

12 Freezer Meals Shopping List

4 bell peppers
1 zucchini
11 onions
6 red potatoes
1 large head of garlic (you will need 10 cloves)
18 chicken breasts (I used two and a half 3 lb. bags)
1 bottle of BBQ sauce
2 cups teriyaki sauce
1 1/3 cups brown sugar
3 - 15 oz. cans of tomato sauce
4 cans Black Beans
4 cans Corn
6 cans Rotel
2 cans chili beans
4 packets taco seasoning
4 packets ranch dip mix
2 packets chili seasoning
4 - 16 oz boxes pasta
2 jars pasta sauce
1 - 16 oz tub sour cream (split in half for baked pasta)
1/2 c parm. cheese
2 cups shredded mozzarella
2 cups shredded cheddar