

**Week #1: January 2-8**

<p><b><u>Dairy:</u></b>                  *3 c. cheddar cheese                  *14 oz 1% cottage cheese                  *6 c. mozzarella cheese                  *4 T. butter                  *sour cream                  *8 oz 1/3 less fat cream cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *4 1/2 lbs boneless skinless chicken breasts                  *3 lbs ground beef                  *pepperoni                  *6-8 boneless skinless chicken thighs                  *1 c. fried and crumbled bacon</p> <p><b><u>Frozen:</u></b>                  *(1) bag of cauliflower rice                  *(1) bag of peas                  *(1) bag of seasoning blend                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *(2) heads of broccoli                  *(2) red bell peppers                  *garlic                  *(2) 3 pk Romaine lettuce                  *(4) onions                  *(2) green bell peppers                  *24 oz spinach                  *1 lb carrots                  *(1) zucchini</p> <p><b><u>Canned/Jarred:</u></b>                  *1 1/2 c. chicken broth                  *Frank's Red Hot Sauce                  *(1) 4 oz diced green chilies                  *(2) 8 oz tomato sauce                  *20 oz spaghetti sauce                  *2 c. vegetable broth                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *pizza sauce                  *jarred jalapenos</p>	<p><b><u>Dry Grocery:</u></b>                  *soy sauce                  *on plan sweetener                  *red pepper flakes                  *(1) taco seasoning                  *10 pack low carb tortillas                  *chili powder                  *garlic powder                  *onion powder                  *salt &amp; pepper                  *cumin                  *oregano                  *cayenne pepper                  *Ranch dressing, for salad                  *apple cider vinegar                  *dried parsley                  *olive oil                  *Italian seasoning                  *bay leaf                  *almond flour</p>
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**Week #2: January 9-15**

<p><b><u>Dairy:</u></b>                  *(2) 8 oz 1/3 less fat cream cheese                  *4 c. mozzarella cheese                  *(2) eggs                  *1 c. cheddar</p> <p><b><u>Meat:</u></b>                  *7 lbs boneless skinless chicken breasts                  *3 lbs ground beef                  *pepperoni                  *1/2 lb bacon</p> <p><b><u>Frozen:</u></b>                  *(1) bag of cauliflower rice                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *(4) onions                  *celery                  *1/2 green cabbage                  *(3) green bell peppers                  *garlic                  *(1) lime                  *(1) 3 pk Romaine lettuce                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 8 oz tomato sauce                  *spaghetti sauce                  *black beans                  *(1) 14 oz diced tomatoes                  *5 c. chicken broth                  *(1) 10.5 oz Rotel                  *4 c. vegetable broth                  *pizza sauce                  *sugar free BBQ sauce, optional</p>	<p><b><u>Dry Grocery:</u></b>                  *soy sauce                  *ground ginger                  *onion powder                  *garlic powder                  *salt &amp; pepper                  *rice vinegar                  *coconut oil                  *1 c. brown rice, not cooked                  *(2) taco seasoning                  *Ranch dressing, for salad                  *1 c. quinoa, not cooked                  *chili seasoning                  *olive oil                  *chili powder                  *almond flour                  *paprika</p>
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**Week #3: January 16-22**

<p><b><u>Dairy:</u></b>                  *1 ½ c. egg whites                  *sour cream                  *(1) stick of butter                  *heavy cream                  *4 c. mozzarella cheese                  *8 oz 1/3 less fat cream cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *1 ½ lbs boneless skinless chicken breasts                  *3 lbs ground beef                  *2 ½ lbs chicken tenderloins                  *14 oz Polish kielbasa                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *1 c. peas                  *(2) bags of cauliflower rice                  *(1) bag of green beans                  *2/3 c. okra                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *green onions                  *garlic                  *(2) 3 pk Romaine lettuce                  *1 ½ heads of green cabbage                  *(4) onions                  *(2) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *salsa                  *6 c. chicken broth                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *(4) 14 oz diced tomatoes                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil spray                  *salt &amp; pepper                  *sesame oil                  *4 c. brown rice, cooked                  *soy sauce                  *red pepper flakes                  *taco seasoning                  *chili powder                  *onion powder                  *Garlic powder                  *paprika                  *cayenne pepper                  *Ranch dressing, for salad                  *olive oil                  *chili seasoning                  *1/2 lb lentils                  *almond flour                  *coconut oil                  *Worcestershire sauce</p>
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**Week #4: January 23-29**

<p><b><u>Dairy:</u></b>                  *(2) 8 oz 1/3 less fat cream cheese                  *1 c. 0% Plain Greek yogurt                  *2 T. butter                  *heavy cream                  *4 c. mozzarella cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *4 lbs boneless skinless chicken breasts                  *1 lb ground beef                  *1 lb bacon                  *2 ½ lbs chicken tenderloins                  *2 lbs ground Italian sausage                  *pepperoni                  *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>                  *(2) bags of cauliflower rice                  *(2) bags of stir-fry veggies                  *(2) bags of seasoning blend                  *(2) 16 oz cauliflower florets                  *2 c. okra</p>	<p><b><u>Produce:</u></b>                  *garlic                  *(2) onions                  *(2) green bell peppers                  *1 lb carrots                  *(2) 3 pk Romaine lettuce                  *6 c. kale or spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *10 ½ c. chicken broth                  *(1) 4 oz diced green chilies                  *salsa                  *(1) 15 oz black beans                  *spaghetti sauce                  *pizza sauce                  *(3) 10.5 oz Rotel                  *(1) 15 oz pinto beans                  *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>                  *soy sauce                  *olive oil                  *on plan sweetener                  *1 2/3 c. brown rice, not cooked                  *cumin                  *salt &amp; pepper                  *cayenne pepper                  *Ranch dressing, for salad                  *dried parsley                  *onion powder                  *garlic powder                  *almond flour                  *chili powder</p>
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**Week #5: January 30-February 5**

<p><b><u>Dairy:</u></b>                  *1/2 c. 0% Plain Greek yogurt                  *8 oz 1/3 less fat cream cheese                  *5 c. mozzarella cheese                  *(14) eggs                  *unsweetened almond milk                  *1 c. cheddar</p> <p><b><u>Meat:</u></b>                  *3 lbs boneless beef chuck roast                  *3 lbs ground beef                  *(6) boneless skinless chicken thighs                  *pepperoni                  *8 oz bacon</p> <p><b><u>Frozen:</u></b>                  *(2) bags of broccoli                  *(2) bags of cauliflower rice                  *(1) bag of green beans</p>	<p><b><u>Produce:</u></b>                  *(5) onions                  *garlic                  *1” cube of ginger                  *green onions                  *(2) 3 pk Romaine lettuce                  *(1) pint of cherry tomatoes                  *green cabbage                  *(3) Green bell peppers                  *1 lb carrots                  *celery                  *6 c. kale                  *(1) zucchini</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz pinto beans                  *(1) 15 oz corn                  *(1) 8 oz tomato sauce                  *4 c. vegetable stock                  *(2) 15 oz Great Northern beans                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *red pepper flakes                  *soy sauce                  *rice vinegar                  *on plan sweetener                  *sesame oil                  *sesame seeds                  *chili powder                  *cumin                  *paprika                  *garlic powder                  *onion powder                  *salt &amp; pepper                  *dried parsley                  *coconut oil                  *Italian seasoning                  *Ranch dressing, for salad                  *avocado or olive oil                  *1/2 c. quinoa, not cooked                  *rosemary                  *red wine vinegar                  *almond flour</p>
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