

October 2020 Week by Week Shopping List

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<p><u>Dairy:</u> *(2) 8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese *(2) eggs *1 ½ c. egg whites</p> <p><u>Meat:</u> *4.5 lbs boneless skinless chicken breasts *(6) boneless skinless chicken thighs *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *2 c. peas *(3) bags of cauliflower rice *1/2 c. okra</p>	<p><u>Produce:</u> *1 lb carrots *(1) red onion *(3) green bell peppers *(1) 3 pk Romaine lettuce *garlic *celery *1 ½ c. mushrooms *green onions</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *(2) 10.5 oz Rotel *salsa *(2) 15 oz green beans *1/2 c. chicken broth *(1) 6 oz tomato paste *4 c. vegetable broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *1 c. lentils *lemon juice *thyme *parsley *Dijon mustard *salt & pepper *on plan sweetener *olive or avocado oil *3 c. brown rice, not cooked *chili powder *paprika *red pepper flakes *creole seasoning *bay leaf *basil *oregano *coconut oil *ranch dressing, for salad *taco seasoning *almond flour *sesame oil *soy sauce or liquid aminos</p>
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Week #2: October 4-10

<p><u>Dairy:</u> *(2) 8 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs *1/2 stick of butter</p> <p><u>Meat:</u> *6 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *1 ½ lb smoked sausage</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of seasoning blend *1 ½ c. okra *(1) bag of broccoli</p>	<p><u>Produce:</u> *(1) head of Iceberg lettuce *(3) zucchini *(1) red onion *green onions *garlic *cilantro *(3) green bell peppers *(4) onions *(1) lime *(2) heads of green cabbage *1 lb carrots *small bag of spinach</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *16 oz salsa verde *(3) 15 oz Great Northern beans *(1) 10.5 oz Rotel *(1) 14 oz diced tomatoes *5 ½ c. chicken broth *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *olive oil *garlic powder *onion powder *lemon pepper *red pepper flakes *ground ginger *white vinegar *peanut butter *liquid aminos or soy sauce *hot sauce *on plan sweetener *salt & pepper *1 c. brown rice, not cooked *taco seasoning *cumin *chili powder *Italian seasoning *bay leaf *almond flour</p>
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Week #3: October 11-17

<p><u>Dairy:</u> *(1) stick of butter *Heavy cream *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *5 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(2) bags of seasoning blend *(3) bags of cauliflower rice *(2) 16 oz cauliflower florets *2 c. okra</p>	<p><u>Produce:</u> *(2) heads of broccoli *(2) red bell peppers *garlic *(4) onions *(2) green bell peppers *1 lb carrots *(1) 3 pk Romaine lettuce *6 c. kale *green onions</p> <p><u>Canned/Jarred:</u> *2 qts + 2 c. chicken broth *(1) 4 oz diced green chilies *3/4 c. salsa *(1) 15 oz black beans *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil *2 2/3 c. brown rice, not cooked *liquid aminos or soy sauce *Frank's red hot sauce *on plan sweetener *red pepper flakes *cumin *salt & pepper *cayenne pepper *ranch dressing, for salad *apple cider vinegar *parsley *oregano *garlic powder *onion powder *almond flour *sesame oil *ground ginger</p>
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Week #4: October 18-24

<p><u>Dairy:</u> *1 ½ c. egg whites *sour cream *1 c. cheddar cheese *(1) stick of butter *1 c. Parmesan cheese (green can ok) *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *1 lb ground beef *1 lb kielbasa *pepperoni *3 lb boneless chuck roast</p> <p><u>Frozen:</u> *1 c. peas *(2) bags of cauliflower rice *(2) 10 oz spinach *(3) bags of broccoli</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(1) 3 pk Romaine lettuce *(1) head of green cabbage *(5) onions *(1) large zucchini *(2) green bell peppers *1" piece of ginger</p> <p><u>Canned/Jarred:</u> *salsa *7 c. chicken broth *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil spray *salt & pepper *sesame oil *4 c. brown rice, cooked *soy sauce *red pepper flakes *taco seasoning *ranch dressing, for salad *onion powder *garlic powder *cayenne pepper *olive oil *chili seasoning *1/2 lb lentils *almond flour *rice vinegar *on plan sweetener *sesame seeds</p>
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Week #5: October 25-31

<p><u>Dairy:</u> *sour cream *3 c. cheddar cheese *8 oz + 4 T 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *4 lbs ground beef *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(4) onions *(1) bunch of celery *(1) head of green cabbage *(1) 3 pk Romaine lettuce *(3) green bell peppers *green onions *16 oz spinach</p> <p><u>Canned/Jarred:</u> *(1) 4 oz diced green chilies *(2) 8 oz tomato sauce *(2) 15 oz black beans *(3) 14 oz diced tomatoes *5 c. chicken broth *20 oz spaghetti sauce *(1) 10.5 oz Rotel *4 c. vegetable broth *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *soy sauce *ground ginger *onion powder *garlic powder *salt & pepper *rice vinegar *coconut oil *(2) taco seasonings *(1) 10 pack low carb tortillas *chili powder *cumin *oregano *red pepper flakes *1 c. quinoa, not cooked *chili seasonings *cayenne pepper *on plan sweetener *ranch dressing, for salad *almond flour *2 c. brown rice, not cooked</p>
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