

Week #1: October 30-November 5

<p><u>Dairy:</u> *1 ½ 8 oz blocks of 1/3 less fat cream cheese *1 c. 0% Plain Greek yogurt *(3) eggs *1 c. egg whites *2 c. mozzarella cheese *1/2 stick of butter</p> <p><u>Meat:</u> *6 lbs boneless skinless chicken breasts *8 slices of bacon *2 ½ lbs chicken tenders *1 lb ground beef *1 lb ground Italian sausage *pepperoni *1 ½ lb smoked sausage</p> <p><u>Frozen:</u> *(1) bag of peas *(3) bags of cauliflower rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(2) heads of broccoli *(3) red bell peppers *(1) onion *(2) green bell peppers *(2) 3 pk Romaine lettuce *(1) cucumbers *(1) green cabbage</p> <p><u>Canned/Jarred:</u> *2 quarts + 1 ½ c. chicken broth *(2) 14.5 oz fire roasted tomatoes *spaghetti sauce *(2) 15 oz black beans *(1) 10.5 oz Rotel *(1) 15 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil *3 c. brown rice, not cooked *Braggs aminos or soy sauce *Frank's red hot sauce *red pepper flakes *chili powder *onion powder *garlic powder *cumin *cayenne pepper *salt & pepper *paprika *dried parsley *(1) 10 pack low carb tortillas *Ranch dressing, for salad *oregano</p>
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Week #2: November 6-12

<p><u>Dairy:</u> *(1) stick of butter *20 oz cheddar cheese *heavy cream *Parmesan cheese *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *(2) eggs *1 ½ c. egg whites</p> <p><u>Meat:</u> *4 lbs ground beef *2 lbs boneless skinless chicken breasts *3 lbs beef chuck roast *2 ½ lb chicken tenderloins *pepperoni</p> <p><u>Frozen:</u> *(1) bag seasoning blend *(1) bag cauliflower rice *2 c. okra</p>	<p><u>Produce:</u> *(6) onions *garlic *(1) green cabbage *green onions *(2) large spaghetti squash *(2) 3 pk Romaine lettuce *6 oz spinach *(2) green bell peppers</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *(1) 15 oz black beans *chipotle chilies in Adobo sauce *5 ½ c. chicken broth *7 oz sun dried tomatoes *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(3) 14 oz diced tomatoes *pizza sauce *(2) 10.5 oz Rotel *(1) 15 oz pinto beans</p>	<p><u>Dry Grocery:</u> *sesame oil *ground ginger *soy sauce or Braggs aminos *salt & pepper *red pepper flakes *1 c. brown rice, not cooked *chili powder *cumin *garlic powder *on plan sweetener *almond flour *lime juice *apple cider vinegar *oregano *Italian seasoning *glucie or xanthan gum *Ranch dressing, for salad *olive oil *chili seasoning *1/2 lb lentils *onion powder</p>
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Week #3: November 13-19

<p><u>Dairy:</u> *2 ½ c. egg whites *sour cream *1 c. cheddar cheese *(1) stick of butter *heavy cream *Parmesan cheese *2 ½ c. mozzarella cheese *8 oz 1/3 less fat cream cheese *(3) eggs</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *2 lbs ground beef *2 ½ lbs chicken tenderloins *1 lb ground Italian sausage *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *1 c. peas *(3) bags of cauliflower rice *(1) bag of broccoli *(2) bags of seasoning blend</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(1) 3 pack Romaine lettuce *(1) large zucchini *(1) onion *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *(3) 14 oz diced tomatoes *7 ½ c. chicken broth *(1) 10.5 oz Rotel *4 c. vegetable broth *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *coconut oil spray *salt & pepper *sesame oil *6 c. brown rice, cooked *soy sauce *red pepper flakes *(2) taco seasoning *1 c. quinoa, not cooked *chili seasoning *garlic powder *onion powder *gluccie or xanthan gum *chili powder *oregano *cumin *cayenne pepper, optional</p>
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Week #4: November 20-26

<p><u>Dairy:</u> *(1) stick of butter *(2) eggs *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *3 lb boneless beef chuck roast *1 lb ground beef *pepperoni *(4) cooked chicken sausage</p> <p><u>Frozen:</u> *(2) bags of broccoli *(2) bags of cauliflower rice *(1) bag of seasoning blend *2 c. okra</p>	<p><u>Produce:</u> *(3) onions *garlic *1” ginger *green onions *(2) green bell peppers *(2) 3 pk Romaine lettuce</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *(1) 10.5 oz Rotel *salsa *spaghetti sauce *pizza sauce *(1) quart chicken broth *(1) 6 oz tomato paste *(2) 14.5 oz stewed tomatoes</p>	<p><u>Dry Grocery:</u> *red pepper flakes *soy sauce *rice vinegar *on plan sweetener *sesame oil *sesame seeds *2 c. brown rice, not cooked *chili powder *salt & pepper *Frank's Red Hot Sauce *apple cider vinegar *dried parsley *garlic powder *onion powder *Ranch dressing, for salad *almond flour *Creole seasoning *mesquite liquid smoked *cayenne pepper *bay leaves</p>
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Week #5: November 27 – December 3

<p><u>Dairy:</u> *2 ½ c. egg whites *3 c. cheddar cheese *(1) stick of butter *heavy cream *(3) eggs *2 c. mozzarella cheese</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *4 lbs ground beef *3 lbs ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(5) bags of cauliflower rice *(2) bags of seasoning blend *(2) 16 oz cauliflower florets *2 c. okra</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(3) onions *(2) green bell peppers *(1) 3 pk Romaine lettuce *(1) green cabbage *6 c. kale</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(4) 15 oz Great Northern beans *2 quarts + 2 c. chicken broth *(2) 10.5 oz Rotel *(1) 14 oz diced tomatoes *(1) 15 oz corn *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 *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *cumin *oregano *Italian seasoning *ground ginger</p>
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