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the

grocery

list

what you will need

Please note: This list does not include suggested sides.

12 lb of chicken breasts – I suggest a wholesale store like BJs for a large pack

1-2 lbs of country-style pork ribs

Gallon-sized freezer bags

1 1/2 cups ketchup

1 1/2 Tablespoons Old Bay Seasoning or other Cajun seasoning

1/2 teaspoon liquid smoke

1/2 cup brown sugar

1/2 cup white vinegar

1 (26 oz) jar of chunky vegetable-style spaghetti sauce

1 zucchini, chopped

2 green peppers

3 sweet onions

1 cup Dijon mustard

1/2 cup maple syrup

2 Tablespoons red wine vinegar

salt

pepper

2 (14 oz) cans black beans

2 (14 oz) cans corn

1 (1 oz) package taco seasoning

1 cup salsa

1/4 cup dried minced onion

1 (16 oz) can whole cranberry sauce

1 cup barbecue sauce

3 lbs stew meat, cubed

1 (16 oz) bag frozen broccoli florets

2 (16 oz) jars Alfredo sauce

1 (4 oz) can sliced mushrooms, drained

1 cup soy sauce

1 cup sugar

1 teaspoon garlic salt