

**Week #1: February 28 – March 6**

<p><b><u>Dairy:</u></b>                  *6 c. mozzarella cheese                  *(2) eggs                  *4 T. 1/3 less fat cream cheese                  *Parmesan cheese</p> <p><b><u>Meat:</u></b>                  *4 ½ lbs boneless skinless chicken breasts                  *6 lb ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *2 c. cauliflower florets                  *(2) bags of cauliflower rice                  *12 oz green beans</p>	<p><b><u>Produce:</u></b>                  *(2) heads of broccoli                  *(2) red bell peppers                  *garlic                  *(2) onions                  *cilantro                  *(3) large bags of spinach                  *(2) limes                  *(1) 3 pk Romaine lettuce                  *(4) green bell peppers                  *8 oz mushrooms                  *(3) medium zucchini</p> <p><b><u>Canned/Jarred:</u></b>                  *1 c. chicken broth                  *(1) 15 oz fat free refried beans                  *(1) 10.5 oz Rotel                  *(1) 15 oz corn                  *(2) 14 oz diced tomatoes                  *2 T. tomato paste                  *spaghetti sauce                  *(1) 14 oz diced petite tomatoes                  *(1) 8 oz tomato sauce                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil                  *2 c. brown rice, not cooked                  *soy sauce                  *Frank's Red Hot sauce                  *on plan sweetener                  *red pepper flakes                  *chicken bouillon                  *garlic powder                  *chili powder                  *curry powder                  *cumin                  *paprika                  *lemon pepper                  *salt &amp; pepper                  *Ranch dressing, for salad                  *nutritional yeast, optional                  *onion powder                  *bay leaf                  *almond flour</p>
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**Week #2: March 7-13**

<p><b><u>Dairy:</u></b>                  *2 ½ c. egg whites                  *3 c. cheddar cheese                  *sour cream                  *(5) eggs                  *Parmesan cheese                  *1/2 stick of butter                  *16 oz 2% cottage cheese                  *5 c. mozzarella cheese                  *(1) 8 oz 1/3 less fat cream cheese                  *4 oz sharp cheddar cheese</p> <p><b><u>Meat:</u></b>                  *3 lbs boneless skinless chicken breasts                  *4 lbs ground beef                  *pepperoni                  *1 lb ground Italian sausage</p> <p><b><u>Frozen:</u></b>                  *(3) bags of cauliflower rice                  *1 c. peas                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *green onions                  *garlic                  *(4) onions                  *(3) green bell peppers                  *(4) medium zucchini                  *(4) medium yellow squash                  *1 lb mushrooms</p> <p><b><u>Canned/Jarred:</u></b>                  *(1) 4 oz diced green chilies                  *(2) 15 oz black beans                  *(1) 14 oz diced tomatoes                  *(2) 8 oz tomato sauce                  *24 oz spaghetti sauce                  *(1) 10.5 oz Rotel                  *4 c. vegetable broth                  *5 c. chicken broth                  *14 oz pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil                  *salt &amp; pepper                  *4 c. brown rice, cooked                  *sesame oil                  *soy sauce                  *red pepper flakes                  *(2) taco seasoning                  *(1) 10 pack low carb tortillas                  *1 c. quinoa, not cooked                  *chili seasoning                  *chili powder                  *onion powder                  *garlic powder                  *cumin                  *oregano                  *Ranch dressing, for salad                  *Italian seasoning                  *coconut oil spray                  *ground sage                  *nutritional yeast, optional</p>
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**Week #3: March 14-20**

