

Week #1: October 27-November 3

<p><u>Dairy:</u> *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><u>Meat:</u> *5 lbs boneless skinless chicken breasts *1 lb Italian ground sausage *pepperoni *(2) 12 oz sliced roast beef (deli) *1 lb ground beef</p> <p><u>Frozen:</u> *(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><u>Produce:</u> *3 pk Romaine lettuce *1 lb carrots *green onions *garlic *(5) onions *5) green bell peppers *8oz mushrooms *(1) lime *(1) bunch of cilantro *cucumber (for fresh veg)</p> <p><u>Canned/Jarred:</u> *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>*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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Week #2: November 3-9

<p><u>Dairy:</u> *(1) dozen + 2 eggs *unsweetened almond milk *4 c. cheddar cheese *1/2 stick of butter *1 c. Parmesan cheese *16 oz. 2% cottage cheese *7 c. mozzarella *8 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *8 oz bacon *1 lb ground beef *6 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(5) onions *(3) green bell peppers *(3) zucchini *1 lb carrots *garlic *large bag of spinach *(1) head of broccoli *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *2 c. vegetable broth *(2) 14 oz diced tomatoes *(6) 15 oz Great Northern beans *(1) 4 oz diced green chiles *(1) 16 oz tomato sauce *2 ½ c. chicken broth *Frank's Red Hot *(2) 10.5 oz Rotel *(1) 14 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *garlic powder *cayenne pepper *olive oil *Italian seasoning *bay leaf *red pepper flakes *taco seasoning *low carb tortilla shells *chili powder *onion powder *cumin *on plan sweetener *oregano *1 c. brown rice, not cooked *soy suace *rosemary *thyme *almond flour</p>
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Week #3: November 10-16

<p><u>Dairy:</u> *1 c. cheddar cheese *sour cream *1 ½ c. egg whites *8 oz + 4 T. 1/3 less fat cream cheese *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u> *5 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of okra *(1) bag of peas *(1) bag of cauli rice</p>	<p><u>Produce:</u> *(4) onions *garlic *1/2 large green cabbage *3 pk Romaine lettuce *(3) green bell peppers *(1) zucchini *1 lb carrots *green onions</p> <p><u>Canned/Jarred:</u> *4 2/3 c. chicken broth *(4) 14 oz diced tomatoes *(1) 8 oz tomato sauce *salsa *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *spaghetti sauce *(1) 10.5 oz Rotel *4 c. beef stock *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil *onion powder *paprika *Worcestershire sauce *cayenne pepper *Bragg's Liquid Aminos/soy sauce *(2) taco seasoning *chili seasoning *1/2 lb green or brown lentils *Ranch dressing (for salad) *sesame oil *4 c. brown rice, cooked *red pepper flakes *almond flour *chili powder</p>
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Week #4: November 17-23

<p><u>Dairy:</u> *(1) dozen + (2) eggs *unsweetened almond milk *1 c. cheddar *(1) stick of butter *heavy cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *(4) chicken sausage links *8 oz bacon *2 lbs ground beef *2 ½ lbs chicken tenderloins *2 lbs ground sausage *2 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(2) bags of seasoning blend *(1) bag of cauli rice *(1) bag of green beans *(2) bags of cauliflower florets *2 c. okra</p>	<p><u>Produce:</u> *garlic *large bag of spinach *(4) onions *(3) green bell peppers *(1) zucchini *(1) lime *celery *1/2 large green cabbage</p> <p><u>Canned/Jarred:</u> *(4) quarts chicken stock *(2) 14.5 oz fire roasted tomatoes *(1) 6 oz tomato paste *(1) 15 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *1 lb brown or green lentils *oregano *cayenne pepper *garlic powder *2 c. brown rice, not cooked *taco seasoning *chili powder *onion powder *paprika *gluccie, optional *red pepper flakes *soy sauce *ginger *black pepper *rice vinegar *coconut oil *almond flour</p>
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Week #5: November 24-30

<p><u>Dairy:</u> *8 oz + 4 T. 1/3 less fat cream cheese *3 c. cheddar cheese *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u> *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of peas</p>	<p><u>Produce:</u> *(1) head of broccoli *(1) red bell pepper *garlic *(1) zucchini *3 pk Romaine lettuce *(3) onions *(3) green bell peppers</p> <p><u>Canned/Jarred:</u> *(4) 15 oz Great Northern beans *2 ½ c. chicken broth *(3) 10.5 oz Rotel *(1) 14 oz diced tomatoes *(1) 14 oz corn *Frank's Red Hot sauce *spaghetti sauce *1 quart vegetable broth *(1) 4 oz diced green chiles *(1) 15 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *cumin *chili powder *onion powder *garlic powder *coconut oil *1 c. brown rice, not cooked *soy sauce *on plan sweetener *red pepper flakes *(2) taco seasoning *10 pk low carb tortilla shells *oregano *Ranch dressing (for salad) *almond flour</p>
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