**November 2019**

**Grocery List**

Freezer Meals:

Asian Lettuce Wraps - 2 lbs. chicken, 1 head of lettuce

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

Cheesy Chicken Stuffing - 2 lbs. chicken & 8 slices of swiss cheese

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

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

Honolulu Chicken (GF) - 2 lbs. chicken

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

Meatballs & Gravy (Low Carb) - 28 oz. bag of frozen meatballs

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

No Tortilla Chicken Fajitas (Keto & GF) - 2 lbs. chicken, 1/2 cup heavy whipping cream & 1 cup sliced onions and bell peppers (optional)

Pork Chop Stuffing - 2 lbs. boneless pork chops

Sausage & Cheese Tortellini (GF) - 1 lb. Italian sausage and 20 oz. bag of 3 cheese tortellini (fridge section)

Shrimp from the Flames (Low Carb & GF) - 1 lb. of frozen (cooked or raw) shrimp

Steak Bites (Keto & GF) - 4 lbs. Round steak

Sweet Holiday Ham (GF) - 4-5 lbs. cooked ham, 1 cup real maple syrup

Tasty Taco Salad (Low Carb & GF) - 1 lb. ground beef or ground turkey & your favorite lettuce (iceberg, spinach, romaine)

Sides:

Cheesy Cream Corn (GF) - 24 oz. bag of frozen corn

Cinnamon Sugar Carrots (GF) - 2 lbs. of baby carrots

Green Bean Casserole - (2) 14.5 oz. cans of any style greens & 3/4 cup of milk

Parmesan Covered Broccoli (GF) - 24 oz. bag of frozen broccoli

Southern Green Beans (GF) - (2) 14.5 oz. cans of any style green beans & 1/2 cup real bacon bits

Pantry Meals & Dips:

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

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

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

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

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

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) - 1 cup Sour Cream & 1/2 cup Real Mayo