

**Week #1: May 31- June 6**

<p><b><u>Dairy:</u></b>                  *8 oz 1/3 less fat cream cheese                  *1 ½ c. 0% Plain Greek yogurt                  *5 T. butter                  *2 c. cheddar cheese                  *(2) eggs                  *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *6 lbs ground beef                  *(8) slices of bacon                  *2 ½ lbs chicken tenders                  *pepperoni                  *4 lbs chicken drumsticks</p> <p><b><u>Frozen:</u></b>                  *(1) bag of cauliflower rice                  *2/3 c. okra                  *(2) bags of broccoli</p>	<p><b><u>Produce:</u></b>                  *(3) 3pk Romaine lettuce                  *(2) green bell peppers                  *(4) onions                  *garlic                  *(1) lime                  *(1) medium green cabbage                  *(3) tomatoes</p> <p><b><u>Canned/Jarred:</u></b>                  *spaghetti sauce                  *(1) 14 oz corn                  *(3) 8 oz tomato sauce                  *2/3 c. beef broth                  *(2) 14.5 oz diced tomatoes                  *dill pickles or relish                  *mayo                  *ketchup                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *Ranch dressing (for salad)                  *1 c. brown rice, not cooked                  *dried parsley                  *onion powder                  *garlic powder                  *salt &amp; pepper                  *on plan sweetener                  *red pepper flakes                  *coconut oil                  *paprika                  *Worcestershire sauce                  *cayenne pepper                  *sesame seeds                  *hot sauce                  *almond flour                  *cumin                  *chili powder                  *taco seasoning</p>
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**Week #2: June 7-13**

<p><b><u>Dairy:</u></b>                  *1 c. cheddar cheese                  *sour cream                  *5 T. butter                  *4 oz sharp cheddar cheese                  *(2) eggs                  *4 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *2 lbs ground turkey                  *1 lb ground beef                  *2 ½ lbs boneless skinless chicken thighs                  *4 lbs boneless skinless chicken breasts                  *13 to 16 oz smoked sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bags of seasoning blend                  *(2) bags of broccoli                  *(1) bag of peas</p>	<p><b><u>Produce:</u></b>                  *(3) 3 pk Romaine lettuce                  *(2) red bell peppers                  *garlic                  *small bag of spinach                  *(1) onion                  *(1) green bell pepper</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 14.5 oz diced tomatoes                  *(1) 15 oz pinto beans                  *(1) 14 oz corn                  *salsa                  *Frank's Red Hot sauce                  *1 c. chicken broth                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *7 c. brown rice, cooked                  *chili powder                  *garlic powder                  *cumin                  *salt and pepper                  *cayenne pepper                  *apple cider vinegar                  *parsley                  *oregano                  *onion powder                  *coconut oil                  *xanthan gum or gluccie, optional                  *soy sauce or Bragg's Liquid aminos                  *on plan sweetener                  *red pepper flakes                  *extra virgin olive oil                  *balsamic vinegar                  *peanuts                  *almond flour</p>
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**Week #3: June 14 – 20**

<p><b><u>Dairy:</u></b>                  *2 ¼ c. egg whites                  *¾ c. reduced fat cheddar cheese                  *6 oz feta cheese                  *(2) eggs                  *4 c. Mozzarella cheese                  *4 T. 1/3 less fat cream cheese                  *4 to 6 oz cheddar cheese                  *¾ c. 0% Plain Greek yogurt</p> <p><b><u>Meat:</u></b>                  *3 lbs ground beef                  *1 ½ lbs boneless skinless chicken breasts                  *2 ½ lbs chicken tenders                  *pepperoni                  *1/2 lb bacon</p> <p><b><u>Frozen:</u></b>                  *10 oz spinach                  *(1) bag of broccoli                  *1 c. peas                  *(1) bag of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *(4) green bell peppers                  *(4) onions                  *(2) 3 pk Romaine lettuce                  *(1) medium green cabbage                  *1 lb carrots                  *green onions                  *garlic                  *(3) lemons                  *(2) cucumbers                  *(2) tomatoes                  *(1) red onion                  *(2) heads of broccoli</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz black beans                  *salsa                  *(1) 10.5 oz Rotel                  *(1) 8 oz tomato sauce                  *(1) black olives                  *pizza sauce                  *mayo</p>	<p><b><u>Dry Grocery:</u></b>                  *Tabasco sauce                  *salt &amp; pepper                  *Ranch dressing (for salad)                  *3 c. brown rice, not cooked                  *chili powder                  *coconut oil                  *Italian seasoning                  *sesame oil                  *soy sauce                  *red pepper flakes                  *extra virgin olive oil                  *oregano                  *red wine vinegar                  *onion powder                  *almond flour                  *on plan sweetener</p>
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**Week #4: June 21-27**

