



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 PKG 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)
- AVOCADO (TOPPING)
- CARROTS (3 MED)
- LIMES (FOR WEDGES)
- CELERY (3 RIBS)
- FRESH CILANTRO (GARNISH)
- ONION (1)
- FRESH PARSLEY (2 TSP)
- FRESH GINGER (2 TSP)