



crockpot gourmet

<p>MEAT</p> <ul style="list-style-type: none">● 1 pound ground turkey● 1 pound ground chicken● 1 pound ground beef● 2 pounds boneless skinless chicken breasts● 2 pound pork shoulder roast	<p>FROZEN FOODS</p> <ul style="list-style-type: none">● 1 cup frozen corn kernels <p>DELI</p> <ul style="list-style-type: none">● prepared coleslaw
<p>DAIRY</p> <ul style="list-style-type: none">● 2 eggs● 1 cup Parmesan cheese● 2 oz cream cheese● 4 oz fresh mozzarella cheese	<p>BEVERAGES</p> <ul style="list-style-type: none">● 12 oz can Dr. Pepper (or cola)
<p>GROCERY/DRY GOODS</p> <ul style="list-style-type: none">● 1 cup old fashioned oats● 2 jars pasta sauce● 1 (32oz box) chicken broth + 1 small can● 16 oz beef broth● 14 oz can diced tomatoes● ½ cup BBQ sauce (pineapple flavor preferred)● Small bag tortilla chips● 4 oz spaghetti noodles● 12 oz enchilada sauce● 1 package sandwich buns	<p>SPICES/STAPLES (CHECK YOUR PANTRY)</p> <ul style="list-style-type: none">● salt● garlic powder● chili powder● kosher salt (or sub reg salt)● dried onion flakes● dried parsley● lemon pepper seasoning● Italian seasoning● ground ginger● cornstarch● olive oil● brown sugar● bottled lemon juice● jarred minced garlic● hot sauce● soy sauce● honey● rice vinegar