<p><b><u>Dairy:</u></b>                  *8 oz 1/3 less fat cream cheese                  *5 c. mozzarella cheese                  *3 T. butter                  *1/2 c. 0% Plain Greek yogurt                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *2 lbs ground beef                  *(6) boneless skinless chicken thighs                  *1 ½ lb smoked sausage                  *2 lbs ground turkey                  *pepperoni                  *1 ½ lbs boneless skinless chicken breasts</p> <p><b><u>Frozen:</u></b>                  *(2) bags of cauliflower rice                  *(1) bag of broccoli                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *(2) 3 pk Romaine lettuce                  *(2) green bell peppers                  *(2) onions                  *garlic                  *(1) lime                  *(1) large head of green cabbage                  *(1) pint cherry tomatoes                  *1 lb carrots                  *(1) small red onion                  *(1) lemon</p> <p><b><u>Canned/Jarred:</u></b>                  *spaghetti sauce                  *(2) 8 oz tomato sauce                  *(2) 14 oz corn                  *1 c. chicken stock                  *(4) 15 oz green beans                  *(2) 15 oz pinto beans                  *(1) 15 oz black beans                  *pizza sauce                  *Dijon mustard</p>	<p><b><u>Dry Grocery:</u></b>                  *Ranch dressing (for salad)                  *1 c. brown rice, not cooked                  *taco seasoning                  *avocado or olive oil                  *salt &amp; pepper                  *paprika                  *red pepper flakes                  *onion powder                  *garlic powder                  *chili powder                  *cumin                  *dried parsley                  *almond flour                  *1 c. lentils                  *thyme                  *on plan sweetener</p>
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**Week #5: June 28 – July 4**

<p><b><u>Dairy:</u></b>          *3 c. cheddar cheese          *sour cream          *1 ½ c. egg whites          *1 T. butter          *1 c. 0% Plain Greek yogurt          *(2) eggs          *4 T. 1/3 less fat cream cheese          *4 c. mozzarella cheese          *2 T. Parmesan cheese</p> <p><b><u>Meat:</u></b>          *4 lbs ground turkey          *5 lbs ground beef          *1 ½ lbs boneless skinless chicken breasts          *pepperoni          *(6) slices of bacon</p> <p><b><u>Frozen:</u></b>          *(1) bag of seasoning blend          *(3) bags of cauliflower rice          *1 c. peas</p>	<p><b><u>Produce:</u></b>          *(2) 3 pk Romaine lettuce          *(3) onions          *garlic          *1 lb carrots          *green onions          *(3) tomatoes          *(2) green bell peppers          *(1) cucumber          *(1) medium green cabbage          *(1) small red cabbage</p> <p><b><u>Canned/Jarred:</u></b>          *(2) 14.5 oz diced tomatoes          *(1) 15 oz pinto beans          *(1) 14 oz corn          *salsa          *1/2 c. beef broth          *dill pickles or relish          *mayo          *ketchup          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *8 c. brown rice, cooked          *chili powder          *garlic powder          *cumin          *salt &amp; pepper          *cayenne pepper, optional          *sesame oil          *soy sauce          *ground ginger          *red pepper flakes          *coconut oil          *Worcestershire sauce          *paprika          *sesame seeds          *Tabasco sauce          *on plan sweetener          *almond flour          *onion powder          *dried parsley          *dried chives          *apple cider vinegar          *peanuts</p>
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