

Stock the Freezer: Ground Turkey Shopping List

Condiments

- ☐ Balsamic vinegar
- ☐ Beef/chicken stock
- ☐ Brown sugar
- ☐ Canola oil
- ☐ Mustard
- ☐ Worcestershire sauce

Spices

- ☐ Black pepper
- ☐ Chili powder
- ☐ Crushed red pepper
- ☐ Cumin
- ☐ Garlic powder
- ☐ Greek seasoning
- ☐ Minced garlic
- ☐ Onion powder
- ☐ Oregano
- ☐ Paprika
- ☐ Salt

Dry Goods

- ☐ 3 cans black beans
- ☐ 2.5 cups cooked rice
- ☐ 14.5 oz diced tomatoes

Produce

- ☐ 5 bell peppers
- ☐ 2 zucchini

Meat

- ☐ 6.5 lb ground turkey

Refrigerated/Frozen

- ☐ 3 cups cheddar cheese
- ☐ 4 ounces cream cheese
- ☐ 1 egg
- ☐ Parmesan cheese
- ☐ 1 bag frozen corn