

FREEZER MEALS SHOPPING LIST



BREADS, GRAINS

- Oats (steel-cut, rolled)
- Penne pasta (whole-grain)



DAIRY

- Butter (unsalted)
- Evaporated milk (canned)
- Greek yogurt (plain)
- Milk
- Parmesan cheese (grated)



FISH, MEAT, VEGETARIAN PROTEIN

- Salmon (center cut, skin on)
- Chicken thighs (boneless, skinless)
- Salmon (center cut, skin on)



FRUIT

- Blackberries (frozen)
- Blueberries (frozen)
- Cherries (Frozen)
- Lemons
- Limes
- Peaches (frozen, sliced)



HERBS, SPICES

- Basil (fresh)
- Cumin
- Garlic (fresh)
- Italian seasoning
- Mint (fresh)
- Red chili flakes
- Thyme (fresh)
- Vanilla extract



NUTS, NUT BUTTERS, SEEDS

- Almonds (roasted, sliced)
- Pistachios (shelled, unsalted)
- Walnuts



PANTRY STAPLES

- Broth (chicken, vegetable, low-sodium)
- Cannellini beans (canned)
- Cayenne pepper
- Cinnamon
- Cloves (ground)
- Coriander powder
- Dijon mustard
- Maple syrup
- Oil (canola, extra-virgin olive)
- Pepper (black)
- Red wine (dry)
- Salt
- Vinegar (balsamic)



VEGETABLES

- Arugula
- Bell peppers (orange)
- Broccoli (frozen)
- Cauliflower (frozen)
- Corn kernels (frozen)
- Edamame (shelled, frozen)
- Jalapeños
- Olives (black, sliced)
- Onions (yellow, red)
- Peas (frozen)
- Spinach (frozen)
- Shallots
- Tomatoes (cherry)