

ALL-DAY SLOW COOKER FREEZER MEALS COMPLETE GROCERY SHOPPING LIST

PRODUCE

- 2 lbs. carrots
- 6 sweet red bell peppers
- 6 medium yellow onions
- 6 teaspoons minced garlic

PANTRY

- 2 jars marinara sauce (24 ounces each)
- 8 cups beef stock or broth
- 4 cans diced tomatoes (14.5 ounces each)
- 4 tablespoons tomato paste
- 2 bottles barbecue sauce (18 ounces each)
- 2 cans coconut milk (15 ounces each)
- Cumin
- Paprika
- Garlic powder
- Garam Masala
- Salt, pepper

MEAT

- 40 ounces miniature Italian meatballs
- 4 lbs. boneless, skinless chicken thighs
- 2 boneless pork shoulders or butt roasts (3-4 lbs. each)