

Monster Freezer Prep Grocery List

| Groceries | | Check Your Pantry For: | | |
|--|--|--|--|--|
| Protein | | Beverages | | |
| <input type="checkbox"/> Chicken breast (4 lb) | | <input type="checkbox"/> Almond milk, vanilla unsweetened | | |
| <input type="checkbox"/> Extra lean ground turkey 99% (4 lb) | | | | |
| <input type="checkbox"/> Turkey breakfast sausage crumbles | | Frozen | | |
| | | <input type="checkbox"/> Frozen spinach (18 oz) | | |
| Produce | | Baking | | |
| <input type="checkbox"/> Asparagus (2 bunches) | | Dry Goods | | |
| <input type="checkbox"/> Bananas (2 medium) | | <input type="checkbox"/> Applesauce, unsweetened (1 cup) | <input type="checkbox"/> Almond butter, smooth | |
| <input type="checkbox"/> Broccoli (14 cups florets) | | <input type="checkbox"/> Bread crumbs, Italian | <input type="checkbox"/> Baking powder | |
| <input type="checkbox"/> Green beans (8 cups) | | <input type="checkbox"/> Brown rice, basmati or jasmine | <input type="checkbox"/> Honey | |
| <input type="checkbox"/> Green onions (1 bunch) | | <input type="checkbox"/> Chicken broth, no salt added (1 cup) | <input type="checkbox"/> Maple syrup | |
| <input type="checkbox"/> Lemon | | <input type="checkbox"/> Dark chocolate chunks | <input type="checkbox"/> Vanilla extract | |
| <input type="checkbox"/> Lime | | <input type="checkbox"/> Rolled oats (4 cups) | <input type="checkbox"/> Vanilla whey protein | |
| <input type="checkbox"/> Orange | | <input type="checkbox"/> Spicy Taco Seasoning packet, low sodium | Sauces and Oils | |
| <input type="checkbox"/> Onion, red | | <input type="checkbox"/> Tomatoes, canned, crushed, Italian (2 x 28 oz cans) | <input type="checkbox"/> Coconut oil spray | |
| <input type="checkbox"/> Onion, white | | <input type="checkbox"/> Walnuts (small packet) | <input type="checkbox"/> Olive oil | |
| <input type="checkbox"/> Potatoes, sweet (4 medium) | | <input type="checkbox"/> Whole wheat pasta (16 oz box) | <input type="checkbox"/> Soy sauce, low sodium | |
| | | <input type="checkbox"/> Wild rice mix | | |
| Dairy | | | | |
| <input type="checkbox"/> Cheese, parmesan, grated | | | | |
| <input type="checkbox"/> Egg whites (32 oz carton) | | | | |
| <input type="checkbox"/> Pesto sauce, low fat (7 oz) | | | | |

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