

Pre-Makes/Ingredients List

Frozen		
Cut, Dice, Chop, Spiralize, Shred	Mix/Make	Cook & Freeze
Diced Red Bell Pepper	Pepper/Onion mix	Beef Meatballs
Diced Green Bell Pepper	Onion/Cilantro mix	Sausage & Beef Meatballs
Chopped Celery	Sausage/Pepper/Onion mix	Chicken Salad
Shredded Carrots	Broccoli/Cauliflower/Carrot mix	Honey Sesame Chicken
Non-peeled/Cut Carrots	Zucchini/Yellow Squash mix	Lime & Cilantro Chicken
Shredded Zucchini	Celery/Onion/Sage mix	Grilled Garlic & Herb Chicken
Cabbage Steaks	Biscuits	Grilled Teriyaki Chicken
Thin-cut Cabbage	Rolls	Grilled Southwestern Chicken
Diced White Onion	Hamburger Patties	Meatloaf Muffins
Diced Potatoes	Tuna Burgers	Ground Beef
Shredded Potatoes	Salmon Burgers	Ground Pork
Green Beans	Chicken Patties	Ground Chicken
Cut-up Sausage Patties	Pork Patties	Boiled Chicken
Cubed Pork Tenderloin	Black Bean Burgers	Rice Bread
Cut-up Chicken	Chili/Taco mix	Breakfast Muffins
Cut-up Bananas	Veggie Soup mix	Pasta Noodles
Cut-up Kielbasa	Smoothie Mix Packs	Sloppy Joe/Beef Mix
Sweet Potato Noodles	Separated Tortillas	Pancakes
Zucchini Noodles	Separated Bread	Waffles
Carrot Noodles	Separated Thin Bread	
Ground Eggplant	Yogurt Ice Cubes	

Dry Goods		Cook & Can	Weekly Pre-makes
Bisquick-type mix	Breakfast Flats mix	Chicken Broth	Lunchables
Muffin mix	Rice flour	Chicken Stock	Salad Mix
Pancake mix	Cream of Rice cereal	Leftover Soup	Breakfast Flats
Ritz Cracker Crumbs			