

**Week #1: November 27 – December 3**

<p><b><u>Dairy:</u></b>                  *2 ½ c. egg whites                  *3 c. cheddar cheese                  *(1) stick of butter                  *heavy cream                  *(3) eggs                  *2 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *4 lbs boneless skinless chicken breasts                  *4 lbs ground beef                  *3 lbs ground Italian sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *1 c. peas                  *(5) bags of cauliflower rice                  *(2) bags of seasoning blend                  *(2) 16 oz cauliflower florets                  *2 c. okra</p>	<p><b><u>Produce:</u></b>                  *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><b><u>Canned/Jarred:</u></b>                  *(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><b><u>Dry Grocery:</u></b>                  *coconut oil spray                  *salt &amp; 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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**Week #2: December 4-10**

<p><b><u>Dairy:</u></b>                  *(3) 8oz 1/3 less fat cream cheese                  *14 oz 1% cottage cheese                  *6 c. mozzarella cheese                  *(2) eggs                  *1 ½ c. cheddar cheese</p> <p><b><u>Meat:</u></b>                  *4.5 lbs boneless skinless chicken breasts                  *4 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *(3) bags of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *(2) heads of broccoli                  *(2) red bell peppers                  *garlic                  *(3) onions                  *(3) green bell peppers                  *(1) 3 pk Romaine lettuce                  *16 oz bag of spinach                  *1 lb mushrooms</p> <p><b><u>Canned/Jarred:</u></b>                  *8 ½ c. chicken broth                  *(2) 15 oz black beans                  *(2) 10.5 oz Rotel                  *salsa                  *2 lbs dry chickpeas                  *(2) 14 oz diced tomatoes                  *20 oz spaghetti sauce                  *4 c. vegetable broth                  *pizza sauce                  *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut or avocado oil                  * 3 c. brown rice, not cooked                  *Bragg's aminos or soy sauce                  *Frank's Red Hot sauce                  *on plan sweetener                  *red pepper flakes                  *chili powder                  *salt &amp; pepper                  *garlic powder                  *onion powder                  *thyme                  *oregano                  *cayenne pepper                  *Ranch dressing, for salad                  *taco seasoning                  *almond flour                  *paprika                  *cumin</p>
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**Week #3: December 11-17**

<p><b><u>Dairy:</u></b>                  *8 oz 1/3 less fat cream cheese                  *5 c. mozzarella cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *3 lb boneless beef roast                  *3.5 lbs boneless skinless chicken breasts                  *(6) boneless skinless chicken thighs                  *1 lb ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(3) bags of broccoli                  *(3) bags of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *(5) onions                  *garlic                  *1” piece of ginger                  *(4) green bell peppers                  *(1) cubanelle pepper                  *(1) 3 pk Romaine lettuce                  *(1) large green cabbage</p> <p><b><u>Canned/Jarred:</u></b>                  *(1) 10.5 oz Rotel                  *(2) 15 oz green beans                  *4 ½ c. chicken broth                  *(1) 8 oz tomato sauce                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *(2) 14 oz diced tomatoes                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *red pepper flakes                  *soy sauce                  *rice vinegar                  *on plan sweetener                  *sesame oil                  *sesame seeds                  *coconut oil                  *taco seasoning                  *1 c. quinoa, not cooked                  *salt &amp; pepper                  *olive or avocado oil                  *paprika                  *Italian seasoning                  *chili seasoning                  *1/2 lb green or brown lentils                  *almond flour                  *cumin                  *chili powder                  *liquid smoke</p>
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**Week #4: December 18-24**

<p><b><u>Dairy:</u></b>                  *1/2 stick of butter                  *4 T. 1/3 less fat cream cheese                  *4 c. mozzarella cheese                  *(2) eggs                  *1 c. egg whites                  *unsweetened almond milk                  *12 oz 2% cottage cheese                  *Parmesan cheese                  *2 c. cheddar cheese</p> <p><b><u>Meat:</u></b>                  *7.5 lbs boneless skinless chicken breasts                  *2 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bags of cauliflower rice                  *(3) bags of seasoning blend                  *(2) bags of broccoli</p>	<p><b><u>Produce:</u></b>                  *(3) onions                  *celery                  *1/2 large green cabbage                  *(2) green bell peppers                  *garlic                  *(4) limes                  *(1) 3 pk Romaine lettuce</p> <p><b><u>Canned/Jarred:</u></b>                  *15 oz tomato sauce                  *(2) 15 oz corn                  *spaghetti sauce                  *(2) 15 oz black beans                  *28 oz diced tomatoes                  *pizza sauce                  *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>                  *soy sauce                  *ground ginger                  *onion powder                  *garlic powder                  *salt &amp; pepper                  *rice vinegar                  *coconut oil                  *1 c. brown rice, not cooked                  *taco seasoning                  *Frank's Red Hot sauce                  *apple cider vinegar                  *dried parsley                  *oregano                  *Ranch dressing, for salad                  *bay leaves                  *creole seasoning                  *1 c. quick cook brown rice                  *almond flour                  *onion flakes</p>
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**Week #5: December 25-31**

<p><b><u>Dairy:</u></b>          *1 c. cheddar cheese          *sour cream          *(2 ½) 8 oz 1/3 less fat cream cheese          *Parmesan cheese          *(1) stick of butter          *heavy cream          *4 c. mozzarella cheese          *(2) eggs</p> <p><b><u>Meat:</u></b>          *ham (this if for Christmas so whatever size is big enough for your family)          *2 lbs ground turkey          *1 lb ground beef          *4lbs boneless skinless chicken breasts          *2 lbs ground sausage          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(2) 10 oz spinach          *(1) bag of broccoli          *(2) 16 oz cauliflower florets          *2 c. okra          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *red or yellow potatoes (for Christmas)          *2 lbs green beans (for Christmas)          *(3) onions          *garlic          *(1) 3 pk Romaine lettuce          *(1) large zucchini          *6 c. kale          *(1) green bell pepper</p> <p><b><u>Canned/Jarred:</u></b>          *3 quarts chicken broth          *salsa          *(3) 14 oz diced tomatoes          *(2) 15 oz black beans          *pizza sauce          *(1) 15 oz pinto beans          *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil          *salt &amp; pepper          *garlic powder          *red pepper flakes          *on plan sweetener          *taco seasoning          *1 c. quinoa, not cooked          *chili seasoning          *onion powder          *almond flour          *2 c. brown rice, not cooked          *chili powder          *cumin          *cayenne pepper</p>
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