



FILL YOUR FREEZER FOR BACK TO SCHOOL GROCERY LIST - BREAKFAST WEEK

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Zucchini Muffins, Chewy Granola Bars, Impossible Bacon
Spinach Quiche Pie, and Strawberry Banana Muffins

PRODUCE	X1	X2	X3	X4
Bananas, very ripe	2 (about 1 cup mashed)	4 (about 2 cups mashed)	6 (about 3 cups mashed)	8 (about 4 cups mashed)
Strawberries, fresh	1 cup	2 cups	3 cups	4 cups
Zucchini	1 1/2 cups	3 cups	4 1/2 cups	6 cups
MEAT & SEAFOOD				
Turkey Bacon, cooked and chopped	1 cup	2 cups	3 cups	4 cups
BAKING & SPICE				
Baking Powder, gluten free	1 1/2 teaspoon	1 tablespoons	4 1/2 teaspoons	2 tablespoons
Baking Soda	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Brown Sugar	1 1/4 cups	2 1/2 cups	3 3/4 cups	5 cups
Chocolate Chips, gluten and dairy free	1/2 cup	1 cup	1 1/2 cups	2 cups
Cinnamon, ground	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Coconuts Flakes, unsweetened	1/4 cup	1/2 cup	3/4 cup	1 cup
Corn Starch, Potato Starch or Arrowroot Starch	1 cup plus 2 tablespoons	2 1/4 cups	3 cups plus 6 tablespoons	4 1/2 cups
Garbfava Flour	3/4 cup plus 1 tablespoon	1 cup plus 10 tablespoons	2 cups plus 7 tablespoons	3 1/4 cups
Honey	1/4 cup	1/2 cup	3/4 cup	1 cup
Italian Seasoning	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Oats, rolled, certified gluten free	2 1/2 cups	5 cups	7 1/2 cups	10 cups
Raisins or nuts, optional	1/2 cup	1 cup	1 1/2 cups	2 cups
Rice or Sorghum Flour (or combination)	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Salt	1 3/4 teaspoons	3 1/2 teaspoons	5 1/4 teaspoons	7 teaspoons
Sorghum Flour	7 tablespoons	14 tablespoons	1 1/3 cups	1 3/4 cups
Sugar, cane juice crystals, or sucanat	1 cup	2 cups	3 cups	4 cups
Tapioca Flour	1 1/4 cups plus 3 1/3 tablespoons	2 3/4 cups plus 8 teaspoons	4 1/4 cups plus 2 tablespoons	5 3/4 cups plus 4 teaspoons
Vanilla Extract, gluten free	1 1/2 teaspoons	1 tablespoon	4 1/2 teaspoon	2 tablespoon
Xanthan Gum or Guar Gum	1 3/4 teaspoons	3 1/2 teaspoons	5 1/4 teaspoons	7 teaspoons

CONDIMENTS, OILS & CANNED GOODS	X1	X2	X3	X4
Oil (I usually use a mild tating olive oil)	14 tablespoons	1 3/4 cups	2 2/3 cups	3 1/2 cups
MILK SUBSTITUTES & EGGS				
Eggs, large	8	16	24	32
Margarine, gluten and dairy free (or coconut oil in parentheses)	1/2 cup (1/3 cup)	1 cup (2/3 cup)	1 1/2 cup (1 cup)	2 cups (1 1/3 cups)
Milk Substitute, plain, unflavored	2 cups	4 cups	6 cups	8 cups
FROZEN				
Spinach, frozen	1 cup	2 cups	3 cups	4 cups
MISC.				
Crispy Rice Cereal, fruit juice sweetened preferred	1/2 cup	1 cup	1 1/2 cup	2 cups
CONTAINERS				
10" or deep 9" pie pan	1	2	3	4
Plastic Wrap	as needed	as needed	as needed	as needed
Gallon Sized Freezer Bag	4	8	12	16