

<p><u>Dairy:</u> *3 c. cheddar cheese *sour cream *1 ½ c. egg whites *1 T. butter *1 c. 0% Plain Greek yogurt *(2) eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *2 T. Parmesan cheese</p> <p><u>Meat:</u> *4 lbs ground turkey *5 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *pepperoni *(6) slices of bacon</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(3) bags of cauliflower rice *1 c. peas</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(3) onions *garlic *1 lb carrots *green onions *(3) tomatoes *(2) green bell peppers *(1) cucumber *(1) medium green cabbage *(1) small purple cabbage</p> <p><u>Canned/Jarred:</u> *(2) 14.5 oz diced tomatoes *(1) 15 oz pinto beans *(1) 14 oz corn *salsa *1/2 c. beef broth *dill pickles or relish *mayo *ketchup *pizza sauce</p>	<p><u>Dry Grocery:</u> *8 c. brown rice, cooked *chili powder *garlic powder *cumin *salt & pepper *cayenne pepper, optional *sesame oil *soy sauce *ground ginger *red pepper flakes *coconut oil *Worcestershire sauce *paprika *sesame seeds *Tabasco sauce *on plan sweetener *almond flour *onion powder *dried parsley *dried chives *apple cider vinegar *peanuts</p>
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Week #2: July 4-10

<p><u>Dairy:</u> *2 c. shredded cheddar cheese *2 T. butter *(3) eggs *1 c. egg whites *2 c. mozzarella cheese *4 oz diced cheddar cheese *3/4 c. 0% Plain Greek yogurt</p> <p><u>Meat:</u> *4 lbs ground beef *1 lb Polish kielbasa *2 lbs ground turkey *1 lb ground Italian sausage *pepperoni *1/2 lb bacon</p> <p><u>Frozen:</u> *(3) bags of cauliflower rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *1 ½ lbs mini bell peppers *(3) onions *green onions *(1) green bell pepper *(1) 3 pk Romaine lettuce *(1) large green cabbage *(3) tomatoes *1/2 head of lettuce *(1) red onion *(2) heads of broccoli</p> <p><u>Canned/Jarred:</u> *(3) 15 oz black beans *(1) 10.5 oz Rotel *salsa *1/3 c. chicken stock *spaghetti sauce *(1) 15 oz pinto beans *(1) 14 oz corn *14 oz pizza sauce *mayo</p>	<p><u>Dry Grocery:</u> *nutritional yeast *minced dried onion *garlic powder *paprika *red pepper flakes *salt & pepper *turmeric *on plan sweetener *1 c. brown rice, not cooked *chili powder *Ranch dressing, for salad *taco seasoning *baked blue tortilla chips *extra virgin olive oil *oregano *lemon pepper *spray coconut oil *sunflower seeds</p>
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Week #3: July 11-17

<p><u>Dairy:</u> *3 c. cheddar cheese *sour cream *1/2 c. 0% Plain Greek yogurt *4 c. mozzarella cheese *(2) eggs *4 T. 1/3 less fat cream cheese *1/2 stick of butter</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *4 lbs chicken drumsticks</p> <p><u>Frozen:</u> *1 bag of peas *(2) bags of broccoli</p>	<p><u>Produce:</u> *(2) heads of broccoli *(2) red bell peppers *garlic *green onions *(2) 3 pk Romaine lettuce *(1) large green cabbage *(2) onions *(2) green bell peppers *pint of cherry tomatoes</p> <p><u>Canned/Jarred:</u> *1 c. chicken broth *Frank's Red Hot Sauce *(3) 8 oz tomato sauce *1 c. salsa verde *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 14 oz corn *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *coconut oil *2 c. brown rice, not cooked *soy sauce *on plan sweetener *red pepper flakes *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *salt & pepper *cumin *oregano *Italian seasoning *paprika *parsley *almond flour *cayenne pepper</p>
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Week #4: July 18-24

<p><u>Dairy:</u> *1 c. cheddar cheese *1/4 c. unsalted butter *1 T. salted butter *4 oz sharp cheddar cheese, diced *(3) eggs *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *3 lbs ground beef *2 ½ lb rump roast *1 lb smoked sausage *1 lb ground Italian sausage *pepperoni *2 lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *(1) bag of broccoli *(3) bags of cauliflower rice *(1) bag of seasoning blend *1 c. peas</p>	<p><u>Produce:</u> *(3) onions *(4) yellow squash *1 lb mushrooms *(1) green bell pepper *garlic *(1) lime *green onions *3 c. turnips *1 lb carrots *(2) 3 pk Romaine lettuce *small bag of spinach *(1) red onion *(1) lemon</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *pepperoncini peppers *spaghetti sauce *14 oz pizza sauce *(2) 15 oz green beans *Dijon mustard</p>	<p><u>Dry Grocery:</u> *coconut oil *salt & pepper *ground sage, optional *nutritional yeast *1 c. brown rice, not cooked *taco seasoning *parsley *chives *garlic powder *onion powder *dried dill *1 c. brewed coffee *Ranch dressing, for salad *extra virgin olive oil *balsamic vinegar *apple cider vinegar *on plan sweetener *Bragg's liquid aminos *peanuts *cayenne pepper *organo *red pepper flakes *1 c. lentils *thyme</p>
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Week #5: July 25-31

<p><u>Dairy:</u> *1 ½ c. egg whites *3 c. cheddar cheese *sour cream *(6) wedges of Light Laughing Cow Cheese *8 oz + 4 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *1 T. butter *1/2 c. 0% Plain Greek yogurt *(2) eggs</p> <p><u>Meat:</u> *5 lbs boneless skinless chicken breasts *5 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(2) bags of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *1 lbs carrots *green onions *garlic *(2) 3 pk Romaine lettuce *16 oz spinach *(2) onions *(3) tomatoes *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *salsa *20 oz spaghetti sauce *1/2 c. beef broth *dill pickles or relish *mayo *ketchup *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *spray coconut oil *salt & pepper *sesame oil *5 c. brown rice, not cooked *soy sauce *red pepper flakes *taco seasoning *chicken bouillon *marjoram *oregano *onion powder *garlic powder *cayenne *on plan sweetener *Worcestershire sauce *paprika *sesame seeds *hot sauce *almond flour</p>
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