**July 2021 Grocery List**

Freezer Meals:

\*NEW\* Brown Sugar BBQ Meatballs (GF) – One 28 Oz. Bag of Frozen Meatballs

\*NEW\* Cheddar Cream Cheese Chicken (GF) – 2 lbs. chicken, ¼ cup of real bacon bits

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

\*NEW\* Creamy BBQ Sandwiches (GF) – 2 lbs. chicken or porkchops & your favorite rolls or buns

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

\*NEW\* Gravy Smothered Porkloin – 2 lbs. pork tenderloin

\*NEW\* Honey Buffalo Meatballs (GF) – One 28 Oz. Bag of Frozen Meatballs & ¾ Cup of Honey

Honey Garlic Meatballs (GF) – One 28 Oz. Bag of Frozen Meatballs & 1/3 Cup of Honey

\*NEW\* Taco Pasta (GF) – 1-2 lbs. cooked ground beef or turkey, 2 cups of your favorite cooked pasta & 1 cup of shredded cheese

\*NEW\* Western Casserole – 2 lbs. cooked ground beef & ¼ cup of milk

Desserts:

Apple Cobbler – No extra grocery items needed

\*NEW\* Chocolate Chip Cookie Cake – 2 eggs & 1 tbls vanilla \*NEW\*

\*NEW\* Death by Chocolate Cake – 2 eggs & 1 tbls vanilla \*NEW\*

Sides & Dips:

\*NEW\* Butter Ranch Potatoes (GF) – 1 lb. of mini golden or red potatoes

\*NEW\* Garlic Herb Potatoes (GF) – 1 lb. of mini golden or red potatoes & ¼ cup of olive oil

Chili Queso Dip – 4 oz. of cream cheese

Burgers:

\*NEW\* BBQ Burger (GF) – 2 lbs. ground beef or turkey

\*NEW\* Crockstar Burger (Keto & GF) – 2 lbs. ground beef or turkey

\*NEW\* French Onion Burger (GF) – 2 lbs. ground beef or turkey

\*NEW\* Italian Burger (GF) – 2 lbs. ground beef or turkey

\*NEW\* Spicy Jamaican Burger (Low Carb & GF) – 2 lbs. ground beef or turkey

\*NEW\* Teriyaki Burger (Low Carb) – ¼ cup of Italian breadcrumbs & 2 lbs. ground beef or turkey

Rubs:

\*NEW\* 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)

\*NEW\* 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)

\*NEW\* 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)

\*NEW\* 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)

\*NEW\* 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)

Marinades:

\*NEW\* Bold & Flavorful Marinade (GF) – ¼ cup of olive oil and meat of choice (2 lbs. chicken breasts, porkchops OR steaks)

\*NEW\* Sweet Sizzlin Marinade (GF) – 2 lbs. of your meat of choice (chicken breasts, porkchops OR 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

\*NEW\* 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

\*NEW\* 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

\*NEW\* 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

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

\*NEW\* 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

\*NEW\* 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

\*NEW\* 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

\*NEW\* 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)