

5 Low Carb Freezer Meals

GROCERY LIST

Meat

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

Produce

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

Pantry

- 1 small can Chipotle peppers in Adobo
- 2- 14.5 oz. cans diced tomatoes
- 48 oz. chicken broth
- 16 oz. beef broth
- can 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!

