

# **SLOW COOKER FREEZER MEAL SHOPPING LIST**

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## **PRODUCE**

- 4 large or 6 small apples (I like a combo of Granny Smith and Golden Delicious)
- 2 cups diced celery
- 1 cup diced onion
- 6 teaspoons minced fresh garlic
- 2 teaspoons minced fresh ginger

## **MEAT**

- 2 lbs. extra lean ground beef (96% or 97% lean)
- 1.5 lbs. boneless, skinless chicken thighs
- 2 (2-lb.) boneless pork loins

## **CANNED/PACKAGED**

- 7 cups chicken broth
- 2 (14 ounce) cans diced tomatoes
- 1 cup prepared pesto
- 1 cup long-grain brown rice
- 4 tablespoons tomato paste
- 0.5 cups honey
- 0.5 cups soy sauce
- 2 tablespoons sesame oil

## **PANTRY STAPLES**

- 4 tablespoons coconut palm sugar OR brown sugar
- 2 teaspoons cinnamon
- 0.25 teaspoons nutmeg
- 0.25 teaspoons dried ginger
- Salt
- Pepper