Make Ahead Freezer Meals – Gourmet Dinners GROCERY LIST

Grocery Item	#1	#2	#3	#4	#5	Total	Notes/Advance Prep in Caps
Ground Beef (pounds)	1/2			1		1 ½ lbs.	COOK AND CRUMBLE
Bacon(cup)	/2	1/2		1		½ cup	About 8 slices; COOK AND CRUMBLE
Chicken breasts, boneless,		/2			6	6	About 8 sinces, COOK AND CROWIBLE
skinless					0	0	
Crab meat, lump (pound)	1		1			1 lbs.	
Eggs, large		5	1			5	
Milk or Half & Half (cup)		1½				1 ½ cups	
							CHRED
Swiss cheese (cup)	-	1 ½		1		1 ½ cups	SHRED SHRED
Mozzarella cheese (cup)	1			1	1/	1 cup	
Parmesan cheese (cup)	1/	1/	1/	1/2	1/2	1 cup	GRATE
Onion (cup)	1/2	1/2	1/4	1/2		1 3/4 cups	1 med. Onion; DICE
Celery, diced (cup)	1/2		1/4			¾ cups	6-7 stalks; DICE
Carrot (cup)	1/2					½ cup	2 large carrots; DICE, CHOP OR SHRED
Garlic cloves	3			_		3	
Basil, fresh (leaves)	1		<u> </u>	10	7-8	18 leaves	Or about 1 Tablespoon dried; CHOP
Parsley, fresh (Tablespoon)			1		1	1 Tbsp	Or about 1 teaspoon dried; CHOP
Thyme, fresh (teaspoon)					1	1 tsp	Or about ¼ teaspoon dried; CHOP
Sundried tomatoes (cup)	1			1/4		¼ cup	JULIENNE; Optional
Tomatoes, canned, diced (cup)	2					2 cups	
Red kidney beans (cup)	1					1 cup	RINSED AND DRAINED
Great Northern Beans (cup)	1					1 cup	RINSED AND DRAINED
Tomato sauce (cup)	1					1 cup	
Tomato juice (cup)	1/2					½ cup	
Vinegar (teaspoon)	2					2 tsp	
Salt (teaspoon)	1/2	1/8				¾ tsp	
Oregano, dried (teaspoon)	1/2					½ tsp	
Basil, dried (teaspoon)	1/2					½ tsp	
Pepper, dried (teaspoon)	1/4	1/8			1/2	¾ tsp	
Thyme, dried (teaspoon)	1/4	, -				¼ tsp	
Nutmeg (teaspoon)	1	1/4				¼ tsp	
Old Bay seasoning (teaspoon)			1			1 tsp	
Mayonnaise (cup)			2/3			2/3 tsp	
Brown mustard (teaspoon)			1			1 tsp	
Dijon mustard (cup)			1		1/4	¼ cup	
Ketchup (cup)			-	1	/4	1 cup	
Olive oil (cup)			1/4	-	2T	1/3 cup	
	+		/4		1/4	½ cup	
Lemon juice (cup) Breadcrumbs (cup)	+		+	1/2	1/2	1 cup	Or old-fashioned oatmeal
Saltines, crushed (cup)	+		1	/2	/2		About 30 crackers; CRUSH
	1	1	1		1	1 cup	·
Deep Dish Pastry Crust 9"	1	1	+	1	+	1 ea	Not needed if making crustless quiche
Ditali or macaroni pasta (ounces)	4		+		1	4 ounces	COOK to yield 2 cups
	-	<u> </u>	1	<u> </u>	1	-	
	-	<u> </u>	1	<u> </u>	1	-	
			1		1	ļ	
	1		1				
	1		1				
			1		1		
	1					ļ	
	1						
	1						
	1						