**September 2019**

**Grocery List**

Freezer Meals:

Bacon Cheeseburger Soup (Keto & GF) - 2 lbs. ground beef, 3 oz. cream cheese, 5 slices of cooked bacon or bacon bits and 1/2 cup heavy whipping cream

BBQ Porkchops (GF) - 2 lbs. boneless pork chops

Beef Brisket Sliders (GF) - 2-3 lbs. beef brisket

Buttery Garlic Parmesan Chicken (Keto & GF) - 2 lbs. chicken & 1 cup real mayo

Cajun Chicken Pasta - 2 lbs. chicken & 2 lbs. cooked pasta

Creamy Pepperoncini Chicken (Keto & GF) - 2 lbs. chicken

Creamy Spaghetti (GF) - 1 lb. ground beef or ground turkey & (1) 16 oz box of spaghetti noodles

Dill Pickle Pot Roast (Keto) - 3-4 lb. chuck or rump roast

Eggroll in a Bowl (Low Carb & GF) - 1 lb. sausage or ground beef & 1 16 oz. bag of cole slaw

Hearty Chicken Pot Pie (GF) - 2 lbs. chicken & 1 cup milk

Italian Meatballs (GF) - 28 oz. bag of frozen meatballs

Jalapeno Popper Soup (Keto & GF) - 2 lbs. chicken, ½ cup heavy whipping cream, ¾ cup Monterrey Jack cheese, 2 seeded & chopped jalapenos

Mexican Meatballs (Low Carb & GF) - One 28 oz. bag of frozen meatballs & 1 cup shredded cheese

Mississippi River Roast (GF) - 3-4 lbs. chuck or rump roast

Mozzarella & Pesto Chicken (Keto & GF) - 2 lbs. chicken & 6.5 oz. of pesto

Orange Chicken - 2 lbs. chicken

Steak Fajitas (Low Carb & GF) - 2 lbs. Fajita Beef, 1 cup bell peppers (optional), 1 cup onions (optional)

Stuffed Bell Peppers (Keto & GF) - 1-2 lbs. of ground beef or turkey & 4-6 bell peppers & 1 cup mozzarella cheese (optional)

Taco Joes (GF) - 2 lbs. ground beef

White Chicken Chili (GF) - 2 lbs. chicken

Pantry Meals & Dips:

Anything Chicken (Keto & GF) - 2 lbs. chicken

Brown Sugar and Garlic Pork Loin (GF) - 3 lbs. pork tenderloin  
Caribbean Jerk Chicken (GF) - 2 lbs. chicken

Chicken & Bacon with Gravy (Keto) - 2 lbs. chicken, 6 slices chopped cooked bacon OR

1/4 cup bacon bits, 2/3 cup heavy whipping cream  
Chicken Ranch Tacos (GF) - 2 lbs. chicken  
Comfort Gravy Roast - 4 lb. chuck or rump roast

Country Ranch Pork Chops (GF) - 2 lbs. boneless pork chops  
Creamy Italian Chicken (GF) - 2 lbs. chicken

Crisp Chicken Taquitos (GF) - 2 lbs. chicken, 12 flour or corn tortillas

Firecracker Shrimp Fajitas (GF) - 1 lb. frozen shrimp, 12 corn or flour tortillas (optional)

& 1 cup sliced onion & bell peppers (optional)

Garlic Chicken (GF) - 2 lbs. chicken

Garlic Mozzarella Chicken (Keto) - 2 lbs chicken, 1 stick of butter & 1 cup mozzarella cheese

Gravy Covered Steak (GF) - 2 lbs. cube steak

Green Chili Chicken (Keto & GF) - 2 lbs. chicken, ½ cup green chilis

Homestyle Chicken and Noodles (GF) - 2 lbs. chicken, 1 stick of butter,

24 oz. bag of frozen egg noodles

Lemon Pepper Pork Chops (Low Carb & GF) - 2 lbs. boneless pork chops &

1 cup sliced onions (optional)

Low Carb Taco Soup (GF) - 2 lbs. ground beef or ground turkey & (1) 28 oz can of diced tomatoes and green chilies

Mouthwatering French Dip (GF) - 3-4 lb. chuck or rump roast

Perfect Filler Pulled Pork (Low Carb & GF) - 4 lbs. pork butt or shoulder

Rosemary Lemon Chicken (GF) - 2 lbs. chicken

Santa Fe Chicken (Low Carb & GF) - 2 lbs. chicken  
Savory Ranch Chicken (GF) - 2 lbs. chicken  
Shredded Beef Tacos (GF) - 3 lbs. chuck or rump roast  
Southern Style Pork Chops (GF) - 2 lbs. boneless pork chops

Top Notch Chicken Alfredo Tortellini - 2 lbs. chicken & 20 oz. bag of 3 cheese tortellini

Thunder Chicken (GF) - 2 lbs. chicken

Yummy Baked Potato Soup (GF) - 32 oz. bag of frozen diced or shredded hash browns

Zesty Herb Chicken (Low Carb & GF) - 2 lbs. chicken

Bacon Dip (GF) - 2 cups sour cream & 4 tbls bacon bits

Crockstar's Chip Dip (GF) - 2 cups sour cream

Fiesta Mexican Dip (GF) - 1 cup Sour Cream & 1/2 cup Real Mayo