

Meat

- 7 pounds of boneless,skinless chicken breasts
- 1 chuck roast (2-3 lbs)

Produce

- 3 green bell peppers
- 1 large yellow onion
- 1 teaspoon lime juice
- 1 small white onion
- 1 red pepper
- 3 garlic cloves
- Carrots (I buy baby cut carrots)
- Potatoes 3-4

Grocery

- butter
- Montreal Marinade seasoning
- Mozzarella cheese (1 cup)
- Nice Hoagie Rolls
- Favorite salsa (12 oz)
- 2 Tablespoons taco seasoning
- 1 Tablespoon maple syrup (pancake syrup works too)
- 4 oz cream cheese
- Soy sauce
- 20 oz can pineapple (chunks or crushed)
- brown sugar
- ground ginger
- Cider vinegar
- Barbeque sauce (your favorite)
- Yellow mustard
- Worcestershire sauce
- Onion flakes
- Garlic powder
- 16 oz bottle of Dr. Pepper (you can use diet or regular)

