

Stock the Freezer: Freezer Breakfast Shopping List

Spices/Condiments

- Baking powder
- Cinnamon
- Coconut oil
- Garlic powder
- Honey
- Minced onion
- Peanut butter
- Pepper
- Salt

Dry Goods

- ½ cup chocolate chips
- 12 English muffins
- Oat flour
- Rolled oats

Produce

- 5 bananas
- 1 red bell pepper

Meat

- 1.5 lb bacon
- 1 lb ground turkey
sausage

Refrigerated/Frozen

- Almond milk
- 12 slices cheese
- 3 dozen eggs
- 1 lb frozen potatoes
O'Brien
- 16 oz frozen peaches
- 16 oz frozen raspberries
- 16 oz frozen strawberries
- Milk
- ½ cup mozzarella cheese