

**Week #1: April 26 – May 2**

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| <p><b><u>Dairy:</u></b><br/>                 *sour cream<br/>                 *1 c. cheddar cheese<br/>                 *1 ½ c. egg whites<br/>                 *4 c. mozzarella cheese<br/>                 *(2) eggs<br/>                 *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b><br/>                 *3 lbs ground beef<br/>                 *5 lbs chicken drumsticks<br/>                 *1 ½ lbs boneless skinless chicken breasts<br/>                 *pepperoni</p> <p><b><u>Frozen:</u></b><br/>                 *(2) bags of cauliflower rice<br/>                 *(1) bag of broccoli<br/>                 *1 c. peas</p> | <p><b><u>Produce:</u></b><br/>                 *(2) 3 pk Romaine lettuce<br/>                 *(2) green bell peppers<br/>                 *(3) onions<br/>                 *garlic<br/>                 *(1) lime (can use bottled)<br/>                 *1 lb carrots<br/>                 *(1) zucchini<br/>                 *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b><br/>                 *spaghetti sauce<br/>                 *(2) 8 oz tomato sauce<br/>                 *2 c. vegetable broth<br/>                 *(1) 14.5 oz diced tomatoes<br/>                 *(2) 15 oz Great Northern beans<br/>                 *salsa<br/>                 *pizza sauce</p> | <p><b><u>Dry Grocery:</u></b><br/>                 *Ranch dressing, for salads<br/>                 *5 c. brown rice, cooked<br/>                 *(2) taco seasoning<br/>                 *on plan sweetener<br/>                 *garlic powder<br/>                 *paprika<br/>                 *cumin<br/>                 *chili powder<br/>                 *cayenne pepper, optional<br/>                 *avocado or olive oil<br/>                 *Italian seasoning<br/>                 *bay leaf<br/>                 *salt &amp; pepper<br/>                 *red pepper flakes<br/>                 *sesame oil<br/>                 *soy sauce<br/>                 *almond flour</p> |
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**Week #2: May 3-9**

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| <p><b><u>Dairy:</u></b><br/>                 *2 T. butter<br/>                 *4 oz sharp cheddar cheese<br/>                 *1 c. 0% Plain Greek yogurt<br/>                 *3 c. cheddar cheese<br/>                 *1 ½ c. egg whites<br/>                 *4 c. mozzarella cheese<br/>                 *(2) eggs<br/>                 *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b><br/>                 *13 to 16 oz smoked sausage<br/>                 *4 lbs ground beef<br/>                 *2 lbs boneless skinless chicken breasts<br/>                 *6 slices of bacon<br/>                 *pepperoni</p> <p><b><u>Frozen:</u></b><br/>                 *2 2/3 c. okra<br/>                 *(2) bags of cauliflower rice<br/>                 *(1) bag of seasoning blend</p> | <p><b><u>Produce:</u></b><br/>                 *(2) 3 pk Romaine lettuce<br/>                 *small bag of spinach<br/>                 *(5) onions<br/>                 *garlic<br/>                 *1/2 large green cabbage<br/>                 *(3) green bell peppers<br/>                 *1 lb carrots<br/>                 *cucumber, for fresh veggies<br/>                 *1 lb strawberries</p> <p><b><u>Canned/Jarred:</u></b><br/>                 *(3) 14 oz diced tomatoes<br/>                 *(2) 8 oz tomato sauce<br/>                 *1 ½ c. vegetable broth<br/>                 *4 oz diced green chiles<br/>                 *3/4 c. salsa<br/>                 *(2) 15 oz black beans<br/>                 *1 c. chicken broth<br/>                 *mayo<br/>                 *(2) 15 oz green beans<br/>                 *(2) 10.5 oz Rotel<br/>                 *(1) 15 oz pinto beans<br/>                 *4 c. cooked pinto beans (can use canned but this if for making refried beans so I prefer to use dry beans)<br/>                 *pizza sauce</p> | <p><b><u>Dry Grocery:</u></b><br/>                 *olive oil<br/>                 *balsamic vinegar<br/>                 *apple cider vinegar<br/>                 *on plan sweetener<br/>                 *salt &amp; pepper<br/>                 *liquid aminos or soy sauce<br/>                 *peanuts<br/>                 *coconut oil<br/>                 *onion powder<br/>                 *paprika<br/>                 *Worcestershire sauce<br/>                 *cayenne pepper<br/>                 *2/3 c. brown rice, not cooked<br/>                 *cumin<br/>                 *garlic powder<br/>                 *onion flakes<br/>                 *parsley<br/>                 *Ranch dressing, for salad<br/>                 *(1) pack of low carb tortillas<br/>                 *chili powder<br/>                 *almond flour</p> |
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**Week #3: May 10-16**

