

Week #1: January 3-9

<p><u>Dairy:</u> *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><u>Meat:</u> *5 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *1 ½ lb smoked sausage</p> <p><u>Frozen:</u> *(2) bags of cauliflower rice *2 c. peas *(1) bag of broccoli</p>	<p><u>Produce:</u> *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><u>Canned/Jarred:</u> *(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><u>Dry Grocery:</u> *sesame oil *4 c. brown rice, not cooked *coconut oil spray *salt & 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><u>Dairy:</u> *(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><u>Meat:</u> *4.5 lbs boneless skinless chicken breasts *4 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(3) bags of cauliflower rice</p>	<p><u>Produce:</u> *(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><u>Canned/Jarred:</u> *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><u>Dry Grocery:</u> *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 & pepper *garlic powder *onion powder *thyme *oregano *cayenne pepper *Ranch dressing, for salad *taco seasoning *almond flour *paprika *cumin</p>
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<p><u>Dairy:</u> *8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *3 lb boneless beef roast *3.5 lbs boneless skinless chicken breasts *(6) boneless skinless chicken thighs *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(3) bags of broccoli *(3) bags of cauliflower rice</p>	<p><u>Produce:</u> *(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><u>Canned/Jarred:</u> *(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><u>Dry Grocery:</u> *red pepper flakes *soy sauce *rice vinegar *on plan sweetener *sesame oil *sesame seeds *coconut oil *taco seasoning *1 c. quinoa, not cooked *salt & 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><u>Dairy:</u> *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><u>Meat:</u> *7.5 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(2) bags of cauliflower rice *(3) bags of seasoning blend *(2) bags of broccoli</p>	<p><u>Produce:</u> *(3) onions *celery *1/2 large green cabbage *(2) green bell peppers *garlic *(4) limes *(1) 3 pk Romaine lettuce</p> <p><u>Canned/Jarred:</u> *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><u>Dry Grocery:</u> *soy sauce *ground ginger *onion powder *garlic powder *salt & 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><u>Dairy:</u> *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><u>Meat:</u> *4 lbs ground turkey *1 lb ground beef *4lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(2) 10 oz spinach *(1) bag of broccoli *(2) 16 oz cauliflower florets *2 c. okra *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(4) onions *garlic *1 lb mushrooms *(1) 3 pk Romaine lettuce *(1) large zucchini *6 c. kale *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *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><u>Dry Grocery:</u> *ground ginger *coconut oil *apple cider vinegar *black strap molasses *soy sauce *gluconic or xanthan gum *salt & 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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