

# October 2019 Week by Week Shopping List

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## Week #1: September 29 – October 5

<p><b><u>Dairy:</u></b>          *(3) 8 oz 1/3 less fat cream cheese          *1 c. 0% plain Greek yogurt          *14 oz 1% cottage cheese          *6 c. mozzarella          *sour cream          *1 c. cheddar          *(2) eggs</p> <p><b><u>Meat:</u></b>          *1 lb bacon          *3 ½ lbs boneless skinless chicken breasts          *3 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of peas</p>	<p><b><u>Produce:</u></b>          *(3) onions          *(2) green bell peppers          *(2) 3 pk Romaine lettuce          *(1) large bag of spinach          *(1) head of broccoli          *(1) red bell pepper          *garlic          *1 lb carrots          *(1) large zucchini</p> <p><b><u>Canned/Jarred:</u></b>          *(2) 15 oz black beans          *salsa          *(1) 10.5 oz Rotel          *20 oz spaghetti sauce          *2 ½ c. chicken broth          *Sriracha or Frank's Red Hot sauce          *(1) 14 oz diced tomatoes          *(2) 15 oz Great Northern beans          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *2 c. brown rice, not cooked          *chili powder          *dried parsley          *onion powder          *garlic powder          *on plan sweetener          *red pepper flakes          *oregano          *cayenne pepper          *coconut oil          *soy sauce          *Italian seasoning          *bay leaf          *taco seasoning          *almond flour</p>
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## Week #2: October 6-12

<p><b><u>Dairy:</u></b>          *8 oz + 4 T. 1/3 less fat cream cheese          *heavy cream          *10 oz sliced Swiss cheese          *1 ½ c. egg whites          *(2) eggs          *4 c. mozzarella</p> <p><b><u>Meat:</u></b>          *5 lbs boneless skinless chicken breasts          *8 oz bacon          *2 lbs ground beef          *(2) 12 oz sliced Roast beef (deli)          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of peas          *(1) bag of cauli rice          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *(7) onions          *1 lb carrots          *celery          *(5) jalapeno peppers          *garlic          *green onions          *(1) large zucchini          *(5) green bell peppers          *8 oz mushrooms          *1/2 large green cabbage          *(1) 3 pk Romaine lettuce</p> <p><b><u>Canned/Jarred:</u></b>          *(2) 10.5 oz Rotel          *2 c. chicken broth          *spaghetti sauce          *4 c. vegetable stock          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil          *chili powder          *cumin          *oregano          *red pepper flakes          *Italian seasoning          *taco seasoning          *sesame oil          *6 c. brown rice, cooked          *soy sauce          *ground ginger          *onion powder          *garlic powder          *black pepper          *rice vinegar          *almond flour          *Ranch dressing (for salad)</p>
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## Week #3: October 13-19

### Dairy:

- \*1/2 c. 0% plain Greek yogurt
- \*(2) sticks of butter
- \*heavy cream
- \*Parmesan cheese
- \*16 oz 2% cottage cheese
- \*6 c. mozzarella
- \*4 T. 1/3 less fat cream cheese
- \*(2) eggs

### Meat:

- \*3 lbs ground beef
- \*2 lbs boneless skinless chicken breasts
- \*2 lbs Italian ground sausage
- \*1 1/2 lb smoked sausage
- \*pepperoni

### Frozen:

- \*(2) bags of cauliflower florets
- \*2 c. okra

### Produce:

- \*3 pk Romaine lettuce
- \*(1) pint cherry tomatoes
- \*garlic
- \*(5) onions
- \*(1) large bag of spinach
- \*(2) zucchini
- \*(3) green bell peppers
- \*(1) lime
- \*(1) green cabbage

### Canned/Jarred:

- \*(2) 15 oz pinto beans
- \*(1) 15 oz black beans
- \*(1) 14 oz corn
- \*(3) quarts chicken broth
- \*(1) 15 oz tomato sauce
- \*(1) 15 oz kidney beans
- \*(1) 15 oz Great Northern beans
- \*(2) 14 oz diced tomatoes
- \*pizza sauce

### Dry Grocery:

- \*chili powder
- \*cumin
- \*paprika
- \*garlic powder
- \*onion powder
- \*parsley
- \*black pepper
- \*coconut oil
- \*rosemary
- \*thyme
- \*oregano
- \*red pepper flakes
- \*1 c. brown rice, not cooked
- \*taco seasoning
- \*chili seasoning
- \*1/2 lb green or brown lentils
- \*almond flour

## Week #4: October 20-26

### Dairy:

- \*8 oz + 4 T. 1/3 less fat cream cheese
- \*heavy cream
- \*2 c. monterey jack cheese
- \*2 c. cheddar
- \*sour cream
- \*4 c. mozzarella
- \*(2) eggs

### Meat:

- \*2 lbs ground turkey
- \*5 lbs boneless skinless chicken breasts
- \*12 oz bacon
- \*2 lbs ground beef
- \*pepperoni

### Frozen:

- \*3 c. seasoning blend
- \*(1) bag of peas
- \*(2) bags of cauliflower florets
- \*(1) bag of green beans

### Produce:

- \*(2) onions
- \*1 lb carrots
- \*celery
- \*(5) jalapeno peppers
- \*garlic
- \*(1) head of broccoli
- \*(1) red bell pepper
- \*(1) zucchini
- \*green onions
- \*(2) 3 pk Romaine lettuce
- \*(1) green bell pepper

### Canned/Jarred:

- \*(4) 10.5 oz Rotel
- \*(1) 15 oz pinto beans
- \*(1) 14 oz corn
- \*3 c. chicken broth
- \*Sriracha or Frank's Red Hot sauce
- \*spaghetti sauce
- \*salsa
- \*pizza sauce

### Dry Grocery:

- \*4 c. cooked brown rice
- \*chili powder
- \*garlic powder
- \*cumin
- \*cayenne pepper
- \*coconut oil
- \*oregano
- \*soy sauce
- \*on plan sweetener
- \*red pepper flakes
- \*taco seasoning
- \*almond flour
- \*Ranch dressing (for salad)

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## Week #5: October 27 – November 3

<p><b><u>Dairy:</u></b> *4 T. butter *sour cream *heavy cream *1 ½ c. egg whites *10 oz sliced Swiss cheese *(2) eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella</p> <p><b><u>Meat:</u></b> *6 lbs boneless skinless chicken breasts *1 lb Italian ground sausage *pepperoni *(2) 12 oz sliced roast beef (deli) *1 lb ground beef</p> <p><b><u>Frozen:</u></b> *(2) bags seasoning blend *2 c. okra *(1) bag of peas *(1) bag of cauli rice *(1) bag of corn *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b> *3 pk Romaine lettuce *1 lb carrots *green onions *garlic *(5) onions *(5) green bell peppers *8 oz mushrooms *(1) lime *(1) bunch of cilantro *cucumber (for fresh veg)</p> <p><b><u>Canned/Jarred:</u></b> *Frank's Red Hot sauce *(2) pizza sauce *(4) 8 oz tomato sauce *(3) quarts chicken broth *(2) 15 oz black beans *(1) 10.5 oz Rotel *(1) 14.5 oz fire roasted tomatoes</p>	<p><b><u>Dry Grocery:</u></b> *apple cider vinegar *dried parsley *oregano *onion powder *garlic powder *basil *cayenne pepper *sesame oil *6 c. brown rice, cooked *soy sauce *red pepper flakes *coconut oil *Italian seasoning *taco seasoning *paprika *cumin *almond flour</p>
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