

One Hour: 8 Chicken Freezer Meals

Shopping List

PANTRY

- ✓ White Vinegar
- ✓ Brown Sugar
- ✓ Flour
- ✓ Garlic Powder
- ✓ Garlic, Minced
- ✓ Olive Oil
- ✓ Pepper
- ✓ Red Pepper Flakes
- ✓ Salt
- ✓ Vegetable oil

CONDIMENTS

- ✓ Dijon Mustard
- ✓ Spicy Mustard
- ✓ Soy Sauce
- ✓ Honey
- ✓ Sriracha Sauce

CANNED/DRY GOODS

- ✓ Chicken Broth
- ✓ Panko Bread Crumbs

BAKING

- ✓ Pecans

DAIRY/REFRIGERATED

- ✓ Eggs

PRODUCE

- ✓ 2 Limes
- ✓ 2-4 Medium Oranges

MEAT

- ✓ ~16 lbs boneless, skinless chicken breasts

PAPER

- ✓ [Avery 8163 Labels](#) or Sharpie Marker
- ✓ Gallon Freezer Bags
- ✓ Quart Freezer Bags