<p><b><u>Dairy:</u></b>                  *1 c. cheddar cheese                  *sour cream                  *4 c. mozzarella cheese                  *4 oz 1/3 less fat cream cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *6 lbs boneless skinless chicken breasts                  *2 lbs ground beef                  *pepperoni                  *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>                  *(1) bag of cauliflower rice                  *(1) bag of broccoli                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(1) 3 pk Romaine lettuce                  *(7) onions                  *garlic                  *celery                  *(1) head of green cabbage                  *(3) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz stewed tomatoes                  *salsa                  *(1) 8 oz tomato sauce                  *4 c. chicken stock                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *(4) 14 oz diced tomatoes                  *pizza sauce                  *(1) 15 oz pinto beans                  *(1) 15 oz corn</p>	<p><b><u>Grocery:</u></b>                  *soy sauce                  *apple cider vinegar                  *sesame oil                  *blackstrap molasses                  *ground ginger                  *salt &amp; pepper                  *on plan sweetener                  *gluconic or xanthan gum                  *sesame seeds                  *coconut oil                  *(1) taco seasoning                  *Better Than Bouillon Chicken                  *2 c. quinoa, not cooked                  *1 c. wild rice, not cooked                  *curry powder                  *Chinese 5 spice                  *Italian seasoning                  *Ranch dressing, for salad                  *olive oil                  *chili seasoning                  *1/2 lb lentils                  *almond flour                  *garlic powder                  *2 c. brown rice, not cooked                  *chili powder                  *cumin                  *cayenne pepper</p>
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**Week #4: March 21-27**

<p><b><u>Dairy:</u></b>                  *2 ½ c. egg whites                  *(1) stick of butter                  *sour cream                  *(3) eggs                  *3 c. mozzarella cheese                  *4 oz 1/3 less fat cream cheese                  *heavy cream                  *Parmesan cheese</p> <p><b><u>Meat:</u></b>                  *8 ½ lbs boneless skinless chicken breasts                  *1 lb ground beef                  *1 lb ground Italian sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *1 c. peas                  *(4) bags of cauliflower rice                  *(3) bags of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *green onions                  *garlic                  *(2) 3 pk Romaine lettuce                  *(1) onion                  *(1) zucchini                  *large bag of spinach                  *(2) medium spaghetti squash</p> <p><b><u>Canned/Jarred:</u></b>                  *(6) 15 oz Great Northern beans                  *4 c. chicken broth                  *(2) 10.5 oz Rotel                  *(2) 14 oz diced tomatoes                  *(1) 15 oz corn                  *spaghetti sauce                  *14 oz pizza sauce</p>	<p><b><u>Grocery:</u></b>                  *coconut oil spray                  *salt &amp; pepper                  *sesame oil                  *4 c. brown rice, cooked                  *soy sauce                  *red pepper flakes                  *cumin                  *chili powder                  *onion powder                  *garlic powder                  *Frank's Red Hot sauce                  *apple cider vinegar                  *parsley                  *oregano                  *Ranch dressing, for salad                  *Italian seasoning                  *bay leaf</p>
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**Week #5: March 28 – April 3**

<p><b><u>Dairy:</u></b>                  *(4) eggs                  *16 oz 1% cottage cheese                  *2 ½ 8 oz 1/3 less fat cream cheese                  *6 c. mozzarella cheese                  *Parmesan cheese                  *heavy cream</p> <p><b><u>Meat:</u></b>                  *4 lbs ground turkey                  *(4) chicken sausage links                  *2 lbs ground beef                  *1 lb boneless skinless chicken breasts                  *8 oz bacon                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bags of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(4) onions                  *garlic                  *1 lb mushrooms                  *(2) 3 pk Romaine lettuce                  *(2) green bell peppers                  *(1) lime                  *small bag of spinach                  *(4) zucchini                  *(1) large carrot                  *celery                  *(5) jalapenos                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *12 c. chicken broth                  *(2) 5 oz bamboo shoots                  *(2) 8 oz tomato sauce                  *(2) 14.5 oz fire roasted tomatoes                  *(1) 6 oz tomato paste                  *(3) 14 oz pizza sauce                  *(1) 10.5 oz Rotel                  *(1) 15 oz red beans</p>	<p><b><u>Grocery:</u></b>                  *ground ginger                  *coconut oil                  *apple cider vinegar                  *blackstrap molasses                  *soy sauce                  *gluccie or xanthan                  *salt &amp; pepper                  *garlic powder                  *red pepper flakes                  *sesame oil                  *on plan sweetener                  *balsamic vinegar                  *1 c. brown rice, not cooked                  *taco seasoning                  *1 lb lentils                  *oregano                  *cayenne pepper                  *parsley                  *Ranch dressing, for salad                  *chili powder                  *cumin                  *almond flour                  *Tony Chachere's seasoning                  *ground sage                  *1 ½ c. quinoa, not cooked</p>
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