

Week #1: August 28 – September 3

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| <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 *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 *(3) onions *green onions *cilantro *(1) 2-3 lb spaghetti squash *garlic *(1) 3 pk Romaine lettuce *(1) green bell pepper *(2) heads of broccoli *(1) zucchini *(1) small bag of spinach</p> <p><u>Canned/Jarred:</u> *(2) 15 oz mild chili beans *spaghetti sauce *pizza sauce *mayo *2 c. vegetable broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans</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 smoke *dried parsley *olive oil *almond flour *sunflower seeds, optional *Italian seasoning *bay leaf</p> |
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Week #2: September 4-10

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| <p><u>Dairy:</u> *1 T. butter *4 c. cheddar cheese *1/2 c. 0% Plain Greek yogurt *sour cream *4 C. mozzarella cheese *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *4 lbs ground beef *2.5 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of peas</p> | <p><u>Produce:</u> *(4) onions *(2) 3 pk Romaine lettuce *(3) tomatoes *(3) green bell peppers *garlic *(2) red bell peppers *(2) heads of broccoli</p> <p><u>Canned/Jarred:</u> *1/2 c. beef broth *dill pickles *mayo *ketchup *(1) 4 oz diced green chilies *(1) 15 oz tomato sauce *(2) 15 oz black beans *(3) 14 oz diced tomatoes *10 c. chicken stock *spaghetti sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *pizza sauce</p> | <p><u>Dry Grocery:</u> *Worcestershire sauce *paprika *Salt & pepper *sesame seeds *hot sauce *on plan sweetener *taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *cumin *oregano *red pepper flakes *1 c. quinoa *chili seasoning *Ranch, for salad *1/2 lb lentils *almond flour *2 c. brown rice, not cooked *soy sauce *Frank's Red Hot Sauce</p> |
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Week #3: September 11-17

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| <p><u>Dairy:</u> *1/2 c. 0% Plain Greek yogurt *heavy cream *8 oz + 4 T. 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *2 T. butter *(2) eggs *1 ½ c. egg whites</p> <p><u>Meat:</u> *4 lbs ground beef *3.5 lbs boneless skinless chicken breasts *3 lbs ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(3) 16 oz cauliflower florets *2 c. okra *1 c. peas *(1) bag of cauliflower rice</p> | <p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(1) pint Cherry tomatoes *(4) colored bell peppers *(1) red onion *(1) lime *(3) onions *garlic *2 c. butternut squash *large bag of spinach *small bunch of kale *(1) green bell pepper *1 lb carrots *green onions</p> <p><u>Canned/Jarred:</u> *(2) 15 oz pinto beans *(2) 15 oz black beans *(1) 15 oz corn *10 c. chicken broth *20 oz spaghetti sauce *pizza sauce</p> | <p><u>Dry Grocery:</u> *chili powder *cumin *paprika *garlic powder *onion powder *salt & pepper *dried parsley *cayenne pepper *3 c. brown rice, not cooked *olive oil *red pepper flakes *dried sage *on plan sweetener *oregano *Ranch dressing, for salad *almond flour *sesame oil *soy sauce</p> |
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Week #4: September 18-24

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| <p><u>Dairy:</u> *(2) 8 oz + 4 T. 1/3 less fat cream cheese *1 c. 0% Plain Greek yogurt *heavy cream *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u> *2 lbs ground turkey *4 lbs ground beef *16 oz bacon *2 ½ lbs chicken tenders *1 lb boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of broccoli</p> | <p><u>Produce:</u> *(3) tomatoes *1/2 head of iceberg lettuce *(1) red onion *(2) green bell peppers *(4) onions *garlic *(1) lime *(1) 3 pk Romaine lettuce *1 lb carrots *celery *(5) jalapenos *green onions *1/2 green cabbage</p> <p><u>Canned/Jarred:</u> *(1) 15 oz black beans *(1) 15 oz pinto beans *(1) 15 oz corn *(3) 8 oz tomato sauce *spaghetti sauce *(1) 10.5 oz Rotel *2 2/3 c. chicken broth *pizza sauce *(2) 14 oz diced tomatoes</p> | <p><u>Dry Grocery:</u> *(2) taco seasoning *baked blue corn chips *olive oil *white vinegar *salt & pepper *garlic powder *oregano *lemon pepper *on plan sweetener *1 c. brown rice, not cooked *dried parsley *onion powder *red pepper flakes *Ranch dressing, for salad *olive oil *chili powder *cumin *almond flour *coconut oil *paprika *Worcestershire sauce *cayenne pepper *liquid aminos or soy sauce</p> |
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Week #5: September 25 – October 1

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| <p><u>Dairy:</u> *(2) 8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese *(2) eggs *1 ½ c. egg whites</p> <p><u>Meat:</u> *4.5 lbs boneless skinless chicken breasts *(6) boneless skinless chicken thighs *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *2 c. peas *(3) bags of cauliflower rice *1/2 c. okra</p> | <p><u>Produce:</u> *1 lb carrots *(1) red onion *(3) green bell peppers *(1) 3 pk Romaine lettuce *garlic *celery *1 ½ c. mushrooms *green onions</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *(2) 10.5 oz Rotel *salsa *(2) 15 oz green beans *1/2 c. chicken broth *(1) 6 oz tomato paste *4 c. vegetable broth *pizza sauce</p> | <p><u>Dry Grocery:</u> *1 c. lentils *lemon juice *thyme *parsley *Dijon mustard *salt & pepper *on plan sweetener *olive oil *3 c. brown rice, not cooked *chili powder *olive or avocado oil *paprika *red pepper flakes *creole seasoning *bay leaf *basil *oregano *coconut oil *Ranch dressing, for salad *taco seasoning *almond flour *sesame oil *soy sauce</p> |
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