**June 2021**

**Grocery List**

Freezer Meals:

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

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

Bomb Buffalo Chicken (Keto & GF) - 2 lbs. Chicken

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

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

Cheesy Chicken Spaghetti - 2 lbs. chicken, 16oz pasteurized processed cheese & 16oz spaghetti noodles

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

Dill Pickle Pot Roast (Keto) - 3-4 Lb. Chuck or Rump Roast

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

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

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

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

Pepper Jack Chicken (Keto & GF) - 2 lbs. chicken, 1 cup pepper jack cheese

Queso Chicken Tacos - 2lbs. Chicken

Salsa Lime Porkchops (Low Carb & GF) - 2-3 lbs. boneless pork chops

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

Sausage & Potato Casserole - 14 oz. sliced or diced kielbasa sausage & 32oz bag frozen diced hash browns & 1/2 cup milk

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

Taco Joes (GF) - 2 lbs. ground beef

Winning Beef Tips - 2-3 lbs. stew beef

Sides, Dips & Desserts:

Apple Cobbler - No extra grocery items needed

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

Peach Cobbler – No extra grocery items needed

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

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

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 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)

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

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

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  
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

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

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