



6 Easy Freezer Meals

HELD FAST HOME

More FREE recipes at:
heldfasthome.com

NOTES

Check your pantry before shopping to see what you already have on hand.
Choose whatever products you're comfortable with, whether or not they are organic, grass-fed, etc.

Meals

Butternut Squash Soup

Clean Food Crush

Teriyaki Pork Tenderloin

Tiaras & Tantrums

The BEST Meatball Recipe

Held Fast Home

Chicken Enchilada Soup

Healthy Fitness Meals

Thai Green Curry

Carlsbad Cravings

Salsa Verde Shredded Pork

The Family Freezer

Grocery List

Produce

- Butternut squash (3-4 lbs)
- Apple (1)
- Yellow onion bag
- Carrots
- Celery
- Garlic bag
- Ginger root (two thumbs)
- Bell pepper variety bag
- Sweet potatoes (2)
- Snow peas
- Bok choy (1 head)

Meat

- 2 lbs chicken breast
- 2 lbs ground beef
- 2 lbs pork roast
- 2 small pork tenderloins

Canned Goods

- Coconut milk (x3)
- Chicken bone broth (x2)
- Black beans
- Red kidney beans
- Fire roasted tomatoes (15 oz)
- Tomato paste
- Red salsa
- Salsa verde (16 oz)
- Coconut aminos
- Sesame oil
- Rice wine vinegar
- Fish sauce

Spices & Baking

- Cayenne pepper
- Cinnamon
- Thyme
- Bay leaf
- Oregano
- Chili powder
- Cumin
- Brown sugar
- Cornstarch
- Green curry paste

