

Week #1: January 2-8

<p><u>Dairy:</u> *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><u>Meat:</u> *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><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of peas *(1) bag of seasoning blend *(1) bag of broccoli</p>	<p><u>Produce:</u> *(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><u>Canned/Jarred:</u> *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><u>Dry Grocery:</u> *soy sauce *on plan sweetener *red pepper flakes *(1) taco seasoning *10 pack low carb tortillas *chili powder *garlic powder *onion powder *salt & 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><u>Dairy:</u> *(2) 8 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs *1 c. cheddar</p> <p><u>Meat:</u> *7 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *1/2 lb bacon</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *(4) onions *celery *1/2 green cabbage *(3) green bell peppers *garlic *(1) lime *(1) 3 pk Romaine lettuce *green onions</p> <p><u>Canned/Jarred:</u> *(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><u>Dry Grocery:</u> *soy sauce *ground ginger *onion powder *garlic powder *salt & 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><u>Dairy:</u> *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><u>Meat:</u> *1 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 ½ lbs chicken tenderloins *14 oz Polish kielbasa *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(2) bags of cauliflower rice *(1) bag of green beans *2/3 c. okra *(1) bag of broccoli</p>	<p><u>Produce:</u> *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><u>Canned/Jarred:</u> *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><u>Dry Grocery:</u> *coconut oil spray *salt & 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><u>Dairy:</u> *(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><u>Meat:</u> *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><u>Frozen:</u> *(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><u>Produce:</u> *garlic *(2) onions *(2) green bell peppers *1 lb carrots *(2) 3 pk Romaine lettuce *6 c. kale or spinach</p> <p><u>Canned/Jarred:</u> *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><u>Dry Grocery:</u> *soy sauce *olive oil *on plan sweetener *1 2/3 c. brown rice, not cooked *cumin *salt & 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><u>Dairy:</u> *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><u>Meat:</u> *3 lbs boneless beef chuck roast *3 lbs ground beef *(6) boneless skinless chicken thighs *pepperoni *8 oz bacon</p> <p><u>Frozen:</u> *(2) bags of broccoli *(2) bags of cauliflower rice *(1) bag of green beans</p>	<p><u>Produce:</u> *(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><u>Canned/Jarred:</u> *(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><u>Dry Grocery:</u> *red pepper flakes *soy sauce *rice vinegar *on plan sweetener *sesame oil *sesame seeds *chili powder *cumin *paprika *garlic powder *onion powder *salt & 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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