

Week #1: 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 cheese</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 pepper *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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Week #2: February 6-12

<p><u>Dairy:</u> *1 ½ c. egg whites *sour cream *1 c. cheddar cheese *6 T. butter *heavy cream *Parmesan cheese *4 c. mozzarella cheese *4 oz 1/3 less fat cream cheese *(2) eggs</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> *1 c. peas *(2) bags of cauliflower rice *(1) bag of seasoning blend *(1) bag of broccoli</p>	<p><u>Produce:</u> *1 lb carrots *green onions *(1) 3 pk Romaine lettuce *garlic *6 oz spinach *(2) onions *(2) green bell peppers *large green cabbage</p> <p><u>Canned/Jarred:</u> *salsa *14 c. chicken broth *(4) 14 oz diced tomatoes *1/2 of a 7 oz sun dried tomatoes *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil spray *salt & pepper *sesame oil *4 c. brown rice, not cooked *soy sauce *red pepper flakes *taco seasoning *2 lbs dry chick peas *onion powder *turmeric *curry powder *garlic powder *Italian seasoning *Ranch dressing, for salad *oregano *olive oil *chili seasoning *1/2 lb lentils *almond flour</p>
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Week #3: February 13-19

<p><u>Dairy:</u> *4 T. butter *sour cream * 1 ½ 8 oz 1/3 less fat cream cheese *(2) eggs *4 c. mozzarella cheese</p> <p><u>Meat:</u> *4 ½ 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 *(3) green bell peppers *(3) onions *(2) 3 pk Romaine lettuce</p> <p><u>Canned/Jarred:</u> *1 c. chicken broth *Frank's Red Hot sauce *(2) 15 oz black beans *(2) 10.5 oz Rotel *salsa *spaghetti sauce *4 c. vegetable or beef broth *pizza sauce *(2) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *3 c. brown rice, not cooked *soy sauce *on plan sweetener *red pepper flakes *chili powder *salt & pepper *apple cider vinegar *parsley *oregano *onion powder *garlic powder *olive oil *taco seasoning *almond flour *cumin *cayenne pepper</p>
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Week #4: February 20-26

<p><u>Dairy:</u> *1 ½ c. egg whites *8 oz cheddar cheese *4 c. mozzarella cheese *(2) eggs *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> *(2) bags of cauliflower rice *(1) bag of green beans *2 c. okra</p>	<p><u>Produce:</u> *celery *1/2 green cabbage *(2) green bell peppers *(5) onions *garlic *(1) lime *green onions *1 lb carrots *(1) zucchini *small bag of spinach *3 pk Romaine lettuce</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(2) 15 oz black beans *(3) 14 oz diced tomatoes *5 c. chicken broth *28 oz crushed tomatoes with basil *2 c. vegetable broth *(2) 15 oz Great Northern beans *(2) 10.5 oz Rotel *(1) 15 oz pinto beans *pizza sauce</p>	<p><u>Dry Grocery:</u> *Bragg's or soy sauce *ground ginger *onion powder *garlic powder *salt & pepper *rice vinegar *coconut oil *1 c. brown rice, not cooked *taco seasoning *1 c. quinoa, not cooked *chili seasoning *basil *balsamic vinegar *olive oil *Italian seasoning *bay leaf *red pepper flakes *Ranch dressing, for salad *almond flour</p>
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Week #5: February 27 – March 5

<p><u>Dairy:</u> *3 c. cheddar cheese *1 ½ 8 oz 1/3 less fat cream cheese *heavy cream *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *6 lbs boneless skinless chicken breasts *1 lb ground beef *1 lb ground turkey *8 oz bacon *pepperoni</p> <p><u>Frozen:</u> *(2) bags of stir-fry veggies *(2) bags of cauliflower rice *1 c. peas</p>	<p><u>Produce:</u> *garlic *(4) onions *(2) green bell peppers *3 pk Romaine lettuce *(2) colored bell peppers *3 c. Swiss chard *pint of cherry tomatoes *11 oz spinach *1 lb carrots *celery *(5) jalapenos *green onions *(1) small red onion *(1) lemon</p> <p><u>Canned/ Jarred:</u> *9 ½ c. chicken broth *(1) 4 oz diced green chilies *(2) 8 oz tomato sauce *(1) 15 oz Great Northern beans *2 T. tomato paste *(1) 28 oz crushed tomatoes *(1) 14 oz diced tomatoes *(1) 10.5 oz Rotel *pizza sauce *Dijon mustard</p>	<p><u>Dry Grocery:</u> *Bragg's or soy sauce *extra virgin olive oil *on plan sweetener *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *salt & pepper *oregano *1 c. pearled barley *basil *1/2 c. brown rice, not cooked *coconut oil *bay leaves *balsamic vinegar *almond flour *1 c. lentils *thyme *parsley</p>
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