

**Week #1: 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) 15 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                  *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                  *taco seasoning</p>
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**Week #2: July 5-11**

<p><b><u>Dairy:</u></b>                  *3 c. cheddar cheese                  *sour cream, for topping                  *(6) Light Laughing Cow cheese wedges                  *Parmesan cheese                  *1/2 c. 0% Plain Greek yogurt                  *4 T 1/3 less fat cream cheese                  *4 c. mozzarella cheese                  *(2) eggs                  *1/2 stick of butter                  *2 c. sharp cheddar cheese</p> <p><b><u>Meat:</u></b>                  *5 lbs boneless skinless chicken breasts                  *3 lbs ground beef                  *pepperoni                  *2 lbs steak                  *4 oz bacon</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *(1) bag of broccoli                  *(2) bags of cauliflower rice                  *(2) 10 oz spinach                  *(2) 10 oz bags of cauliflower florets</p>	<p><b><u>Produce:</u></b>                  *(2) heads of broccoli                  *(2) red bell peppers                  *garlic                  *(2) 3 pk Romaine lettuce                  *(3) onions                  *(2) green bell peppers                  *(1) pint of cherry tomatoes                  *(1) lemon                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *2 ½ c. chicken broth                  *4 oz green chilies                  *(2) 8 oz tomato sauce                  *(2) 15 oz pinto beans                  *(1) 15 oz black beans                  *(1) 15 oz corn                  *pizza sauce                  *1/2 c. beef broth</p>	<p><b><u>Dry Grocery:</u></b>                  *4 c. brown rice, not cooked                  *coconut oil                  *xanthan gum or gluccie, optional                  *Bragg's Aminos or soy sauce                  *Sriracha                  *on plan sweetener                  *red pepper flakes                  *taco seasoning                  *(1) 10 pack low carb tortillas                  *chili powder                  *onion powder                  *garlic powder                  *salt &amp; pepper                  *cumin                  *oregano                  *chicken bouillon cube                  *marjoram                  *cayenne pepper                  *paprika                  *parsley                  *almond flour                  *ground ginger                  *seasoned salt</p>
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**Week #3: July 12-18**

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *sour cream                  *4 T 1/3 less fat cream cheese                  *4 c. mozzarella cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *1 ½ lbs smoked sausage                  *2 lbs ground beef                  *6 lbs boneless skinless chicken breasts                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of seasoning blend                  *(1) bag of cauliflower rice                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *(1) green cabbage                  *(1) 3 pk Romaine lettuce                  *(2) green bell peppers                  *(2) onions                  *garlic                  *(2) limes                  *green onions                  *(1) bunch of cilantro</p> <p><b><u>Canned/Jarred:</u></b>                  *1/2 c. chicken broth                  *(2) 8 oz tomato sauce                  *spaghetti sauce                  *(2) 15 oz black beans                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *salt &amp; pepper                  *onion powder                  *garlic powder                  *Ranch dressing, for salad                  *2 c. brown rice, not cooked                  *taco seasoning                  *Frank's Red Hot Sauce                  *apple cider vinegar                  *parsley                  *garlic powder                  *onion powder                  *olive oil                  *red wine vinegar                  *basil                  *almond flour</p>
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**Week #4: July 19-25**

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *8 oz + 4 T 1/3 less fat cream cheese                  *14 oz 1% cottage cheese                  *5 c. mozzarella cheese                  *4 oz sharp cheddar cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *4 lbs ground beef                  *2 ½ lb rump roast                  *13 to 16 oz smoked sausage                  *pepperoni                  *1 ½ lbs boneless skinless chicken breasts</p> <p><b><u>Frozen:</u></b>                  *2/3 c. okra                  *(1) bag of broccoli                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *(4) onions                  *garlic                  *1/2 head of green cabbage                  *(2) green bell peppers                  *(2) 3 pk Romaine lettuce                  *(1) turnip                  *1 lb carrots                  *(2) 16 oz spinach                  *(1) small red onion                  *(1) lemon</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz green beans                  *2/3 c. beef broth                  *(2) 14.5 oz diced tomatoes                  *(1) 8 oz tomato sauce                  *(2) 15 oz black beans                  *(1) 10.5 oz Rotel                  *salsa                  *pepperoncini peppers                  *20 oz spaghetti sauce                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil                  *salt &amp; pepper                  *onion powder                  *paprika                  *Worcestershire sauce                  *cayenne pepper                  *chili powder                  *Ranch dressing, for salad                  *parsley                  *chives                  *garlic powder                  *dill                  *1 c. brewed coffee                  *oregano                  *on plan sweetener                  *extra virgin olive oil                  *balsamic vinegar                  *apple cider vinegar                  *Bragg's Aminos or soy sauce                  *peanuts                  *almond flour                  *1 c. lentils                  *thyme                  *Dijon mustard</p>
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**Week #5: July 26 – August 1**

<p><b><u>Dairy:</u></b>                  *1 ½ c. egg whites                  *3 c. cheddar cheese                  *sour cream                  *1/2 c. 0% Plain Greek yogurt                  *(2) eggs                  *4 c. mozzarella cheese                  *4 T 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *4 lbs boneless skinless chicken breasts                  *4 lbs ground beef                  *pepperoni                  *2 lb beef tips</p> <p><b><u>Frozen:</u></b>                  *1 c. peas                  *(3) bags of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *green onions                  *garlic                  *(2) 3 pk Romaine lettuce                  *(3) onions                  *(3) green bell peppers                  *(1) pint cherry tomatoes                  *(1) summer squash</p> <p><b><u>Canned/Jarred:</u></b>                  *4 oz diced green chilies                  *(2) 8 oz tomato sauce                  *1 ½ c. salsa verde                  *spaghetti sauce                  *(2) 15 oz pinto beans                  *(1) 15 oz black beans                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *salt &amp; pepper                  *sesame oil                  *6 c. brown rice, cooked                  *soy sauce                  *red pepper flakes                  *taco seasoning                  *(1) 10 pack low carb tortillas                  *chili powder                  *onion powder                  *garlic powder                  *cumin                  *oregano                  *on plan sweetener                  *lime juice                  *paprika                  *Ranch dressing, for salad                  *parsley                  *almond flour                  *olive oil                  *molasses                  *ground ginger                  *dry mustard</p>
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