

Week #1: March 27 – April 2

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| <p><u>Dairy:</u> *2 ½ c. egg whites *(1) Stick of butter *sour cream *(3) eggs *3 c. mozzarella cheese *4 oz 1/3 less fat cream cheese *heavy cream *Parmesan cheese</p> <p><u>Meat:</u> *8 ½ lbs boneless skinless chicken breasts *1 lb ground beef *1 lb ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(4) bags of cauliflower rice *(3) bags of seasoning blend</p> | <p><u>Produce:</u> *1 lb carrots *green onions *garlic *(2) 3 pk Romaine lettuce *(1) onion *(1) zucchini *large bag of spinach *(2) medium spaghetti squash</p> <p><u>Canned/Jarred:</u> *(6) 15 oz Great Northern beans *4 c. chicken broth *(2) 10.5 oz Rotel *(2) 14 oz diced tomatoes *(1) 15 oz corn *spaghetti sauce *14 oz 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 *cumin *chili powder *onion powder *Garlic powder *Frank's Red Hot Sauce *apple cider vinegar *parsley *oregano *Ranch dressing, for salad *Italian seasoning *bay leaf</p> |
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Week #2: April 3-9

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| <p><u>Dairy:</u> *(4) eggs *16 oz 1% cottage cheese *2 ½ 8 oz 1/3 less fat cream cheese *6 c. mozzarella cheese *Parmesan cheese *heavy cream</p> <p><u>Meat:</u> *4 lbs ground turkey *(4) chicken sausage links *2 lbs ground beef *1 lb boneless skinless chicken breasts *8 oz bacon *pepperoni</p> <p><u>Frozen:</u> *(2) bags of seasoning blend</p> | <p><u>Produce:</u> *(4) onions *garlic *1 lb mushrooms *(2) 3 pk Romaine lettuce *(2) green bell peppers *(1) lime *small bag of spinach *(4) zucchini *(1) large carrot *celery *(5) jalapenos *green onions</p> <p><u>Canned/Jarred:</u> *12 c. chicken broth *(2) 5 oz bamboo shoots *(2) 8 oz tomato sauce *(2) 14.5 oz fire roasted tomatoes *(1) 6 oz tomato paste *(3) 14 oz pizza sauce *(1) 10.5 oz Rotel *(1) 15 oz red beans</p> | <p><u>Dry Grocery:</u> *ground ginger *coconut oil *apple cider vinegar *blackstrap molasses *soy sauce *glucic or xanthan gum *salt & pepper *garlic powder *red pepper flakes *sesame oil *on plan sweetener *balsamic vinegar *1 c. brown rice, not cooked *taco seasoning *1 lb lentils *oregano *cayenne pepper *parsley *Ranch dressing, for salad *chili powder *cumin *almond flour *Tony Chachere's seasoning *ground sage *1 ½ c. quinoa, not cooked</p> |
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Week #3: April 10-16

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| <p><u>Dairy:</u> *heavy cream *2 ½ 8 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *3 lbs diced beef stew meat *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag of seasoning blend</p> | <p><u>Produce:</u> *(2) heads of broccoli *(2) red bell peppers *garlic *(1) 3 pk Romaine lettuce *(5) onions *(1)lime *(4) green bell peppers *8 oz mushrooms *16 oz spinach *(1) medium carrot</p> <p><u>Canned/Jarred:</u> *2 ½ c. chicken broth *salsa *(2) 10.5 oz Rotel *(2) 14.5 oz fire roasted tomatoes *4 oz sliced black olives *6 oz tomato paste *20 oz spaghetti sauce *5 ½ c. beef broth *pizza sauce *4 oz diced green chilies *15 oz black beans</p> | <p><u>Dry Grocery:</u> *coconut oil *3 2/3 c. brown rice, not cooked *soy sauce *Frank's Red Hot sauce *on plan sweetener *red pepper flakes *2 c. dry black beans *chili powder *paprika *salt & pepper *onion powder *oregano *rosemary *cayenne pepper * Ranch dressing, for salad *taco seasoning *almond flour *cumin</p> |
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Week #4: April 17-23

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| <p><u>Dairy:</u> *1 ½ c. egg whites *sour cream *3 c. cheddar cheese *(1 ½) 8 oz 1/3 less fat cream cheese * 5 c. mozzarella cheese *3 T. butter *heavy cream *Parmesan cheese *(2) eggs</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *3 lbs ground beef *(6) boneless skinless chicken thighs *2 ½ lbs chicken tenderloins *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(4) bags of cauli rice *green beans *2/3 c. okra</p> | <p><u>Produce:</u> *1 lb carrots *green onions *garlic *(1) 3 pk Romaine lettuce *(3) onions *(2) green bell peppers *small bag of spinach *1/2 head of green cabbage</p> <p><u>Canned/Jarred:</u> *4 oz diced green chilies *(3) 8 oz tomato sauce *6 ½ c. chicken broth *1/2 jar of 7oz sun dried tomatoes *(2) 15 oz black beans *(3) 14 oz diced tomatoes *pizza sauce *2/3 c. beef broth</p> | <p><u>Dry Grocery:</u> *coconut oil *salt & pepper *sesame oil *2 c. brown rice, not cooked *soy sauce *red pepper flakes *(1) 10 pack low carb tortillas *taco seasoning *chili powder *garlic powder *onion powder *cumin *oregano *avocado oil *paprika *Italian seasoning *gluicce or xanthan gum *Ranch dressing, for salad *1 c. quinoa, not cooked *chili seasoning *almond flour *Worcestershire sauce *cayenne pepper *liquid aminos</p> |
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Week #5: April 24-30

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| <p><u>Dairy:</u> *1 ½ 8 oz 1/3 less fat cream cheese *1 c. 0% Plain Greek yogurt *(3) eggs *2 c. egg whites *2 c. mozzarella cheese *unsweetened almond milk *12 oz 2% cottage cheese *Parmesan cheese *2 c. cheddar cheese</p> <p><u>Meat:</u> *2 lbs ground turkey *5 lbs boneless skinless chicken breasts *8 slices of bacon *1 lb ground beef *1 lb Italian ground sausage *pepperoni</p> | <p><u>Produce:</u> *(3) onions *garlic *(1) large head of green cabbage *green onions *(2) 3 pk Romaine lettuce *(1) green bell pepper *(1) cucumber *1 lb carrots *(1) medium zucchini</p> <p><u>Canned/Jarred:</u> *15 oz black beans *15 oz kidney beans *(3) 14 oz diced tomatoes *15 oz corn *spaghetti sauce *2 c. vegetable broth *(2) 15 oz Great Northern beans *pizza sauce</p> | <p><u>Dry Grocery:</u> *sesame oil *ground ginger *soy sauce *red pepper flakes *chili powder *cumin *salt & pepper *garlic powder *parsley *onion powder *on plan sweetener *Ranch dressing, for salad *olive oil *Italian seasoning *bay leaf *oregano *creole seasoning *dried onion flakes</p> |
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