

Grocery List for 5 Freezer Bag Meals (Make 5 Meals in one hour)

Meat

2 lbs. Beef Sirloin

4.5 lbs. Chicken Breasts

16 oz. Package Sausage

Produce

2 White Onions

2 Garlic Bulbs

Broccoli

Corn

2 Limes

1 Jalapeno

Green Beans

2 Red Bell Peppers

2 Green Bell Peppers

Yellow Bell Pepper

3 Carrots

Cilantro

Ginger Paste

Green onion *garnish

Dairy

Bar of Cream Cheese

Parmesan Cheese *garnish

Canned/Dry Goods

Beef Consume

Cream of Mushroom

Chicken Broth

Zesty Italian Dressing Packet

Black Beans

Sesame Oil

Soy Sauce

Teriyaki Sauce

Brown Sugar

2 Cans Diced Tomatoes, Fire Roasted

4 oz. Can Green Chills

Cumin

Chicken Bouillon Cube

Cajun Seasoning

Sesame Seeds *garnish

Don't forget: You'll need five gallon sized freezer bags, and one quart sized freezer bag. Also when you serve the meals you'll need the rice, noodles, tortillas, etc. to serve each meal with.

