

Week #1: July 31 – August 6

<p><u>Dairy:</u> *1 c. cheddar cheese *sour cream *(1) stick of butter *8 oz + 4 T. 1/3 less fat cream cheese *14 oz 1% cottage cheese *5 c. mozzarella cheese *(2) eggs *1 ½ c 0% Plain Greek yogurt</p> <p><u>Meat:</u> *2 lbs ground turkey *2 lbs ground beef *1 lb polish kielbasa *1 lb boneless skinless chicken breasts *pepperoni *4 lbs chicken drumsticks</p> <p><u>Frozen:</u> *(2) bags of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *(4) onions *garlic *green onions *(1) 3 pk Romaine lettuce *(1) green cabbage *16 oz spinach *(3) small zucchini *(2) green bell peppers *(1) red bell pepper *(2) cucumbers</p> <p><u>Canned/Jarred:</u> *salsa *1/3 c. chicken stock *20 oz spaghetti sauce *(1) 15 oz kidney beans *(1) 15 oz chickpeas *pizza sauce</p>	<p><u>Dry Grocery:</u> *sesame oil *soy sauce *ground ginger *salt & pepper *red pepper flakes *1 c. brown rice, not cooked *taco seasoning *Ranch dressing, for salads *oregano *onion powder *garlic powder *cayenne pepper *on plan sweetener *white vinegar *almond flour *paprika *cumin *chili powder *dried dill *lemon juice</p>
--	---	--

Week #2: August 7-13

<p><u>Dairy:</u> *1 ½ c. egg whites *4 c. cheddar cheese *sour cream *(1) stick of butter *1/2 c. 0% Plain Greek yogurt *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *5 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *2 c. peas *(1) bag of cauliflower rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(4) onions *(2) green bell peppers *(2) 3 pk Romaine lettuce *(1) zucchini *small bag of spinach *(3) tomatoes *(1) small red onion</p> <p><u>Canned/Jarred:</u> *(1) 4 oz green chilies *(2) 8 oz tomato sauce *2 c. vegetable broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *1/2 c. beef broth *dill pickles *mayo *ketchup *hot sauce *pizza sauce *Dijon mustard</p>	<p><u>Dry Grocery:</u> *olive oil *salt & pepper *sesame oil *4 c. brown rice, cooked *soy sauce *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *cumin *oregano *Frank's Red Hot Sauce *apple cider vinegar *dried parsley *Italian seasoning *bay leaf *Worcestershire sauce *paprika *sesame seeds *on plan sweetener *almond flour *1 c. lentils *lemon juice *thyme</p>
---	--	--

Week #3: August 14-20

<p><u>Dairy:</u> *(1) stick of butter *heavy cream *0% Plain Greek yogurt *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *2 lbs ground sausage *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 lbs ground turkey *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(2) bags of cauliflower florets *2 c. okra *(1) bag of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *small bag of kale *(3) colored peppers of your choice *(1) red onion *(2) 3 pk Romaine lettuce *(1) pint cherry tomatoes *(1) onion *(2) green bell peppers *(1) cucumber</p> <p><u>Canned/Jarred:</u> *2 ½ quarts chicken broth *(3) 15 oz black beans *(1) 14 oz diced tomatoes *spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *salt & pepper *onion powder *garlic powder *red pepper flakes *chili powder *paprika *cayenne pepper *olive oil *1 c. brown rice, not cooked *1 c. quinoa *chili seasoning *Ranch dressing, for salad *cumin *dried parsley *almond flour</p>
--	---	---

Week #4: August 21-27

<p><u>Dairy:</u> *(1) stick of butter *sour cream *3 c. cheddar cheese *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *heavy cream</p> <p><u>Meat:</u> *1 ½ lb smoked sausage *2 lbs boneless skinless chicken breasts *3 lb pork shoulder *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of broccoli</p>	<p><u>Produce:</u> *(2) green cabbage *1 lb green beans *(4) onions *(3) green bell peppers *1 lb carrots *(1) jalapeno pepper *garlic *(1) red onion *zest of an orange *guacamole *(2) 3pk Romaine lettuce *(3) tomatoes *(1) head of cauliflower</p> <p><u>Canned/Jarred:</u> *2 c. chicken broth *4 oz diced green chilies *salsa *(1) 15 oz black beans *(1) 8 oz tomato sauce *dill pickles *mayo *ketchup *pizza sauce</p>	<p><u>Dry Grocery:</u> *cooking spray *salt & pepper *onion powder *garlic powder *2/3 c. brown rice, not cooked *cumin *cayenne pepper *oregano *paprika *(1) 10 pack low carb tortilla shells *Italian seasoning *Worcestershire sauce *sesame seeds *hot sauce *on plan sweetener *almond flour</p>
---	---	---

Week #5: August 28 – September 3

<p><u>Dairy:</u> *3 c. cheddar cheese *Ricotta cheese *(2) eggs *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *3/4 c. 0% Plain Greek yogurt</p> <p><u>Meat:</u> *4 lbs ground beef *2 lbs boneless skinless chicken breasts *pepperoni *2 lbs ground turkey *1/2 lb bacon</p> <p><u>Frozen:</u> *(1) bag of broccoli *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *1 ½ lbs small bell peppers *(2) onions *green onions *cilantro *(1) 2-3 lb spaghetti squash *garlic *(1) 3 pk Romaine lettuce *(3) tomatoes *(1) red onion *(1) green bell pepper *(2) heads of broccoli</p> <p><u>Canned/Jarred:</u> *(2) 15 oz mild chili beans *spaghetti sauce *(1) 15 oz black beans *(1) 15 oz pinto beans *(1) 15 oz corn *pizza sauce *mayo</p>	<p><u>Dry Grocery:</u> *nutritional yeast, optional *minced onion *garlic powder *paprika *red pepper flakes *salt & pepper *turmeric, optional *on plan sweetener *6 c. brown rice, cooked *apple cider vinegar *chili powder *liquid smoked *dried parsley *taco seasoning *baked blue tortilla chips *olive oil *white vinegar *oregano *lemon pepper seasoning *almond flour *sunflower seeds, optional</p>
---	---	---