

Freezer Cooking Plan

Breakfast:

- [breakfast casseroles](#) (6)
- [french toast muffins](#) (6 batches)
- [granola](#) (3 batches; 6-8 meals)

Lunch:

- [sausage balls](#) (6 batches; 8-10 meals)
- [macaroni & cheese](#) (3 batches of sauce; 6 meals)

Dinner:

- [garlic bread](#) (6 loaves)
- [pesto chicken](#) (4 meals)
- italian-marinated chicken (4 meals)
- [sloppy joes](#) (3 meals)
- [meatballs](#) and subs (3 meals)
- [stuffed shells](#) (4 meals)
- [naan bread](#) for pizzas (3 double batches; 4 meals)
- [pasta sauce](#) (3 batches; 9 quart jars)
- pasta sauce with meat (1 batch; 4 quart jars)

Shopping List

Refrigerated/Dairy:

- butter, 8 sticks
- clarified butter, 3/8 cup
- plain greek-style yogurt, 1/2 cup
- shredded cheddar cheese, 12 cups
- shredded mozzarella cheese, 6 cups
- grated parmesan cheese, 1 cup + 3 tablespoons
- cream cheese, 3 (8-ounce) packages
- eggs, 103
- milk, 27 cups
- ricotta cheese, 4 lbs

Dry Goods:

- basil pesto, 2 cups
- bread crumbs, 3 cups
- all-purpose flour, 6-7 cups
- ketchup, 3 cups
- italian dressing, 2 bottles
- maple syrup, 3/4 cup
- noodles, 6 (16-ounce) packages
- old fashioned oats, 3 (42-ounce) canisters
- coconut oil, 3 cups
- large pasta shells, 4 boxes
- prepared mustard, 3 tablespoons
- worcestershire sauce, 1/3 cup
- applesauce, 2 1/4 cups
- tomato paste, 8 (12-ounce) cans
- crushed tomatoes in puree, 12 (28-ounce) cans
- almond flour, 6 cups
- honey, 2 1/4 cups
- white sugar

Spices:

- bay leaves
- dry basil
- ground cinnamon
- garlic powder
- onion powder
- oregano
- dried parsley

- black pepper
- sea salt
- baking powder
- active dry yeast
- olive oil
- ground mustard
- vanilla extract

Meat:

- bacon, 6 pounds
- ground beef, 9 pounds
- boneless skinless chicken breasts, 32
- ground pork sausage, 3 pounds

Bakery:

- bread, 84 slices
- loaf bread, 6 large

Produce:

- garlic, 12-15 cloves
- onion, small
- parsley

Household:

- gallon freezer bags, 37
- quart freezer bags, 8-10
- quart jars, 7
- pint jars, 6
- foil

Cooking Plan

Prepare pasta sauce ahead of time since it tastes best when it has plenty of time to simmer!

Prepare naan bread dough and set aside to rise for 3-4 hours.

Cook bacon in the oven for 20-25 minutes at 400 degree per batch. Drain and crumble in a bowl as each batch finishes.

Divide chicken breasts into 8 gallon freezer bags. Add 1/2 cup pesto to 4 of the bags and 1/2 bottle of italian dressing to the other 4. Remove air and lay flat to freeze.

Prepare garlic bread, wrap each loaf tightly in foil and move to freezer.

Brown 6 pounds of ground beef. Drain and set aside.

Mix sloppy joe sauce ingredients in a large bowl. Add half of the browned ground beef and mix well. Divide into 3 quart jars.

Add 10 cups of pasta sauce to the remaining ground beef and mix well. Divide into 4 quart jars.

Prepare cheese sauce according to directions and divide into 6 pint jars.

Place a gallon freezer bag in a medium bowl and prepare one breakfast casseroles inside the bag according to the directions. Remove air and lay flat to freeze. Repeat with remaining 5 casseroles.

Place a gallon freezer bag in a medium bowl and prepare one batch of french toast muffins inside the bag according to the directions. Remove air and lay flat to freeze. Repeat with remaining 5 casseroles.

If your Naan bread has finished rising, begin to prepare it for baking -or- wrap it in plastic wrap and move it to the fridge to finish the next day. Once baked, let cool and then stack with pieces of wax paper between each piece, divide into 4 gallon freezer bags, remove air and freeze.

Prepare sausage ball mix and scoop onto cookie sheets with a melon baller. Bake in batches. Let cool, divide between 8-10 quart freezer bags, remove air and freeze.

While the balls are cooking, boil pasta shells and mix cheese filling. Begin filling shells in between batches.

Prepare meatball mix and scoop onto cookie sheets with a melon baller. Bake in batches. Let cool, divide between 3 gallon freezer bags, remove air and freeze.

Lay pasta shells flat on a cookie sheet and flash freeze. Once frozen, divide between 4 gallon freezer bags, remove air and freeze.

Reduce temperature of the oven and prepare the granola. (This needs to be last because you'll turn off the oven and let it finish baking in the warm oven.) When it's done, transfer to 6 gallon freezer bags and lay flat to freeze.

Order in for the night. Do it!