

AS OF: \_\_\_\_\_

[illegible]

# Freezer Shit

AS OF:



What I have:    Amount:    Use By:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

AS OF: \_\_\_\_\_

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# Spices & Shit

AS OF:



What I have:    Amount:    Use By:

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# Shit to Make

WEEK OF: \_\_\_\_\_



What I have:

How to Use:

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# Shit to Buy

Meats/Cheese:

Veggies:

Other:

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# Shit to Keep on Hand



## Pantry:

FLOUR  
SUGAR  
BAKING SODA  
BAKING POWDER  
BREAD CRUMBS  
CANNED BEANS  
CANNED CORN  
CANNED CHICKEN  
CANNED TUNA  
BREAD  
TORTILLAS  
RICE  
PASTA  
POTATOES  
ONIONS

NUT BUTTER  
HONEY  
TEA  
OATS  
MANDARIN ORANGES  
COFFEE

## Spices & Shit:

GARLIC POWDER  
ONION POWDER  
CHILI POWDER  
CUMIN  
LEMON PEPPER  
ITALIAN SEASONING  
STEAK SEASONING BLEND  
PARSLEY  
CINNAMON  
SALT  
PEPPER  
VEGETABLE OIL  
OLIVE OIL  
SESAME OIL

PAPRIKA  
RED PEPPER FLAKES  
POULTRY SEASONING  
SESAME SEEDS  
CHIA SEEDS

## Fridge:

APPLES  
CUCUMBER  
LETTUCE  
BERRIES  
GRAPES  
BANANAS  
CARROTS  
CELERY  
MUSHROOMS  
TOMATO  
KETCHUP  
MUSTARD  
MINCED GARLIC  
SALAD DRESSING  
CREAMER  
MAYO  
EGGS  
MILK  
PICKLES  
BUTTER  
YOGURT  
DELI MEATS  
TOFU  
CREAM CHEESE

## Freezer:

CHICKEN BREAST  
GROUND BEEF  
MIXED VEGETABLES  
BREAKFAST SAUSAGE  
FRUITS  
ICE CREAM  
SHRIMP  
TATER TOTS

## Other Shit:

SOY SAUCE  
RICE VINEGAR  
APPLE CIDER VINEGAR  
WHITE VINEGAR  
SYRUP  
COCOA  
CHOCOLATE CHIPS  
CORNSTARCH  
YEAST  
BOUILLON/BROTHS