

# FREEZER LIST

## Produce:

- Frozen berries, fruit blends, bananas, mango, etc.
- Kale
- Chopped spinach
- Vegetable mix (carrots, corn, peppers, etc.)
- Green peas
- Edamame
- Kernel corn
- Avocado chunks (PC brand)

## Grains:

- Whole wheat English muffins and bagels (Dempster's, PC blue menu)
- Whole wheat tortillas (Dempster's brand)
- Country Harvest whole grain bread
- Hamburger buns (Dempster's)
- Cheese/meat ravioli
- Naan bread (Santosh brand), mini pitas/whole wheat pita (Cedar bakery brand)
- Morning rounds (Ozery brand)

## Protein:

- Chicken breasts and thighs
- PC or Yves falafels, lentil bites, and veggie meatballs
- Chicken burgers (Prime "raised without", PC brand Seasoned boneless chicken breast)
- Salmon burgers
- Salmon fillets, sustainably sourced (look for the Ocean Wise symbol on seafood products)
- Sea scallops
- Shrimp
- Extra lean ground turkey
- Extra lean ground beef

## Other:

- Homemade soups and stews (leftovers)
- Pasta sauce
- Pesto
- Chili

*Tip: freeze leftovers in single-serve portions*