

**Week #1: November 1-7**

<p><b><u>Dairy:</u></b>                  *1 ½ 8 oz blocks of 1/3 less fat cream cheese                  *1 c. 0% Plain Greek yogurt                  *(3) eggs                  *1 c. egg whites                  *2 c. mozzarella cheese                  *1/2 stick of butter</p> <p><b><u>Meat:</u></b>                  *6 lbs boneless skinless chicken breasts                  *8 slices of bacon                  *2 ½ lbs chicken tenders                  *1 lb ground beef                  *1 lb ground Italian sausage                  *pepperoni                  *1 ½ lb smoked sausage</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *(3) bags of cauliflower rice                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(2) heads of broccoli                  *(3) red bell peppers                  *(1) onion                  *(2) green bell peppers                  *(2) 3 pk Romaine lettuce                  *(1) cucumbers                  *(1) green cabbage</p> <p><b><u>Canned/Jarred:</u></b>                  *2 quarts + 1 ½ c. chicken broth                  *(2) 14.5 oz fire roasted tomatoes                  *spaghetti sauce                  *(2) 15 oz black beans                  *(1) 10.5 oz Rotel                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil                  *3 c. brown rice, not cooked                  *Braggs aminos or soy sauce                  *Frank's red hot sauce                  *red pepper flakes                  *chili powder                  *onion powder                  *garlic powder                  *cumin                  *cayenne pepper                  *salt &amp; pepper                  *paprika                  *dried parsley                  *(1) 10 pack low carb tortillas                  *Ranch dressing, for salad                  *oregano</p>
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**Week #2: November 8-14**

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *20 oz cheddar cheese                  *heavy cream                  *Parmesan cheese                  *4 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese                  *(2) eggs                  *1 ½ c. egg whites</p> <p><b><u>Meat:</u></b>                  *4 lbs ground beef                  *2 lbs boneless skinless chicken breasts                  *3 lbs beef chuck roast                  *2 ½ lb chicken tenderloins                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag seasoning blend                  *(1) bag cauliflower rice                  *2 c. okra</p>	<p><b><u>Produce:</u></b>                  *(6) onions                  *garlic                  *(1) green cabbage                  *green onions                  *(2) large spaghetti squash                  *(2) 3 pk Romaine lettuce                  *6 oz spinach                  *(2) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 8 oz tomato sauce                  *(1) 15 oz black beans                  *chipotle chilies in Adobo sauce                  *5 ½ c. chicken broth                  *7 oz sun dried tomatoes                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *(3) 14 oz diced tomatoes                  *pizza sauce                  *(2) 10.5 oz Rotel                  *(1) 15 oz pinto beans</p>	<p><b><u>Dry Grocery:</u></b>                  *sesame oil                  *ground ginger                  *soy sauce or Braggs aminos                  *salt &amp; pepper                  *red pepper flakes                  *1 c. brown rice, not cooked                  *chili powder                  *cumin                  *garlic powder                  *on plan sweetener                  *almond flour                  *lime juice                  *apple cider vinegar                  *oregano                  *Italian seasoning                  *glucie or xanthan gum                  *Ranch dressing, for salad                  *olive oil                  *chili seasoning                  *1/2 lb lentils                  *onion powder</p>
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**Week #3: November 15-21**

<p><b><u>Dairy:</u></b>                  *2 ½ c. egg whites                  *sour cream                  *1 c. cheddar cheese                  *(1) stick of butter                  *heavy cream                  *Parmesan cheese                  *2 ½ c. mozzarella cheese                  *8 oz 1/3 less fat cream cheese                  *(3) eggs</p> <p><b><u>Meat:</u></b>                  *3 lbs boneless skinless chicken breasts                  *2 lbs ground beef                  *2 ½ lbs chicken tenderloins                  *1 lb ground Italian sausage                  *pepperoni                  *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>                  *1 c. peas                  *(3) bags of cauliflower rice                  *(1) bag of broccoli                  *(2) bags of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *green onions                  *garlic                  *(1) 3 pack Romaine lettuce                  *(1) large zucchini                  *(1) onion                  *(1) green bell pepper</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz black beans                  *(3) 14 oz diced tomatoes                  *7 ½ c. chicken broth                  *(1) 10.5 oz Rotel                  *4 c. vegetable broth                  *pizza sauce                  *(1) 15 oz pinto beans                  *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil spray                  *salt &amp; pepper                  *sesame oil                  *6 c. brown rice, cooked                  *soy sauce                  *red pepper flakes                  *(2) taco seasoning                  *1 c. quinoa, not cooked                  *chili seasoning                  *garlic powder                  *onion powder                  *gluccie or xanthan gum                  *chili powder                  *oregano                  *cumin                  *cayenne pepper, optional</p>
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**Week #4: November 22-28**

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *(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                  *3 lb boneless beef chuck roast                  *1 lb ground beef                  *pepperoni                  *(4) cooked chicken sausage</p> <p><b><u>Frozen:</u></b>                  *(2) bags of broccoli                  *(2) bags of cauliflower rice                  *(1) bag of seasoning blend                  *2 c. okra</p>	<p><b><u>Produce:</u></b>                  *(3) onions                  *garlic                  *1" ginger                  *green onions                  *(2) green bell peppers                  *(2) 3 pk Romaine lettuce</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz black beans                  *(1) 10.5 oz Rotel                  *salsa                  *spaghetti sauce                  *pizza sauce                  *(1) quart chicken broth                  *(1) 6 oz tomato paste                  *(2) 14.5 oz stewed tomatoes</p>	<p><b><u>Dry Grocery:</u></b>                  *red pepper flakes                  *soy sauce                  *rice vinegar                  *on plan sweetener                  *sesame oil                  *sesame seeds                  *2 c. brown rice, not cooked                  *chili powder                  *salt &amp; pepper                  *Frank's Red Hot Sauce                  *apple cider vinegar                  *dried parsley                  *garlic powder                  *onion powder                  *Ranch dressing, for salad                  *almond flour                  *Creole seasoning                  *mesquite liquid smoked                  *cayenne pepper                  *bay leaves</p>
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**Week #5: November 29 – December 5**

<p><b><u>Dairy:</u></b>                  *2 ½ c. egg whites                  *3 c. cheddar cheese                  *(1) stick of butter                  *heavy cream                  *(3) eggs                  *2 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *4 lbs boneless skinless chicken breasts                  *4 lbs ground beef                  *3 lbs ground Italian sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *1 c. peas                  *(5) bags of cauliflower rice                  *(2) bags of seasoning blend                  *(2) 16 oz cauliflower florets                  *2 c. okra</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *green onions                  *garlic                  *(3) onions                  *(2) green bell peppers                  *(1) 3 pk Romaine lettuce                  *(1) green cabbage                  *6 c. kale</p> <p><b><u>Canned/Jarred:</u></b>                  *(3) 8 oz tomato sauce                  *(4) 15 oz Great Northern beans                  *2 quarts + 2 c. chicken broth                  *(2) 10.5 oz Rotel                  *(1) 14 oz diced tomatoes                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil spray                  *salt &amp; pepper                  *sesame oil                  *4 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                  *Italian seasoning                  *ground ginger</p>
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