**July 2022 Grocery List**

Freezer Meals:

Beef & Broccoli (GF) - 2lbs stew meat, 12 oz. bag of frozen broccoli florets

Bomb Buffalo Chicken (GF) - 2 lbs. Chicken & 8 oz. block of cream cheese

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

Caesar Chicken (Keto & GF) - 2 Lbs. Chicken

Cheesy BBQ Bacon Chicken (GF) - 2 lbs. chicken, 6 slices chopped cooked bacon OR ¼ cup bacon bits & 1 cup Monterey jack cheese

Chicken Enchilada Casserole (GF & Low Carb) - 2 lbs. chicken, 2 oz. cream cheese, 1.5 cups shredded cheese

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

Honey Garlic Meatballs (GF) - 28 oz. bag of frozen meatballs & 1/3 cup of honey

New Orleans Chicken (GF) - 2 lbs. chicken

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

Sides / Burgers / Desserts / Rubs:

Chili Queso Dip - 4 oz. cream cheese

Crockstar Burger (Keto & GF) - 2 lbs. ground beef or turkey

French Onion Burger (GF) - 2 lbs. ground beef or turkey

Italian Burger (GF) - 2 lbs. ground beef or turkey

Spicy Jamaican Burger (Low Carb & GF) - 2 lbs. ground beef or turkey

Teriyaki Burger (Low Carb) - ¼ cup of Italian breadcrumbs & 2 lbs. ground beef or turkey

Peach Cobbler - No extra grocery items needed.

Basil Garlic Rub (Low Carb & GF) – ¼ cup olive oil and meat of choice (6 chicken breasts, 6 porkchops, 6 petite steaks OR 4 large steaks)

Crockstar Steak Rub (Low Carb & GF) – ¼ cup olive oil and meat of choice (6 chicken breasts, 6 porkchops, 6 petite steaks OR 4 large steaks)

Lemon Pepper Rub (Low Carb & GF) – ¼ cup olive oil and meat of choice (6 chicken breasts, 6 porkchops, 6 petite steaks OR 4 large steaks)

Roasted Garlic Rub (Low Carb & GF) – ¼ cup olive oil and meat of choice (6 chicken breasts, 6 porkchops, 6 petite steaks OR 4 large steaks)

Supreme Pepper Rub (Low Carb & GF) – ¼ cup olive oil and meat of choice (6 chicken breasts, 6 porkchops, 6 petite steaks OR 4 large steaks)

Pantry Meals & Dips:

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

Beefy Noodle Soup (GF) – 2 lbs. chuck roast & 24 oz. bag of frozen egg noodles

Brown Sugar and Garlic Pork Loin (GF) – 3 lbs. pork tenderloin

Cajun Chicken Pasta – 2 lbs. chicken & 2 cups cooked pasta  
Caribbean Jerk Chicken (GF) – 2 lbs. chicken

Chicken & Bacon with Gravy (Keto) – 2 lbs. chicken, 1/4 cup bacon bits & 2/3 cup heavy whipping cream

Chicken Curry (Low Carb & GF) – 2 lbs. chicken  
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 Cajun Chicken (GF) – 2 lbs. chicken  
Creamy Italian Chicken (GF) – 2 lbs. chicken

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

Crockin Chicken Nachos (GF) – 2 lbs. chicken, 10.5 oz. can of cream of chicken, 10 oz. can Rotel ®

Eggroll in a Bowl (Low Carb & GF) – 1 lb. of ground beef or Italian sausage, One 16 oz. bag of coleslaw, ¼ cup of soy sauce

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

& 1 cup sliced onion & bell peppers (optional)

Flavorful Pork Chops – 2 lbs. boneless pork chops

French Onion Pork Chops – 2 lbs. boneless pork chops

Garlic Chicken (GF) – 2 lbs. chicken

Garlic Herb Pot Roast (Low Carb & GF) – 3 lbs. chuck roast

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

Gold Medal Chicken and Gravy – 2 lbs. chicken

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

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

Hearty Chicken Pot Pie (GF) – 2 lbs. chicken, 1 cup milk & 30 oz. can of mixed vegetables

Hickory Sweet Short Ribs (GF) – 5-6 bone in ribs OR 3-4 lbs. boneless ribs and 1 cup of your favorite BBQ sauce

Homestyle Chicken and Noodles (GF) – 2 lbs. chicken, 1 stick of butter, 24 oz. bag of frozen egg noodles

Italian Meatball Subs – One 28 Oz. Bag of Frozen Meatballs & 3 cups of spaghetti sauce

Italian Porkchops (GF) – 2 lbs. boneless pork chops & a 10.5 oz. can of cream of chicken

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

Mediterranean Beef Kabobs (GF & Low Carb) – 2 lbs. lean ground beef, 1 small onion (optional), 2 tbls olive oil & 1.5 tbls lemon juice OR juice from half a lemon

Mexican Meatballs (Low Carb & GF) – 28 oz. bag cooked frozen meatballs & 1.5 cups enchilada sauce

Mississippi River Roast (Low Carb & GF) – 3 lbs. chuck or rump roast, 1/4 cup of butter & 5 whole pepperoncinis

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

No Tortilla Chicken Fajitas (Keto & GF) – 2 lbs. chicken, 10 oz. can of Rotel ®, 1 cup sliced onions & bell peppers (optional)

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

Philly Steak Sandwiches (GF) – 3 Lbs. beef round steak, 1 bell pepper & 1 onion

Rosemary Lemon Chicken (GF) – 2 lbs. chicken

Santa Fe Chicken (Low Carb & GF) – 2 lbs. chicken

Sausage & Cheese Tortellini (GF) – 1-2 lbs. cooked Italian sausage, 14.5 oz. can of diced tomatoes, 20 oz. bag of 3 cheese tortellini (fridge or frozen section)  
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

Tasty Taco Salad (Low Carb & GF) – 1-2 lbs. cooked ground beef or turkey, 10 oz. can of Rotel ®

Thunder Chicken (GF) – 2 lbs. chicken

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

Tuscan Chicken Pasta (GF) – 2 lbs. chicken, 1/4 cup sun dried tomatoes (no oil) & 2 cups any cooked pasta

Wild French Meatballs (GF) – One 28 Oz. Bag of Frozen Meatballs, 10.5 oz. can of cream of mushroom

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

Cheesy Onion Dip (GF) – 2 cups sour cream & 2 tbls parmesan cheese

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

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

Loaded Guacamole Dip (Low Carb & GF) – 2 large avocados & 10 oz. can of drained Rotel ® OR ¼ cup of freshly diced onions, 1 sliced and seeded jalapeno & 1 small diced tomato, 1 tbls lime juice (optional)