

Week #1: October 31 – November 6

<p><u>Dairy:</u> *1 c. cheddar cheese *sour cream *(1) stick of butter *heavy cream *1/2 c. Parmesan cheese *(2) eggs *4 c. mozzarella cheese 4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *1 lb ground beef *2 ½ lbs chicken tenderloins *pepperoni *1 ½ lbs smoked sausage</p> <p><u>Frozen:</u> *(3) bags of broccoli *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *1 lb carrots *(3) onions *garlic *(1) 3 pk Romaine lettuce *large bag of spinach *(1) Green bell pepper *(1) zucchini *(1) large green cabbage</p> <p><u>Canned/Jarred:</u> *7 ½ c. chicken broth *salsa *7 oz sun dried tomatoes *pizza sauce *(1) 14.5 oz diced tomatoes *(2) 15 oz Great Northern beans *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *4 c. brown rice, not cooked *soy sauce or aminos *olive or avocado oil *on plan sweetener *red pepper flakes *taco seasoning *salt & pepper *curry powder *Ranch dressing, for salad *garlic powder *Italian seasoning *oregano *xanthan gum or gluccie *almond flour *bay leaf *onion powder</p>
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Week #2: November 7-13

<p><u>Dairy:</u> *2 T. butter *2 c. cheddar cheese *(1) 8 oz + 4 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *5 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *(1) bag of peas *(2) bags of seasoning blend *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(2) heads of broccoli *(2) red bell peppers *garlic *(2) large spaghetti squash *(1) 3 pk Romaine lettuce *(2) green bell peppers *green onions *(1) onion</p> <p><u>Canned/Jarred:</u> *6 c. chicken broth *Frank's Red Hot Sauce *(1) 8 oz tomato sauce *(3) 15 oz black beans *spaghetti sauce *(1) 10.5 oz Rotel *4 c. vegetable broth *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *3 c. brown rice, not cooked *soy sauce or liquid aminos *on plan sweetener *red pepper flakes *chili powder *cumin *garlic powder *salt & pepper *almond flour *1 c. quinoa *chili seasoning *Ranch dressing, for salad *olive or avocado oil *taco seasoning *cayenne pepper</p>
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Week #3: November 14-20

<p><u>Dairy:</u> *3 c. egg whites *4 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs *2 c. cheddar cheese</p> <p><u>Meat:</u> *3 ½ lbs boneless skinless chicken breasts *3 lbs chuck roast *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(1) bag of cauliflower rice *(2) bags of seasoning blend *(1) bag of broccoli *2 c. okra</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(2) 3 pk Romaine lettuce *(4) onions *(1) green cabbage *(2) green bell peppers *celery *6 c. kale</p> <p><u>Canned/Jarred:</u> *(1) 14.5 oz fire-roasted tomatoes *chipotle chilies in Adobo sauce *(1) 8 oz tomato sauce *4 c. vegetable stock *(2) 15 oz Great Northern beans *pizza sauce *(1) 14 oz diced tomatoes *(2) 10.5 oz Rotel *(1) 15 oz pinto beans</p>	<p><u>Dry Grocery:</u> *coconut oil spray *salt & pepper *sesame oil *3 c. brown rice, not cooked *soy sauce *red pepper flakes *coconut oil *chili powder *onion powder *cumin *cayenne pepper *paprika *lime juice *apple cider vinegar *oregano *Italian seasoning *1/2 c. quinoa, not cooked *rosemary *garlic powder *red wine vinegar *almond flour *Ranch dressing, for salad</p>
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Week #4: November 21-27

<p><u>Dairy:</u> *3 c. cheddar cheese *4 T. butter *sour cream *4 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *7 ½ lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(3) bags of cauliflower rice *(2) bags of seasoning blend</p>	<p><u>Produce:</u> *(4) onions *celery *1/2 large green cabbage *(3) Green bell peppers *green onions *(2) 3 pk Romaine lettuce *garlic</p> <p><u>Canned/Jarred:</u> *(1) 4 oz diced green chilies *(2) 8 oz tomato sauce *Frank's Red Hot Sauce *spaghetti sauce *4 c. chicken broth *(2) 14 oz diced tomatoes *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *pizza sauce</p>	<p><u>Dry Grocery:</u> *soy sauce *ground ginger *onion powder *garlic powder *salt & pepper *rice wine vinegar *coconut oil *taco seasoning *10 pack low carb tortillas *chili powder *cumin *oregano *apple cider vinegar *parsley *Ranch dressing, for salad *1/2 lb lentils *almond flour *liquid smoke, optional</p>
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Week #5: November 28 – December 4

<p><u>Dairy:</u> *1 ½ c. egg whites *(4) 8 oz 1/3 less fat cream cheese *1 c. Parmesan cheese *heavy cream *4 c. mozzarella cheese *(2) Eggs *1 ½ c. cheddar</p> <p><u>Meat:</u> *7 ½ lbs boneless skinless chicken breasts *8 oz bacon *pepperoni *1 lb ground beef</p> <p><u>Frozen:</u> *1 c. peas *(4) bags of cauliflower rice *(1) Bag of seasoning blend *(1) bag of broccoli *(2) 10 oz spinach</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(1) 3 pk Romaine lettuce *(4) onions *(2) green bell peppers *(2) zucchini *celery *(5) jalapenos *1 lb mushrooms</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *salsa *(2) 10.5 oz Rotel *2 lbs dry chickpeas *(2) 14 oz diced tomatoes *11 ½ c. chicken broth *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *coconut oil spray *salt & pepper *sesame oil *3 c. brown rice, not cooked *soy sauce *red pepper flakes *chili powder *garlic powder *onion powder *turmeric *curry powder *cayenne pepper *olive or avocado oil *oregano *cumin *almond flour *paprika</p>
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