



Recipes and Master Shopping List



Recipe	Produce	Canned/Dry Goods	Proteins	Frozen	Dairy	Other/ Specialty	Pantry

's Store List

Do an ingredient 'draft' and take turns to choose which items from the master list each of you will snag at the store. HINT Check out the Shopping Challenges to create a winning plan of attack for your list!

PRODUCE

Ingredient	Amount
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAIRY

Ingredient	Amount
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DRY/CANNED GOODS

Ingredient	Amount
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PROTEINS

Ingredient	Amount
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

FROZEN

Ingredient	Amount
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

OTHER/SPECIALTY

Ingredient	Amount
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Cost Estimate

Guess what you think the bill for your cart will be: _____

Best Estimator: _____

Fastest Time

Race to see who can retrieve their items AND checkout the quickest.

Speediest Shopper: _____

Cheapest Cart

Try to get the best deals and cut costs for your list!

Budget Shopper: _____

Challenge Cards

Take turns pulling one challenge card at a time. Challenges last for 5 minutes - so have a timer handy! As soon as one spouse completes a challenge, it's the other one's turn! Be safe and make smart choices - don't do anything dangerous or unsanitary just to complete a challenge!



Silent Swap

Switch tasks with your spouse without saying a word - no instructions - just keep prepping!

TV Host



Narrate everything you do as if you are teaching your spouse to cook.

Relocate

Move your prep station to a strange location - try a chair or your child's play kitchen ;)



Look the Part



Your spouse gets to choose one funky clothing item or accessory for you to wear.

Single Handed

Put one hand behind your back and keep on going - you and your spouse might need to work together!



In the Dark



Not literally! Just hide the recipe or flip it over. No peeking for help!!

Mystery Ingredient



Find a way to incorporate a mystery ingredient of your spouse's choosing from the pantry into one of your meals.



Diva Duet

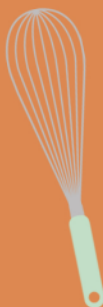
Let your inner-diva shine and SING loud and clear through the next song on your playlist!

Solo Swap

Choose only ONE kitchen tool or gadget to use while continuing to prep.



Listen Up



Rely on your spouse to read the recipe and ingredients to you.

Cool Cat

Grab a pair of sunglasses and sport them like the cool kid that you are!

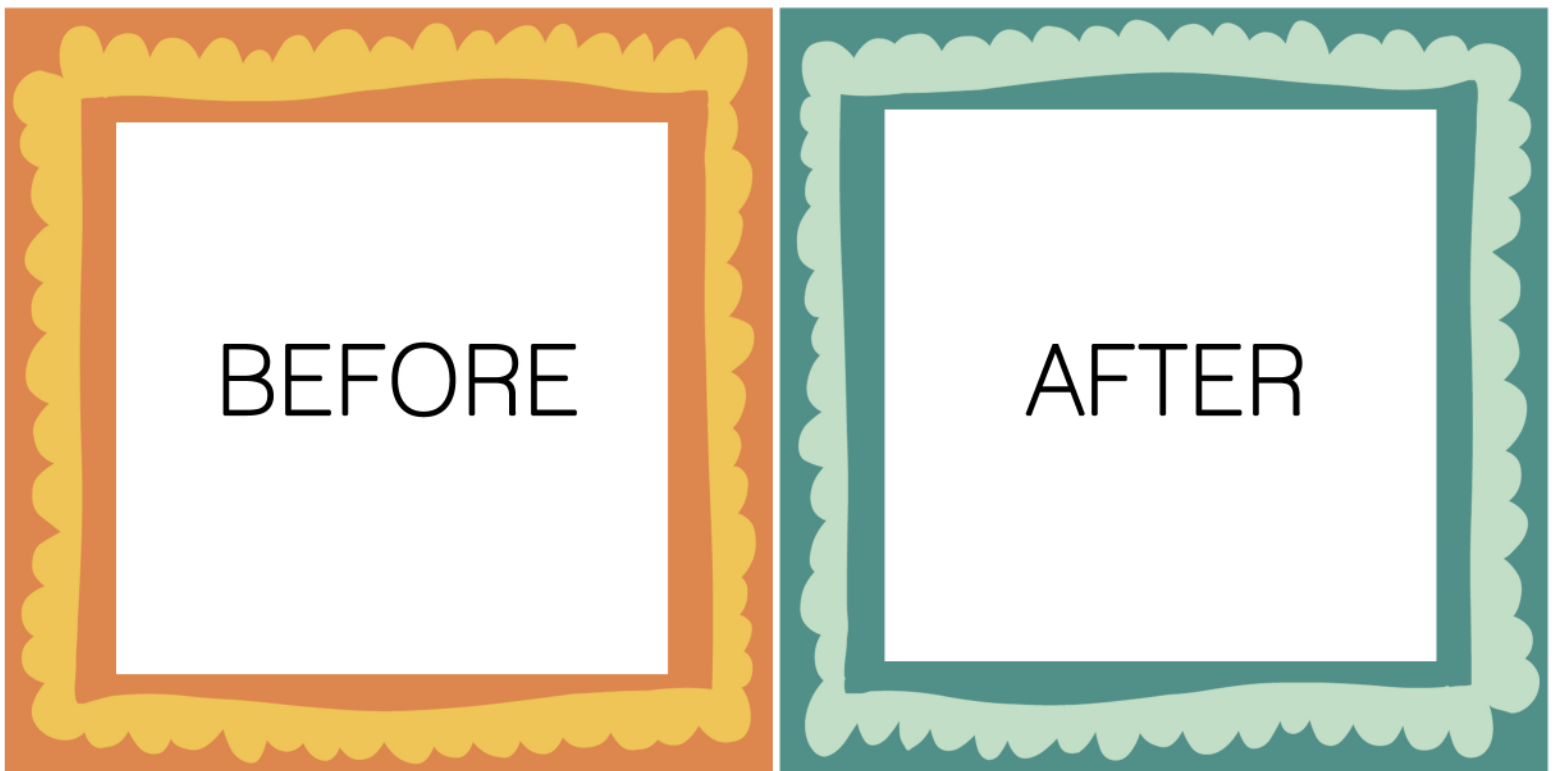


Challenge Reward Cards



The Great Freezer Meal Challenge

Document your date with before and after pictures of you and/or your meals!



Food Labels

Meal:

Date:

Serving Suggestions:

Directions:



Meal:

Date:

Serving Suggestions:

Directions:



Meal:

Date:

Serving Suggestions:

Directions:



Meal:

Date:

Serving Suggestions:

Directions:

