Instant Pot Freezer Meal Shopping List

To Buy:

MEAT
- 10 boneless skinless chicken breasts
- 4 lbs ground beef
- 6 sweet Italian sausages (or a different variety per personal preference)
- 8 eggs
- 6 slices bacon
- 4 C frozen shrimp

PRODUCE
- 8 yellow onions
- 10 bell peppers
- 2 apples
- 2 butternut squash
- 4 C frozen peas
- 2 garlic cloves
- 8 carrots

OTHER
- 8 C uncooked brown rice
- 6 14.5oz cans diced tomatoes
- 2 lbs dried kidney beans
- 1 lb dried black beans
- 10 C chicken broth
- dried lemon peel

Kitchen Staples:

SPICES
- salt & pepper
- Tony's creole seasoning
- dried thyme
- garlic powder
- minced onion
- oregano
- basil
- cumin
- chili powder

PANTRY
- honey
- olive oil
- red wine vinegar
- flour