

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. Pre-Cooked Sausage](#)

PRODUCE

- [2 White Onions](#)
- [10 Garlic Cloves](#)
- [Broccoli \(2 Cups\)](#)
- [2 Limes](#)
- [1 Jalapeno](#)
- [Green Beans \(2 Cups\)](#)
- [2 Red Bell Peppers](#)
- [2 Green Bell Peppers](#)
- [Yellow Bell Pepper](#)
- [3 Carrots](#)
- [Cilantro](#)
- [Ginger Paste](#)
- [Green onion *garnish](#)

DAIRY

- [8 oz. Cream Cheese](#)
- [Parmesan Cheese *garnish](#)

CANNED/DRY GOODS

- [10.5 oz. Beef Consume](#)
- [10.5 oz. Cream of Chicken Soup](#)
- [10.5 oz. Can Chicken Broth](#)
- [Zesty Italian Seasoning Packet](#)
- [Sesame Oil](#)
- [Soy Sauce](#)
- [Teriyaki Sauce](#)
- [Brown Sugar](#)
- [2- 14.5 oz. Cans Diced Tomatoes, Fire Roasted](#)
- [4 oz. Can Green Chiles](#)

FROZEN

- [Black Beans](#)
- [Corn](#)

SEASONING

- [Cumin](#)
- [Chicken Bouillon](#)
- [Cajun Seasoning](#)
- [Sesame Seeds](#)

Note: Don't forget to grab [Ziploc freezer bags](#). You'll also need rice, pasta, and taco shells to serve these meals as desired.