



Freezer Staples

BREADS & RICE

Ezekiel English Muffins

Rice

Edamame

Tortillas

FRUITS

Berries

Cherries

Avocado

VEGGIES

Cauliflower Rice

Zucchini Spirals

Squash Spirals

Broccoli

PROTEINS

Chicken Breast

Lean Ground Beef Patties

Ground Chicken or Turkey

Shrimp

Veggie Burgers

