



TEN MEALS IN ONE HOUR SHOPPING LIST 10

KITCHEN SUPPLIES:

10 gallon size zipper freezer bags
parchment paper
labels or permanent marker
large mixing bowl
cutting board
sharp knife
garlic press
can opener
dry measuring cups
liquid measuring cups
dry measuring spoons
liquid measuring spoons
colander

MEAT

6-8 pounds boneless, skinless chicken thighs or breasts
2 packages vegetarian crumbles or 2 pounds ground beef
1- 14 oz. package kielbasa turkey sausage
6-8 pounds of pork ribs
4 pounds chicken wings (I used frozen wings)

DAIRY

2 8oz. bag sharp cheddar cheese, shredded (cooking day only)
Butter
1 container chunky blue cheese dressing (optional: cooking day only)

BREAD

Fajita shells (optional; cooking day only)

PANTRY STAPLES

Ketchup
Brown sugar
Apple cider vinegar
Worcestershire sauce
Sriracha sauce
Red Pepper Flakes
Black pepper
Seasoned salt
Salt
Cayenne pepper
1 1.25 oz. Packet chili seasoning
Hot sauce (optional; cooking day only)
Barbeque sauce(optional; cooking day only)

CANNED/DRY GOODS

2 32 oz. jars chunky salsa
1 15 oz. can kidney beans
2 15 oz. cans black beans
1 16 oz. bag rice
2 15 oz. cans fire roasted diced tomatoes
1 8 oz. can tomato sauce
2 10 oz. cans Rotel diced tomatoes and green chilies
1 32oz. carton chicken or vegetable stock
1 box Zatarans Jambalaya mix (optional; cooking day only)
Liquid smoke (optional)
2 bottles wing sauce

FRESH PRODUCE

2 small yellow onion
14-16 green, red or yellow bell peppers
1-2 cloves garlic
2 bunches celery
1 bunch of green onions



TEN MEALS IN ONE HOUR PREP & PREPARE 10

PREP

1. **Prep your bags**—either print labels using these ready-made printable labels or use a permanent marker to label each bag with the name of the recipe, date prepared, and cooking instructions. **DO NOT SKIP THIS STEP!** While you might think that you'll remember what is in every bag, I promise you will forget!
2. Brown veggie crumbles (or ground meat) and set aside
3. Cut sausage into bit size pieces and set aside.
4. Chop onions and set aside
5. Clean and chop 2 of the green peppers and set aside.
6. Clean and scoop out seeds of the rest of the peppers (for stuffed pepper recipe)
7. Peel and mince garlic and set aside
8. Open up all the cans needed for prep day and set aside.
9. Prep raw chicken and cut 2-3 pounds into bit size pieces for Jambalaya.

PREPARE

1. Prep **Easy Salsa Chicken** using instructions found [here](#). Divide chicken into 2 freezer bags and cover with salsa, press out excess air, and seal well. Place bags in refrigerator.
2. Prep **Slow Cooker Stuffed Peppers** using instructions found [here](#). Divide stuffed peppers into 2 freezer bags, press out excess air, and seal well. Place bags in refrigerator.
3. Prep **Sweet & Spicy Ribs** using instructions found [here](#). Divide ribs into 2 freezer bags, then divide sauce mixture over top of ribs. Place bags in refrigerator.
4. Prep **Chicken Jambalaya** using instructions found [here](#). Divide mixture into 2 freezer bags, then press out excess air and seal well. Place bags in refrigerator.
5. Prep **Freezer to Crockpot Buffalo Chicken Wings** using instructions found [here](#). Place chicken wings into 2 freezer bags and cover with wing mixture, then press out excess air and seal well. Place bags in refrigerator.
6. Once all prep is complete, place all bags in freezer until needed. After you've made your meal plan for the coming week, consider setting an alert on your phone to remind you to take your bag out to thaw the day before you plan to make it.