

# CROCK POT MEAL SHOPPING LIST

## **Protein**

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Chicken Breast (at least 6 breasts in the pack)

Italian Sausage (mild or hot)

Beef Stew Meat

## **Dairy**

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8oz package of Cream Cheese

Provolone Cheese

## **Dry Goods**

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Jasmine or Basmati rice

Teriyaki sauce

Tikka Masala Simmer Sauce

Sweet Orange Marmalade

Barbecue Sauce

Soy Sauce

Marinara Sauce

Hoagie Rolls

## **Produce**

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Frozen Stir-Fry Medley

Sweet Onions