

FROZEN FOOD GROCERY LIST

Are you looking for the best frozen foods for healthy dinners at home? Save money and eat well with these top choices from our bulk food supply store. Print this handy frozen food grocery list and bring it with you when you shop at your neighborhood US Foods CHEF'STORE.

Wholesale Meat and Seafood

When purchasing frozen meat and seafood, look for lean protein options. Boneless and skinless poultry options are healthy and easy to cook.

- Chicken: boneless skinless breast and thigh, diced rib meat, ground dark and white meat, legs and wings
- Turkey: ground dark and white meat, turkey breast
- Lean ground beef
- Fish: salmon, cod, sole, barramundi
- Pre-cooked shrimp

Vegetables

Great as a quick side dish or tossing in soups and stews, frozen veggies are healthy choices for bulk buying.

- Spinach and other hearty greens
- Broccoli, cauliflower, Brussels sprouts, and bok choy
- Squash like zucchini, butternut, and acorn
- Mixed vegetable blends
- Carrots
- Sweet potatoes
- Corn
- Asparagus
- Green Beans
- Peas
- Edamame
- Bell peppers

Fruit

Frozen fruit is one of the most versatile items to keep in your freezer. Use them for smoothies, low-sugar jams, desserts, and more.

- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Peaches
- Cherries

Breakfast Staples

For a quick, wholesome breakfast, these pre-made options should be in every household freezer.

- Turkey or chicken sausage
- Whole grain waffles and pancakes
- Hashbrowns or breakfast potatoes
- Pre-made breakfast bowls with egg whites

Effortless Dinners

You don't have to spend hours cooking to make a healthy dinner! Consider these nutritious options.

- Pre-made burger patties: lean beef, turkey, and plant-based
- Cauliflower pizza crust
- Grilled chicken strips
- Vegetable enchiladas
- Lean-protein rice bowls