**September 2020**

**Grocery List**

Freezer Meals:

Bacon Cheeseburger Soup (Keto & GF) - 2 lbs. ground beef, 3 oz. cream cheese, 5 slices of cooked bacon or 1/4 real bacon bits and 1/2 cup heavy whipping cream

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

\*NEW\* Crockin Chicken Nachos – 2 lbs. chicken \*NEW\*

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

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

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

Egg Roll in a Bowl (Low Carb & GF) - 1 lb. sausage or ground beef & 1 16 oz. bag of coleslaw

Goody Goulash (GF) - 1-2 lbs. ground beef or ground turkey, 1 1/2 cups cooked elbow macaroni

Honey Garlic Meatballs (GF) - One 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

Keto White Chicken Chili (Keto & GF) - 2 lbs. chicken, 4 oz. cream cheese, 1/4 cup heavy whipping cream

Meatball Pizza (Low Carb & GF) - One 28 oz. bag of frozen meatballs

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

New Orleans Chicken (GF) - 2 lbs. chicken

Not Yo Mamas Taco Soup (GF) -1 lb. ground beef or turkey

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

Winning Beef Tips - 2-3 lbs. stew beef

Freezer Sides:

Mexican Corn Dip (GF) – No extra grocery items needed

Cheesy Cream Corn (GF) - (2) 14.5 oz. cans of corn

Southern Green Beans - 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 lbs. 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 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 chilis

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

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

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