

## **Master Shopping List for all 12 Postpartum Freezer Recipes**

### Supplies Needed:

- Aluminum Baking Pans & Foil
- Large Freezer Ziplock Bags or Glass Tupperware
- Tape or Labels
- Sharpie Marker

### Notes:

- Most recipes also call for salt, pepper, and olive oil.
- Many of these recipes call for a Crock Pot/ Instant Pot or Pressure Cooker
- Be sure to check each recipe for recommendations on day-of garnishes and sides.

### Protein

- 5-6 lb boneless skinless chicken breasts
- 1 lb ground chicken or turkey (93% lean)
- 1 (2 1/2 – 3 pound) boneless, beef chuck roast
- 1 lb medium raw shrimp

### Produce

- 5 Onions (large)
- 2 red bell peppers
- 1 Green Bell Pepper
- 24 Garlic Cloves (about 2-3 large heads)
- 1 bunch parsley
- 2 limes
- 1 lemon
- ½ cup cilantro
- 1 lb. fresh spinach
- 3 ½ cups broccoli florets
- 2 medium-large butternut squash
- 1 large bunch of carrots
- 2 large potatoes
- 1 large bunch celery
- 1 cup shredded carrots
- 1 ½ cup snow peas
- 1 cup cremini or baby bella mushrooms

### Spices

- 2 tbsp Italian Seasoning
- 1 tsp dried oregano
- ¼ tsp red pepper flakes

- 1½ tsp dried thyme
- 1 tsp dried parsley
- 2 tbs ground cumin
- 3 tbs chili powder
- ¼ teaspoon cayenne, optional 1 teaspoon dried chives
- 1 teaspoon garlic powder
- 1/2 teaspoon dried dill
- ¼ teaspoon onion powder
- 2 teaspoons herbs de provence
- 6 tbs taco seasoning
- 1 tbs brown sugar
- ½ tsp ground ginger
- 2 teaspoon dried rosemary
- ¼ – ½ teaspoon dried sage or poultry seasoning
- 2 dried bay leaves
- Pinch cayenne pepper (optional)

#### Pantry

- 32 cups (256 oz) chicken broth
- 1 cup beef broth
- 3 14 oz cans fire roasted crushed tomatoes
- 1 (4-ounce) can green chiles
- 1 tsp maple syrup
- 1 Box Lasagna Noodles
- 1 lb. Cheese Tortellini (can do dried or fresh)
- 1 lb. Ziti pasta
- 4 cans black beans
- 4 cups Marinara sauce
- ¼ cup seasoned breadcrumbs
- 2 cups dry pearl cous cous
- 20 oz your favorite salsa
- 1 cup brown rice
- 1 cup white rice
- 1 cup wild rice
- 16 (8-inch) whole-wheat tortillas
- 1 ¾ cup green lentils
- ⅓ cup soy sauce
- Corn starch (optional)

#### Frozen

- 10 oz frozen chopped spinach
- 3 cups frozen corn

#### Dairy

- 4 cups Ricotta cheese
- 2 Eggs
- 2 cups Mozzarella cheese
- ½ cup Parmesan cheese shredded
- 1½ cups smoked Mozzarella cheese
- ¼ cup grated Pecorino or Parmesan cheese
- 3 ⅓ cup finely grated Cheddar cheese
- 10 oz cream cheese
- 2 cups half and half (or full fat coconut milk for dairy free)

#### Other

- 1 cup orange juice