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| <p><b><u>Dairy:</u></b><br/>                 *3 T. butter<br/>                 *1 c. cheddar cheese<br/>                 *sour cream<br/>                 *4 c. mozzarella cheese<br/>                 *(2) eggs<br/>                 *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b><br/>                 *(4) chicken sausages<br/>                 *2 lbs ground turkey<br/>                 *1 ½ lbs smoked sausage<br/>                 *1 lb boneless skinless chicken breasts<br/>                 *1 lb ground beef<br/>                 *pepperoni</p> <p><b><u>Frozen:</u></b><br/>                 *(4) bags seasoning blend<br/>                 *(1) bag of broccoli<br/>                 *1/2 bag of peas</p> | <p><b><u>Produce:</u></b><br/>                 *garlic<br/>                 *small bag of spinach<br/>                 *(1) large green cabbage<br/>                 *(1) red bell pepper<br/>                 *(1) 3 pk Romaine lettuce<br/>                 *(1) onion<br/>                 *(1) green bell pepper</p> <p><b><u>Canned/Jarred:</u></b><br/>                 *(3) quarts chicken broth<br/>                 *(2) 14.5 oz fire roasted tomatoes<br/>                 *(1) 6 oz tomato paste<br/>                 *(4) 14 oz diced tomatoes<br/>                 *(4) 15 oz pinto beans<br/>                 *(1) 15 oz corn<br/>                 *salsa<br/>                 *(1) 10.5 oz Rotel<br/>                 *(3) 15 oz Great Northern beans<br/>                 *pizza sauce</p> | <p><b><u>Dry Grocery:</u></b><br/>                 *1 lb lentils<br/>                 *salt &amp; pepper<br/>                 *oregano<br/>                 *cayenne pepper<br/>                 *4 c. cooked brown rice<br/>                 *chili powder<br/>                 *garlic powder<br/>                 *cumin<br/>                 *onion powder<br/>                 *coconut oil<br/>                 *soy sauce<br/>                 *Frank's Red Hot sauce<br/>                 *on plan sweetener<br/>                 *taco seasoning<br/>                 *almond flour</p> |
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**Week #4: May 17-23**

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| <p><b><u>Dairy:</u></b><br/>                 *8 oz cream cheese<br/>                 *5 c. mozzarella cheese<br/>                 *(1) dozen + 2 eggs<br/>                 *unsweetened almond milk<br/>                 *1 c. cheddar cheese<br/>                 *1 T. butter<br/>                 *4 oz sharp cheddar cheese</p> <p><b><u>Meat:</u></b><br/>                 *2 lbs boneless skinless chicken breasts<br/>                 *(6) boneless skinless chicken thighs<br/>                 *8 oz bacon<br/>                 *13 to 16 oz smoked sausage<br/>                 *pepperoni</p> <p><b><u>Frozen:</u></b><br/>                 *(1) bag of seasoning blend<br/>                 *(1) bag of cauliflower rice</p> | <p><b><u>Produce:</u></b><br/>                 *garlic<br/>                 *(4) onions<br/>                 *(4) green bell peppers<br/>                 *1 lb carrots<br/>                 *(1) zucchini<br/>                 *(2) 3 pk Romaine lettuce<br/>                 *small bag of spinach<br/>                 *(1) cucumber, for fresh veg<br/>                 *1 lb strawberries</p> <p><b><u>Canned/Jarred:</u></b><br/>                 *2 quarts chicken broth<br/>                 *(1) 15 oz red beans<br/>                 *(2) 15 oz green beans<br/>                 *(1) 4 oz green chiles<br/>                 *salsa<br/>                 *(2) 15 oz black beans<br/>                 *4 c. pinto beans<br/>                 *pizza sauce</p> | <p><b><u>Dry Grocery:</u></b><br/>                 *coconut oil<br/>                 *parsley<br/>                 *Tony Chachere's seasoning<br/>                 *ground sage<br/>                 *1 ½ c. quinoa<br/>                 *avocado or olive oil<br/>                 *salt &amp; pepper<br/>                 *paprika<br/>                 *red pepper flakes<br/>                 *2/3 c. brown rice, not cooked<br/>                 *cumin<br/>                 *cayenne pepper<br/>                 *garlic powder<br/>                 *Ranch dressing, for salads<br/>                 *balsamic vinegar<br/>                 *apple cider vinegar<br/>                 *on plan sweetener<br/>                 *liquid aminos or soy sauce<br/>                 *peanuts<br/>                 *(1) package of low carb tortillas<br/>                 *chili powder<br/>                 *almond flour</p> |
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**Week #5: May 24-30**

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| <p><b><u>Dairy:</u></b><br/>                 *4 T. butter<br/>                 *3 c. cheddar cheese<br/>                 *1/2 c. 0% Plain Greek yogurt<br/>                 *sour cream<br/>                 *1 1/2 c. egg whites<br/>                 *(2) eggs<br/>                 *4 c. mozzarella cheese<br/>                 *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b><br/>                 *3 lbs ground beef<br/>                 *1 1/2 lbs smoked sausage<br/>                 *3 lbs boneless skinless chicken breasts<br/>                 *pepperoni</p> <p><b><u>Frozen:</u></b><br/>                 *(1) bag of broccoli<br/>                 *1 c. peas<br/>                 *(1) bag of cauliflower rice</p> | <p><b><u>Produce:</u></b><br/>                 *(3) onions<br/>                 *(2) 3 pk Romaine lettuce<br/>                 *(3) tomatoes<br/>                 *(2) green bell peppers<br/>                 *(1) large green cabbage<br/>                 *1 lb carrots<br/>                 *green onions<br/>                 *garlic</p> <p><b><u>Canned/Jarred:</u></b><br/>                 *1/2 c. beef broth<br/>                 *dill pickles<br/>                 *mayo<br/>                 *ketchup<br/>                 *hot sauce<br/>                 *(4) 15 oz black beans<br/>                 *salsa<br/>                 *(1) 10.5 oz Rotel<br/>                 *(1) 14 oz diced tomatoes<br/>                 *5 c. chicken stock<br/>                 *pizza sauce</p> | <p><b><u>Dry Grocery:</u></b><br/>                 *Worcestershire sauce<br/>                 *paprika<br/>                 *salt &amp; pepper<br/>                 *sesame seeds, optional<br/>                 *on plan sweetener<br/>                 *3 c. brown rice, not cooked<br/>                 *chili powder<br/>                 *onion powder<br/>                 *garlic powder<br/>                 *1 c. quinoa<br/>                 *chili seasoning<br/>                 *taco seasoning<br/>                 *sesame oil<br/>                 *soy sauce<br/>                 *red pepper flakes<br/>                 *almond flour</p> |
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