



GROCERY LIST FOR F-I-L-V-E

Low Carb - Slow Cooker - Freezer Meals



Meat

- 2 lbs. flank steak or brisket
- 4 lbs. chicken breasts
- 2 lbs. beef stew meat
- 2 lbs. lean pork loin or pork shoulder
- 1 lb. bacon

Produce

- 4 white onions
- 1 shallot
- 3 bell peppers
- 1 bag celery
- 1 bag carrots
- 2- 12 ounce containers sliced mushrooms
- 1 leek
- 1 jalapeño
- 17 cloves garlic

Pantry

- 1 small can Chipotle peppers in Adobo
(Found with Hispanic foods)
- 2- 14.5 cans diced tomatoes
- 38 ounces chicken broth
- 16 beef broth
- Tomato paste
- Worcestershire sauce
- Balsamic vinegar

Wing sauce (Such as Frank's wing sauce)

Dairy

- 8 ounce block of cream cheese
- 1 cup heavy cream

Spices

Cumin, Garlic Powder, Onion Powder, Oregano, Ground Coriander, Thyme, Chili Powder, Salt, Pepper

Extras for Serving:

- 2 heads of lettuce (for wraps)
- Crumbled Bleu cheese or Gorgonzola
- Cilantro
- Lime
- Avocado
- Mini Bell Peppers
- Shredded cheddar Cheese
- Shredded Parmesan Cheese

*****Don't forget Gallon size Freezer Bags!**