

Week #1: February 2-8

<p><u>Dairy:</u> *(1) stick of butter *heavy cream *1 c. cheddar cheese *sour cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *4 ½ lbs boneless skinless chicken breasts *2 lbs ground sausage *1 lb bacon *(8) pork chops *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(2) 16 oz cauliflower florets *2 c. okra *(1) bag of cauliflower rice *(1) bag of peas</p>	<p><u>Produce:</u> *(7) onions *celery *1/2 large green cabbage *large bag of kale (2 bunches) *(1) 3 pk Romaine lettuce *1 lb carrots *garlic *(2) heads of broccoli (could use frozen) *(2) red bell peppers *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *(3) quarts chicken broth *(1) quart vegetable broth *(2) 15 oz Great Northern beans *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *soy sauce *ground ginger *onion powder *garlic powder *black pepper *rice vinegar *coconut oil *3 c. brown rice, not cooked *red pepper flakes *Ranch dressing (for salad) *1/2 lb quinoa *rosemary *Italian seasoning *red wine vinegar *taco seasoning *Frank's Red Hot *on plan sweetener *almond flour</p>
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Week #2: February 9-15

<p><u>Dairy:</u> *(1) stick of butter *heavy cream *4 1/3 c. mozzarella *1 ½ c egg whites *8 oz + 4 T 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *(6) chicken thighs *2 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(3) bags of cauliflower rice *(1) bag of green beans *1 c. peas</p>	<p><u>Produce:</u> *(1) 3 pk Romaine lettuce *(4) onions *(3) green bell peppers *garlic *large bag of spinach *1 lb carrots *(1) zucchini *green onions</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *salsa *(2) 10.5 oz Rotel *(1) 8 oz tomato sauce *(2) quarts vegetable broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *3 c. brown rice, not cooked *chili powder *basil *Italian seasoning *bay leaf *red pepper flakes *Ranch dressing (for salad) *sesame oil *soy sauce *taco seasoning *almond flour</p>
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Week #3: February 16-22

<p><u>Dairy:</u> *(1) stick of butter *sour cream *1 c. cheddar cheese *heavy cream *4 T. 1/3 less fat cream cheese *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u> *2 ½ lbs boneless skinless chicken breasts *2 lbs ground beef *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of broccoli *(2) 16 oz cauliflower florets *2 c. okra</p>	<p><u>Produce:</u> *(5) onions *(5) green bell peppers *1 lb carrots *(2) 3 pk Romaine lettuce *cucumber (for fresh veg) *garlic *large head of green cabbage *(1) bunch of kale</p> <p><u>Canned/Jarred:</u> *(1) quart vegetable stock *(1) 4 oz diced green chiles *salsa *(1) 15 oz black beans *(3) quarts chicken stock *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(1) 8 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive or avocado oil *cumin *cayenne pepper, optional *2/3 c. brown rice, not cooked *Frank's Red Hot sauce *apple cider vinegar *parsley *oregano *garlic powder *onion powder *Ranch dressing (on top of Buffalo chicken) *chili seasoning *1/2 lb green or brown lentils *taco seasoning *Italian seasoning *red pepper flakes *almond flour</p>
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Week #4: February 23-29

<p><u>Dairy:</u> *3 c. egg whites *3 c. cheddar cheese *(1) dozen + (2) eggs *unsweetened almond milk *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *8 oz bacon *pepperoni</p> <p><u>Frozen:</u> *2 c. okra *(2) bags of cauliflower rice *1 c. peas</p>	<p><u>Produce:</u> *(3) green bell peppers *(5) onions *garlic *(1) lime (can use bottled juice) *1 lb carrots *(2) zucchini *small bag of spinach *(1) 3 pk Romaine lettuce *green onions</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(2) 14 oz diced tomatoes *(2) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) quart vegetable broth *(2) 15 oz Great Northern beans *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *3 c. brown rice, not cooked *taco seasoning *chili powder *onion powder *garlic powder *Liquid Aminos or soy sauce *olive or avocado oil *Italian seasoning *bay leaf *red pepper flakes *Ranch dressing (for salad) *sesame oil *cayenne pepper, optional *almond flour</p>
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Week #5: March 1-7

<p><u>Dairy:</u> *8 oz + 4 T. 1/3 less fat cream cheese *(1) stick of butter *heavy cream *sour cream *1 c. cheddar cheese *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *4 lbs ground beef *2 ½ lbs chicken tenderloins *2 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of green beans *2/3 c. okra *(1) bag of broccoli *(1) bag of peas</p>	<p><u>Produce:</u> *(4) onions *(3) green bell peppers *garlic *1/2 large green cabbage *(1) 3 pk Romaine lettuce *(2) heads of broccoli (can use frozen) *(2) red bell peppers</p> <p><u>Canned/Jarred:</u> *(1) 10.5 oz Rotel *(1) quart vegetable stock *(2) quarts chicken stock *(4) 14 oz diced tomatoes *(1) 8 oz tomato sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive or avocado oil *(2) taco seasonings *chili powder *garlic powder *onion powder *paprika *cayenne pepper, optional *gluconate or xanthan gum, opt. *coconut oil *Worcestershire sauce *Liquid Aminos or soy sauce *chili seasoning *1/2 lb brown or green lentils *2 c. brown rice, not cooked *Frank's Red Hot Sauce *on plan sweetener *red pepper flakes *almond flour</p>
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