

4th 5 Dinners in One Hour Grocery List

Dairy:

½ Cup Shredded Cheddar

¼ Cup plus 1/3 Cup Heavy Cream

1 T Butter

4 Slices Swiss Cheese

8 oz Cream Cheese

1 Cup Sour Cream

1 Egg

Shredded Parmesan or Use the Green Can 2 Cups Shredded

Produce:

Fresh Minced Parsley 1 T (I use dried)

Onion, ¼ Cup diced and ½ Medium

Mushrooms 8 oz Sliced

Garlic, I use the minced jarred

Jalapeno 1 (5 slices) or you can use jarred

2 Medium zucchini

2 Medium yellow squash

½ Bunch Asparagus

Salad for 3 meals

Veggies to roast for one meal

Dry-Canned-Packaged:

Garlic Powder

Onion Powder

Seasoning Salt

Ground Black Pepper

Worcestershire Sauce

¼ Cup Crushed Pork Rinds

Olive oil

Optional for one recipe- 2 T Whisky, Bourbon, Brandy or Rum

Beef Base 1 t

Poultry Seasoning

3 T Tomato Paste
Chili Powder
Cocoa Powder
½ C Bone Broth
1 t Coconut Aminos (I use Bragg's liquid aminos)
1 t Mustard Powder
1 t Swerve Brown (I used sweetener that I had)
Paprika
1 t Fred's Red Hot Sauce
¼ t Corn Extract, opt
1-2 T Cajun Seasoning

Meat:

Boneless, skinless Chicken Breasts 3lb, 4 Large
1 ¼ LB Ground beef, 85%
1 LB Ground Beef
4 Slices Ham (I used deli ham for sandwiches)
14 oz Sausage (not breakfast sausage, link style sausage)

Frozen:

1 LB Peeled, deveined Shrimp
Mashed Cauliflower for 2 meals
14 oz Extra Fine Green Beans