



GROCERY LIST - FILL YOUR FREEZER AUGUST 2012- LUNCH WEEK

Angela Litzinger @ angelaskitchen.com

PIZZA MUFFINS, CHICKEN & VEGGIE
NUGGETS, CORN DOG MUFFINS, HAM & "CHEESE" SCONES

| PRODUCE | X1 | X2 | X3 | X4 |
|--|-----------------|----------------|-----------------|----------------|
| Bell Pepper, green or red | 1/2 cup | 1 cup | 1 1/2 cups | 2 cups |
| Carrot | 1 cup | 2 cups | 3 cups | 4 cups |
| Onion | 1/2 cup | 1 cup | 1 1/2 cups | 2 cups |
| Scallions (Green Onions) | 1/2 cup | 1 cup | 1 1/2 cups | 2 cups |
| Zucchini | 1 cup | 2 cups | 3 cups | 4 cups |
| MEAT & SEAFOOD | | | | |
| Chicken, ground | 20 ounces | 40 ounces | 60 ounces | 80 ounces |
| Ham (half can be pepperoni for pizza muffins) | 1 1/2 cups | 3 cups | 4 1/2 cups | 6 cups |
| Hotdogs (I like nitrate free) | 8 | 16 | 24 | 32 |
| BAKING & SPICE | | | | |
| Baking Powder, gluten free | 3 tablespoons | 6 tablespoons | 9 tablespoons | 3/4 cup |
| Baking Soda | 1 1/2 teaspoons | 1 tablespoon | 4 1/2 teaspoons | 2 tablespoons |
| Basil, dried | 1 teaspoon | 2 teaspoon | 1 tablespoon | 4 teaspoons |
| Black Pepper, ground | to taste | to taste | to taste | to taste |
| Breadcrumbs or crushed GFCF cereal (I like crispy rice style), gluten & dairy free | 1 cup | 2 cups | 3 cups | 4 cups |
| Corn Polenta or Coarse Ground Corn Meal | 4 cups | 8 cups | 12 cups | 16 cups |
| Corn Starch | 1 1/2 cups | 3 cups | 4 1/2 cups | 6 cups |
| Garbfava Flour | 1/4 cup | 1/2 cup | 3/4 cup | 1 cup |
| Oregano, dried | 1/2 teaspoon | 1 teaspoon | 1 1/2 teaspoon | 2 teaspoon |
| Potato Starch or Corn Starch | 5 tablespoons | 10 tablespoons | 15 tablespoons | 20 tablespoons |
| Rice Flour, White | 1 cup | 2 cups | 3 cups | 4 cups |
| Salt, plus more to taste | 1 tablespoon | 2 tablespoon | 3 tablespoons | 4 tablespoons |
| Sorghum Flour | 10 tablespoons | 1 1/4 cups | 30 tablespoons | 2 1/2 cups |
| Sugar | 2 tablespoons | 1/4 cup | 6 tablespoons | 1/2 cup |
| Sweet Rice Flour | 1/2 cup | 1 cup | 1 1/2 cups | 2 cups |

ANGELA'S KITCHEN

| BAKING & SPICE (CONT.) | X1 | X2 | X3 | X4 |
|---|-------------------------------|----------------------------------|-------------------------------|---------------|
| Tapioca Starch | 1/2 cup plus 5 tablespoons | 1 1/2 cups plus 2 tablespoons | 2 cups plus 7 tablespoons | 3 1/4 cups |
| Xanthan Gum or Guar Gum | 2 1/4 teaspoons | 4 1/2 teaspoons | 6 3/4 teaspoons | 3 tablespoons |
| CONDIMENTS, OILS & CANNED GOODS | | | | |
| Lemon Juice or cider vinegar | 1 tablespoon | 2 tablespoons | 3 tablespoons | 1/4 cup |
| Maple Syrup | 6 tablespoons | 3/4 cup | 1 cup plus 2 tablespoons | 1 1/2 cups |
| Oil | 1/4 cup | 1/2 cup | 3/4 cup | 1 cup |
| Olive Oil | 1/2 cup | 1 cup | 1 1/2 cup | 2 cups |
| Tomato Sauce, gluten & dairy free | 7 tablespoons | 1/2 cup plus 6 tablespoons | 1 cup plus 5 tablespoons | 1 3/4 cups |
| MILK SUBSTITUTES & EGGS | | | | |
| Cheese Substitute of choice, diced, gluten & dairy free | 3/4 cup | 1 1/2 cups | 2 1/4 cups | 3 cups |
| Cheese Substitute of choice, shredded, gluten & dairy free, OPTIONAL | 1 cup | 2 cups | 3 cups | 4 cups |
| Milk Substitute of choice, plain unsweetened, | 5 cups plus 1 tablespoon | 10 cups plus 2 tablespoons | 15 cups plus 3 tablespoons | 20 1/4 cups |
| Eggs, large | 7 | 14 | 21 | 28 |
| Egg Yolk | 1 | 2 | 3 | 4 |
| Margarine, gluten & dairy free | 1 cup | 2 cups | 3 cups | 4 cups |
| CONTAINERS | | | | |
| Gallon Sized Freezer Bags | 4 bags | 8 bags | 12 bags | 16 bags |