

## 20 Healthy Freezer Meals Shopping List

2 lb. ground beef

8 chicken legs

1 boneless chuck roast (3 ½ - 4 lb)

4-6 chicken breasts or boneless/skinless chicken thighs x 12 depending on your family size. I do 4 for my recipes (family of 3) and we personally found chicken thighs to be more flavorful but it is your preference and you can even mix both in your recipes for those who prefer one over the other.

4-6 boneless pork chops x 3 (again depending on family size. I do 4 for my recipes (family of 3).

7 cup olive oil

7 cup chicken broth – do not need this until ready to cook

1 cup lemon juice – you can use fresh squeezed or I use Santa Cruz Organic

½ cup capers (2.4 oz jar)

2 lbs sweet potatoes – I purchased mine already peeled/cubed

18 Garlic Cloves

2 cups carrots – I used baby carrots

8 TBSP Honey – if Whole30 omit

20 oz fresh pineapple (with juice)

2 green peppers

1 cup BBQ Sauce (if on whole 30 use unsweetened) – I like Tessamae's

4 apples (any type but I prefer Granny Smith or Fuji)

¾ cup unsweetened applesauce

1 jar whole pepperoncini (12 oz)

5 onions – (You can use frozen or fresh) – approximately 5 cups

2 ½ cup beef broth – do not need this until ready to cook

5 lb butternut squash (I purchased this peeled/cut/cubed)

4 TBSP Apple Cider Vinegar – I use Braggs

½ cup Lime Juice (fresh or I use Santa Cruz Organic)

2 cups Orange Juice (no sugar added, fresh squeezed)

3 cans tomatoes chopped (15 oz)

1 Red Pepper

1 Orange Pepper

1 cup mushrooms – sliced (fresh)

3 cans tomato sauce (15 oz) – No sugar added

4 red potatoes

Dijon Mustard – No sugar added – I prefer Tessamae's

1 bottle Coconut Aminos

1 Orange - You don't need these until you are ready to cook Orange Chicken

1 Lemon – You don't need these until you are ready to cook Citrus Chicken

**Spices:**

Bay Leaf (1), Garlic Powder, Rosemary (crushed), Ginger, Salt, Pepper, Italian Seasoning, Cinnamon, Paprika, Onion Powder, Red Pepper Flakes or Cayenne Pepper, Sage, Parsley, Nutmeg, Cloves

Spicehound Tabil – (blend of coriander, minced garlic, crushed red pepper, caraway seeds)

Spicehound Adobo – (blend of garlic, onion, oregano, cumin, black pepper)