

**Week #1: January 3-9**

<p><b><u>Dairy:</u></b>                  *1 ½ c. egg whites                  *3 c. cheddar cheese                  *sour cream, optional topping                  *(2) eggs                  *4 T. 1/3 less fat cream cheese                  *4 c. mozzarella cheese                  *(1) stick of butter</p> <p><b><u>Meat:</u></b>                  *5 lbs boneless skinless chicken breasts                  *2 lbs ground beef                  *pepperoni                  *1 ½ lb smoked sausage</p> <p><b><u>Frozen:</u></b>                  *(2) bags of cauliflower rice                  *2 c. peas                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *(2) green bell peppers                  *(1) 3 pack Romaine lettuce                  *(3) onions                  *(1) medium zucchini                  *garlic                  *small bag of spinach                  *(1) large cabbage                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *(1) 4 oz diced green chilies                  *(1) 8 oz tomato sauce                  *spaghetti sauce                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *1/2 c. chicken broth                  *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>                  *sesame oil                  *4 c. brown rice, not cooked                  *coconut oil spray                  *salt &amp; pepper                  *soy sauce                  *red pepper flakes                  *taco seasoning                  *(1) 10 pack low carb tortillas                  *chili powder                  *onion powder                  *garlic powder                  *cumin                  *oregano                  *curry powder                  *Ranch dressing, for salad                  *olive oil                  *Italian seasoning                  *bay leaves                  *almond flour</p>
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**Week #2: January 10-16**

<p><b><u>Dairy:</u></b>                  *(3) 8oz 1/3 less fat cream cheese                  *14 oz 1% cottage cheese                  *6 c. mozzarella cheese                  *(2) eggs                  *1 ½ c. cheddar cheese</p> <p><b><u>Meat:</u></b>                  *4.5 lbs boneless skinless chicken breasts                  *4 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *(3) bags of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *(2) heads of broccoli                  *(2) red bell peppers                  *garlic                  *(3) onions                  *(3) green bell peppers                  *(1) 3 pk Romaine lettuce                  *16 oz bag of spinach                  *1 lb mushrooms</p> <p><b><u>Canned/Jarred:</u></b>                  *8 ½ c. chicken broth                  *(2) 15 oz black beans                  *(2) 10.5 oz Rotel                  *salsa                  *2 lbs dry chickpeas                  *(2) 14 oz diced tomatoes                  *20 oz spaghetti sauce                  *4 c. vegetable broth                  *pizza sauce                  *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut or avocado oil                  * 3 c. brown rice, not cooked                  *Bragg's aminos or soy sauce                  *Frank's Red Hot sauce                  *on plan sweetener                  *red pepper flakes                  *chili powder                  *salt &amp; pepper                  *garlic powder                  *onion powder                  *thyme                  *oregano                  *cayenne pepper                  *Ranch dressing, for salad                  *taco seasoning                  *almond flour                  *paprika                  *cumin</p>
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**January 2021 Week by Week Shopping List**

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<p><b><u>Dairy:</u></b>              *8 oz 1/3 less fat cream cheese              *5 c. mozzarella cheese              *(2) eggs</p> <p><b><u>Meat:</u></b>              *3 lb boneless beef roast              *3.5 lbs boneless skinless chicken breasts              *(6) boneless skinless chicken thighs              *1 lb ground beef              *pepperoni</p> <p><b><u>Frozen:</u></b>              *(3) bags of broccoli              *(3) bags of cauliflower rice</p>	<p><b><u>Produce:</u></b>              *(5) onions              *garlic              *1" piece of ginger              *(4) green bell peppers              *(1) cubanelle pepper              *(1) 3 pk Romaine lettuce              *(1) large green cabbage</p> <p><b><u>Canned/Jarred:</u></b>              *(1) 10.5 oz Rotel              *(2) 15 oz green beans              *4 1/2 c. chicken broth              *(1) 8 oz tomato sauce              *(1) 15 oz kidney beans              *(1) 15 oz Great Northern beans              *(2) 14 oz diced tomatoes              *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>              *red pepper flakes              *soy sauce              *rice vinegar              *on plan sweetener              *sesame oil              *sesame seeds              *coconut oil              *taco seasoning              *1 c. quinoa, not cooked              *salt &amp; pepper              *olive or avocado oil              *paprika              *Italian seasoning              *chili seasoning              *1/2 lb green or brown lentils              *almond flour              *cumin              *chili powder              *liquid smoke</p>
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**Week #4: January 24-30**

<p><b><u>Dairy:</u></b>              *1/2 stick of butter              *4 T. 1/3 less fat cream cheese              *4 c. mozzarella cheese              *(2) eggs              *1 c. egg whites              *unsweetened almond milk              *12 oz 2% cottage cheese              *Parmesan cheese              *2 c. cheddar cheese</p> <p><b><u>Meat:</u></b>              *7.5 lbs boneless skinless chicken breasts              *2 lbs ground beef              *pepperoni</p> <p><b><u>Frozen:</u></b>              *(2) bags of cauliflower rice              *(3) bags of seasoning blend              *(2) bags of broccoli</p>	<p><b><u>Produce:</u></b>              *(3) onions              *celery              *1/2 large green cabbage              *(2) green bell peppers              *garlic              *(4) limes              *(1) 3 pk Romaine lettuce</p> <p><b><u>Canned/Jarred:</u></b>              *15 oz tomato sauce              *(2) 15 oz corn              *spaghetti sauce              *(2) 15 oz black beans              *28 oz diced tomatoes              *pizza sauce              *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>              *soy sauce              *ground ginger              *onion powder              *garlic powder              *salt &amp; pepper              *rice vinegar              *coconut oil              *1 c. brown rice, not cooked              *taco seasoning              *Frank's Red Hot sauce              *apple cider vinegar              *dried parsley              *oregano              *Ranch dressing, for salad              *bay leaves              *creole seasoning              *1 c. quick cook brown rice              *almond flour              *onion flakes</p>
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January 31 – February 6

<p><b><u>Dairy:</u></b>          *1 c. cheddar cheese          *sour cream          *(2 ½) 8 oz 1/3 less fat cream cheese          *Parmesan cheese          *(1) stick of butter          *heavy cream          *4 c. mozzarella cheese          *(2) eggs</p> <p><b><u>Meat:</u></b>          *4 lbs ground turkey          *1 lb ground beef          *4lbs boneless skinless chicken breasts          *2 lbs ground sausage          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(2) 10 oz spinach          *(1) bag of broccoli          *(2) 16 oz cauliflower florets          *2 c. okra          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(4) onions          *garlic          *1 lb mushrooms          *(1) 3 pk Romaine lettuce          *(1) large zucchini          *6 c. kale          *(1) green bell pepper</p> <p><b><u>Canned/Jarred:</u></b>          *4 quarts chicken broth          *(2) 5 oz bamboo shoots          *salsa          *(3) 14 oz diced tomatoes          *(2) 15 oz black beans          *pizza sauce          *(1) 15 oz pinto beans          *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>          *ground ginger          *coconut oil          *apple cider vinegar          *black strap molasses          *soy sauce          *gluconic or xanthan gum          *salt &amp; pepper          *garlic powder          *red pepper flakes          *sesame oil          *on plan sweetener          *balsamic vinegar          *taco seasoning          *1 c. quinoa, not cooked          *chili seasoning          *onion powder          *almond flour          *2 c. brown rice, not cooked          *chili powder          *cumin          *cayenne pepper</p>
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