

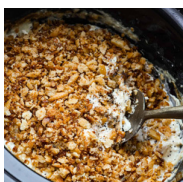


CHICKEN FREEZER MEALS MENU PLAN



MAIN DISH

CROCKPOT POPPY SEED CHICKEN



[RECIPE HERE](#)

MAIN DISH

8-CAN CHICKEN TACO SOUP



[RECIPE HERE](#)

MAIN DISH

SALSA CHICKEN



[RECIPE HERE](#)

MAIN DISH

SLOW COOKER ANGEL CHICKEN



[RECIPE HERE](#)

MAIN DISH

CROCK POT OLIVE GARDEN CHICKEN



[RECIPE HERE](#)

MAIN DISH

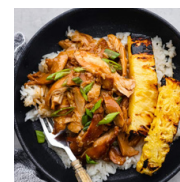
3-PACKET CHICKEN



[RECIPE HERE](#)

MAIN DISH

CROCKPOT HULI HULI CHICKEN



[RECIPE HERE](#)

MAIN DISH

SLOW COOKER CHICKEN TORTELLINI SOUP



[RECIPE HERE](#)

SHOPPING LIST

PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (15.5 LBS)

PANTRY STAPLES

- ☐ RITZ CRACKERS (1 SLEEVE)
- ☐ TORTILLA STRIPS (TOPPING)
- ☐ SALSA (2 CUPS)
- ☐ CHICKEN BROTH (7 CUPS)
- ☐ ANGEL HAIR PASTA (10 OZ)
- ☐ SHORT PASTA (1 LB)
- ☐ OLIVE GARDEN DRESSING (16 OZ)
- ☐ UNSWEETENED PINAPPLE JUICE (1 CUP)
- ☐ SOY SAUCE (½ CUP)
- ☐ BROWN SUGAR (½ CUP)
- ☐ KETCHUP (½ CUP)
- ☐ CORNSTARCH (2 TBSP)
- ☐ CHEESE TORTELLINI (2 CUPS)
- ☐ LIME JUICE (2 TBSP)

SEASONINGS

- ☐ POPPY SEEDS (2 TSP)
- ☐ BAY LEAVES (2)
- ☐ ITALIAN SEASONING (1 TSP)
- ☐ TACO SEASONING (1 PGK OR 2 TBSP)
- ☐ ITALIAN DRESSING MIX (2 0.6-OZ PKTS)
- ☐ RANCH DRESSING MIX (1 1-OZ PKT)
- ☐ CHICKEN GRAVY MIX (1 0.9-OZ PKT)
- ☐ SALT AND PEPPER

DAIRY

- ☐ SOUR CREAM (8 OZ + TOPPING)
- ☐ CREAM CHEESE (2 8-OZ BLOCKS)
- ☐ BUTTER (¼ CUP)
- ☐ SHREDDED PARMESAN (1 CUP)
- ☐ SHREDDED CHEDDAR (TOPPING)

CANNED GOODS

- ☐ CREAM OF CHICKEN SOUP (3 10.5-OZ CANS)
- ☐ DICED TOMATOES (1 15-OZ CAN)
- ☐ CORN (1 15-OZ CAN)
- ☐ BLACK BEANS (1 15-OZ CAN)
- ☐ PINTO BEANS (1 15-OZ CAN)
- ☐ CHICKEN BREAST (1 12-OZ CAN)
- ☐ GREEN ENCHILADA SAUCE (1 10-OZ CAN)
- ☐ CHICKEN BROTH (2 15-OZ CANS)
- ☐ SLICED OLIVES (TOPPING)

PRODUCE

- ☐ GARLIC (6 ½ TSPS)
- ☐ CARROTS (3 MED)
- ☐ CELERY (3 RIBS)
- ☐ ONION (1)
- ☐ FRESH GINGER (2 TSP)
- ☐ AVOCADO (TOPPING)
- ☐ LIMES (FOR WEDGES)
- ☐ FRESH CILANTRO (GARNISH)
- ☐ FRESH PARSLEY (GARNISH)