

<p><u>Dairy:</u> *1/2 stick of butter *sour cream *1 c. cheddar cheese *(3) eggs *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *4 ½ lbs boneless skinless chicken breasts *14 oz Polish kielbasa *2 lbs ground beef *1 lb Italian sausage *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *(1) bag of peas *(3) bags of cauliflower rice *(1) bag of broccoli *(2) bags of seasoning blend</p>	<p><u>Produce:</u> *(2) heads of broccoli *(2) red bell peppers *garlic *(2) 3 pk Romaine lettuce *(1) large green cabbage *(2) onions *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *1 1/3 c. chicken stock *Frank's Red Hot Sauce *(1) 8 oz tomato sauce *salsa *pizza sauce *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *coconut oil *3 c. brown rice, not cooked *soy sauce *on plan sweetener *red pepper flakes *cumin *chili powder *salt & pepper *liquid smoke *Ranch dressing, for salad *Italian seasoning *taco seasoning *garlic powder *oregano *cayenne pepper</p>
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Week #2: May 9-15

<p><u>Dairy:</u> *1 ½ c. egg whites *5 c. mozzarella cheese *(1) stick of butter *sour cream *8 oz cheddar cheese *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 oz sharp cheddar cheese *4 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *6 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(1) bag of cauliflower rice *(1) bag of seasoning blend *(1) bag of broccoli</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(5) onions *(2) green bell peppers *small bag of spinach *(1) zucchini *(1) 3 pk Romaine lettuce *(3) tomatoes *(4) yellow squash *1 lb mushrooms</p> <p><u>Canned/Jarred:</u> *3 ½ c. chicken stock *4 oz diced green chilies *3/4 c. salsa *(1) 15 oz black beans *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *dill pickles *mayo *ketchup *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil spray *sesame oil *soy sauce *2 2/3 c. brown rice, not cooked *red pepper flakes *cumin *salt & pepper *cayenne pepper *apple cider vinegar *dried parsley *oregano *garlic powder *onion powder *Italian seasoning *bay leaf *Worcestershire sauce *paprika *sesame seeds *hot sauce *on plan sweetener *almond flour *ground sage, optional</p>
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Week #3: May 16-22

<p><u>Dairy:</u> *3 c. cheddar cheese *sour cream ½ c. 0% Plain Greek yogurt *(3) eggs *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *4 lbs ground turkey *4 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *1 lb Italian sausage *pepperoni *(6) slices of bacon</p> <p><u>Frozen:</u> *(5) bags of cauliflower rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(2) onions *garlic *green onions *(1) green bell pepper *(2) 3 pk Romaine lettuce *(1) pint of cherry tomatoes *1/2 of a green cabbage *(1) small purple cabbage</p> <p><u>Canned/Jarred:</u> *(1) 4 oz diced green chilies *(2) 8 oz tomato sauce *(3) 15 oz black beans *(1) 14 oz diced tomatoes *5 c. chicken broth *spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz corn *pizza sauce *mayo</p>	<p><u>Dry Grocery:</u> *sesame oil *soy sauce *ground ginger *salt & pepper *2 c. brown rice, not cooked *(1) taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *cumin *oregano *1 c. quinoa, not cooked *chili seasoning *Ranch dressing, for salad *paprika *dried parsley *coconut oil spray *red pepper flakes *on plan sweetener *apple cider vinegar *1/2 c. sliced almonds</p>
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Week #4: May 23-29

<p><u>Dairy:</u> *(1 ½) 8 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *1 T. butter *4 oz sharp cheddar cheese *(2) eggs *8 oz 2% cottage cheese *unsweetened almond milk *Parmesan cheese</p> <p><u>Meat:</u> *2 ½ lbs boneless skinless chicken thighs *4 lbs boneless skinless chicken breasts *2 lbs ground beef *13 to 16 oz smoked sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of stir-fry veggies *(2) bags of seasoning blend *(2) bags of broccoli *2 c. peas</p>	<p><u>Produce:</u> *(2) large zucchini *(2) 3 pack Romaine lettuce *24 oz spinach *(2) onions *(1) green bell pepper *1 c. mushrooms *cilantro</p> <p><u>Canned/Jarred:</u> *15 oz full fat coconut milk *1 c. chicken broth *(2) 15 oz black beans *(1) 10.5 oz Rotel *salsa *1 c. salsa verde *20 oz spaghetti sauce *pizza sauce *(1) 15 oz garbanzo beans *prepared horseradish</p>	<p><u>Dry Grocery:</u> *peanut butter *red curry paste *fish sauce *cayenne pepper *ground ginger *on plan sweetener *chicken bouillon *curry powder *dill weed *Worcestershire sauce *gluconic or xanthan gum *salt & pepper *red pepper flakes *2 ½ c. brown rice, not cooked *chili powder *cumin *oregano *onion powder *garlic powder *extra virgin olive oil *balsamic vinegar *apple cider vinegar *peanuts *soy sauce *almond flour</p>
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Week #5: May 30 - June 5

<p><u>Dairy:</u> *(1) stick unsalted butter *6 oz feta cheese *(3) eggs *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *4 lbs ground beef *2 ½ lb rump roast *4 ½ lbs boneless skinless chicken breasts *1 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(3) bags of cauliflower rice *(1) bag of seasoning blend *(1) bag of green beans *1 c. peas</p>	<p><u>Produce:</u> *(3) onions *garlic *(1) large green cabbage *green onions *(1) green bell pepper *(1) lime *(1) head of broccoli *(1) head of cauliflower *(3) turnips *1 lb carrots *(2) 3 pk Romaine lettuce *(4) lemons *(2) cucumbers *(2) tomatoes *(1) red onion</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *Pepperoncini peppers *spaghetti sauce *black olives *pizza sauce *Dijon mustard</p>	<p><u>Dry Grocery:</u> *ground ginger *soy sauce *salt & pepper *red pepper flakes *sesame oil *1 c. brown rice, not cooked *(1) taco seasoning *avocado oil *dried parsley *dried chives *garlic powder *onion powder *dried dill *1 c. brewed coffee *extra virgin olive oil *oregano *red wine vinegar *coconut oil spray *1 c. lentils *thyme *on plan sweetener</p>
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