

**Week #1: March 1-7**

<p><b><u>Dairy:</u></b>                  *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><b><u>Meat:</u></b>                  *4 lbs ground beef                  *2 ½ lbs chicken tenderloins                  *2 lbs boneless skinless chicken breasts                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of cauliflower rice                  *(1) bag of green beans                  *2/3 c. okra                  *(1) bag of broccoli                  *(1) bag of peas</p>	<p><b><u>Produce:</u></b>                  *(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><b><u>Canned/Jarred:</u></b>                  *(1) 10.5 oz Rotel                  *(1) quart vegetable stock                  *(2) quarts chicken stock                  *(4) 14.5 oz diced tomatoes                  *(1) 8 oz tomato sauce                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *salsa                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *olive or avocado oil                  *(2) taco seasonings                  *chili powder                  *garlic powder                  *onion powder                  *paprika                  *cayenne pepper, optional                  *glucic 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                  *salt &amp; pepper</p>
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**Week #2: March 8-14**

<p><b><u>Dairy:</u></b>                  *(5) eggs                  *(1) stick of butter                  *heavy cream                  *4 1/3 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *4 lbs ground beef                  *(6) boneless skinless chicken thighs                  *1 ½ lbs smoked sausage                  *2 lbs ground turkey                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bags of cauliflower rice                  *(1) bag of broccoli                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(3) onions                  *garlic                  *(2) 3 pk Romaine lettuce                  *small bag of spinach                  *(1) green cabbage                  *(2) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *(1) 6 oz tomato paste                  *mustard                  *(1) 8 oz tomato sauce                  *(2) 15 oz green beans                  *1 c. chicken stock                  *(2) 15 oz black beans                  *salsa                  *(1) 10.5 oz Rotel                  *spaghetti sauce                  *(2) 14.5 oz diced tomatoes                  *(1) 15 oz pinto beans                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *old fashioned oats                  *apple cider vinegar                  *on plan sweetener                  *onion powder                  *ranch dressing (for salad)                  *basil                  *garlic powder                  *2 c. brown rice, not cooked                  *chili powder                  *salt &amp; pepper                  *cumin                  *cayenne pepper                  *almond flour</p>
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**Week #3: March 15-21**

<p><b><u>Dairy:</u></b>                  *(1) 8 oz cream cheese                  *5 c. mozzarella cheese                  *(1) dozen + (2) eggs                  *unsweetened almond milk                  *1 c. cheddar cheese                  *1 ½ c. egg whites</p> <p><b><u>Meat:</u></b>                  *1 lb ground beef                  *(6) boneless skinless chicken thighs                  *8 oz bacon (sugar and nitrate free)                  *1 ½ lbs boneless skinless chicken breasts                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) 16 oz okra                  *(1) bag of broccoli                  *(2) bags of cauliflower rice                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *(5) onions                  *celery                  *garlic                  *(1) green cabbage                  *(4) green bell peppers                  *1 lb carrots                  *(2) zucchini                  *(1) small bag of spinach                  *(1) 3 pk Romaine lettuce hearts                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 10.5 oz Rotel                  *(1) 8 oz tomato sauce                  *2 c. vegetable broth                  *(1) 14.5 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *1 c. chicken stock                  *(2) 15 oz green beans                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *2 lbs dry black eyed peas                  *(1) beef bouillon cube                  *Tony Chachere's seasoning                  *salt &amp; pepper                  *olive or avocado oil                  *Italian seasoning                  *bay leaf                  *red pepper flakes                  *paprika                  *garlic powder                  *cayenne pepper                  *sesame oil                  *4 c. cooked brown rice                  *soy sauce                  *almond flour                  *ranch dressing, for salad</p>
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**Week #4: March 22-28**

<p><b><u>Dairy:</u></b>                  *1 c. cheddar cheese                  *sour cream                  *(1) stick of butter                  *heavy cream                  *4 1/3 c mozzarella cheese                  *(2) eggs                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *2 lbs ground beef                  *(6) boneless skinless chicken thighs                  *5 lbs chicken drumsticks                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bag of cauliflower rice                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *(2) 3 pk Romaine lettuce                  *(2) onions                  *(2) green bell peppers                  *garlic                  *(1) small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *salsa                  *spaghetti sauce                  *(1) quart chicken stock                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *(2) 14.5 oz diced tomatoes                  *(1) 8 oz tomato sauce                  *(2) 15 oz green beans                  *(2) 15 oz black beans                  *(1) 10.5 oz Rotel                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *(1) taco seasoning                  *ranch dressing, for salad                  *olive or avocado oil                  *chili seasoning                  *1/2 lb dry green or brown lentils                  *salt &amp; pepper                  *basil                  *chili powder                  *1 c. brown rice, not cooked                  *on plan sweetener                  *garlic powder                  *paprika                  *cumin                  *cayenne pepper                  *almond flour</p>
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Week #5: March 29 – April 4

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *(1) 8 oz 1/3 less fat cream cheese                  *5 c. mozzarella cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *1 ½ lbs smoked sausage                  *(6) boneless skinless chicken thighs                  *1 lb ground beef                  *2 lbs ground turkey                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) 16 oz bag of okra                  *(2) bags of broccoli                  *(1) bag of cauliflower rice                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(4) onions                  *celery                  *garlic                  *(2) heads of green cabbage                  *1 lb carrots                  *(1) zucchini                  *(1) small bag of spinach                  *(2) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 10.5 oz Rotel                  *(1) quart chicken stock                  *(2) 15 oz green beans                  *(3) 14.5 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *(1) 8 oz tomato sauce                  *(1) 15 oz pinto beans                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *2 lbs dry black eyed peas                  *(1) beef bouillon cube                  *Tony Chachere's seasoning                  *salt &amp; pepper                  *onion powder                  *garlic powder                  *olive or avocado oil                  *paprika                  *red pepper flakes                  *Italian seasoning                  *bay leaf                  *2 c. cooked brown rice                  *chili powder                  *cumin                  *cayenne pepper                  *almond flour</p>
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