

Ground Beef – 3 lbs
Boneless, Skinless Chicken Breasts – 5 ½ lbs
Boneless, Skinless Chicken Thighs – 2 lbs
Round Steak – 4 lb
Ground Turkey – 1lb
Boneless Pork Chops – 12 chops
Beef Roast – 2-3lb
Stew Meat – 2 lbs
Boneless Pork Loin – 2-3 lbs
Bacon – 1 pkg
Green Bell Peppers – 10
Onions – 8
Red Onion – 1
Small Red Potatoes – 1 ½ lbs
Broccoli – 1 head
Lemons – 3
Mushrooms – 2 lbs
Celery – 1 bunch
Baby Carrots – 1 small bag
Sweet Potatoes – 2
Apples – 3
Russett Potatoes – 3
Onion Soup Mix – 2 packets
Maple Syrup – small bottle
Spicy Brown Mustard
Apple Cider Vinegar
Soy Sauce
Minced Garlic jar
Honey – small bottle

Sesame Oil
Beef Broth – 3 cans
Beef Bouillon Cubes – 1 jar
Chicken Bouillon Cubes – 1 jar
Worcestershire Sauce – 1 jars
Vegetable Stock – 2 Qts
Barley Pearls – 1 cup
Balsamic Vinegar
Brown Sugar
Cornstarch
Sugar
Butter Sticks -2
Shredded Mozzarella Cheese – 2 cups
Shredded Sharp Cheddar Cheese – 2 cups
Cottage Cheese – 8oz
Sour Cream – 16oz
Taco Seasoning – 1 pkt
Condensed Tomato Soup – 1 can
Cream of Chicken Soup – 2 cans
Cheddar Cheese Soup – 1 can
Black Beans – 1 can
Crushed Tomatoes – 1 (15oz) can and 1 (28oz) can
Diced Tomatoes – 1 (15oz) can and 1 (28oz) can
Tomato Paste – 5 ½ oz can
Pasta Sauce – 3 jars
Lasagna Noodles – 1 box
Pineapple Chunks – 2 (15oz) cans
Jiffy Corn Mix – 1 box
Frozen Corn – 1 pkg (small)

Frozen Meatballs – 16oz

Frozen Shredded Hash Browns – 16oz

Frozen Peach Slices – 16 oz

Olive Oil

Red Cooking Wine – Small Bottle

Dried Crushed Red Pepper Flakes

Paprika

Dried Italian Seasoning

Chili Powder

Ground Cumin

Garlic Powder

Dried Parsley

Dried Oregano

Dried Basil

Salt

Grated Ginger

Dried Rosemary

Dried Thyme

Black Pepper

Rice – 2 boxes (to serve the meals with as an option)

Egg Noodles – 1 pkg (to serve the meals with as an option)

20 Ziploc Freezer Bags (to put the freezer meals in)