILLED WHITE VINEGAR

ITEMS ON-HAND

PURCHASED AT ALDI (OR OTHER DISCOUNT STORE) – \$39

PURCHASED AT COSTCO (OR OTHER BULK STORE) – \$46

PURCHASED AT LOCAL GROCERY STORE - \$156

TOTAL = \$241 (\$8.60 PER MEAL, \$1.05 PER SERVING)

*PURCHASED ORGANIC

ITEMS NEEDED DAY-OF COOKING (I DECIDED TO WAIT TO BUY THESE)

- 4 SLICES OF PROVOLONE CHEESE
- 4 SLICES OF AMERICAN CHEESE
- 4OZ CHEDDAR CHEESE (ABOUT ONE CUP SHREDDED)
- 9 CUPS FAT-FREE, LOWER SODIUM BEEF BROTH (2 CARTONS + 1 CAN)
- 26 CUPS LOW SODIUM CHICKEN BROTH (6 CARTONS + 1 CAN)
- 1 CUP UNCOOKED ELBOW MACARONI
- 1 BOX JIFFY CORN MUFFIN MIX (PLUS ONE EGG AND 1/3 CUP MILK)
- 12OZ CAN OF EVAPORATED MILK WITH VITAMIN A
- 4 CORN TORTILLAS
- SUGGESTED SIDE DISHES
 1. CHICKEN CHEESESTEAKS – 4 SUB ROLLS AND SWEET POTATO FRIES
 2. HAMBURGER POTATO SOUP - FRESH BREAD OR ROLLS
 3. MINISTRONE SOUP – TOP WITH PARMESAN CHEESE AND SERVE WITH GARLIC BREAD
 4. ORANGE-GINGER SHREDDED BEEF WITH SOY GLAZE – BROCCOLI AND BROWN RICE
 5. PULLED PORK – SERVE ON SANDWICH ROLLS WITH A SIDE SALAD (TOP WITH BBQ SAUCE)
 6. RED PEPPER CHICKEN – SERVE WITH RICE AND A VEGETABLE OR ON SOFT TORTILLAS
 7. TACO CHILI WITH CORNBREAD TOPPING – NO SIDES NEEDED
 8. “MONSTER” CHEESEBURGERS – 6 HAMBURGER BUNS AND A SIDE SALAD
 9. LEMON PEPPER CHICKEN – BROWN RICE AND GREEN BEANS
 10. GARDEN VEGETABLE SOUP WITH GROUND TURKEY – ROLLS OR FRESH BREAD
 11. CLASSIC POT ROAST – FRESH BREAD
 12. CHICKEN TACO SOUP – CRUSTY BREAD OR TORTILLA CHIPS
 13. BBQ BABY BACK RIBS – BBQ SAUCE AND CORN ON THE COB
 14. ASIAN CHICKEN LETTUCE WRAPS – SERVE ON BIG PIECES OF ICEBERG OR BOSTON BIBB LETTUCE
 15. SUPER SIMPLE MEATBALL VEGGIE SOUP – GARLIC BREAD OR ROLLS
 16. SLOPPY JOES – SERVE ON SANDWICH ROLLS WITH A SIDE SALAD
 17. ORANGE GINGER CHICKEN – RICE AND BROCCOLI
 18. JALAPENO LIME SHREDDED PORK TACOS – SERVE ON SOFT TORTILLAS WITH SHREDDED CHEESE, LETTUCE, TOMATOES, AND AVOCADO

19. CREAMY POTATO SOUP – TOP WITH YOUR FAVORITE BAKED POTATO TOPPINGS, LIKE BACON, SHREDDED CHEDDAR CHEESE, AND GREEN ONIONS
20. CHILI-SPICED BEEF AND CARROTS – BROWN RICE OR POTATOES
21. BBQ SHREDDED CHICKEN – SERVE ON ROLLS WITH A SIDE SALAD
22. CHICKEN TORTILLA SOUP – TOP WITH YOUR FAVORITE TACO TOPPINGS, LIKE SHREDDED CHEESE, SOUR CREAM, AND CRUSHED TORTILLA CHIPS
23. GRANDMA’S BEEF STEW – CRUSTY BREAD
24. HONEY DIJON CHICKEN – STEAMED BROCCOLI AND BROWN RICE
25. ITALIAN-STYLE POT ROAST – SERVE WITH A SIDE SALAD AND SPAGHETTI OR CRUSTY BREAD
26. MEDITERRANEAN SHREDDED PORK PITA POCKETS – SERVE IN PITA POCKETS WITH MIXED GREENS, TOMATO SLICES, AND CUCUMBERS (OR PICKLES)
27. SHREDDED BUFFALO CHICKEN – SERVE ON ROLLS WITH CARROTS AND CELERY STICKS AND BLEU CHEESE DRESSING (OR RANCH)
28. SPICY BEEF CURRY STEW – ROLLS OR NAAN BREAD