

Week #1: January 1-7

<p><u>Dairy:</u> *1 ½ c. egg whites *sour cream, optional for topping *3 c. cheddar cheese *1 ½ 8 oz 1/3 less fat cream cheese *(2) eggs *4 c. mozzarella cheese</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *5 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(2) bags of cauliflower rice *2/3 c. okra</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(1) 3 pack Romaine lettuce *(4) onions *(3) green bell peppers *1/2 head of green cabbage</p> <p><u>Canned/Jarred:</u> *(1) 4 oz diced green chilies *(3) 8 oz tomato sauce *16 oz salsa verde *(3) 10.5 oz Rotel *(2) 15 oz cannelloni beans *4 2/3 c. chicken broth *spaghetti sauce *1 quart vegetable broth *pizza sauce *(2) 14 oz diced tomatoes</p>	<p><u>Dry Grocery:</u> *coconut oil spray *salt & pepper *sesame oil *3 ½ c. brown rice, not cooked *soy sauce *red pepper flakes *(2) taco seasonings *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *cumin *oregano *Ranch dressing, for salad *almond flour *coconut oil *paprika *Worcestershire sauce *cayenne pepper *liquid aminos</p>
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Week #2: January 8-14

<p><u>Dairy:</u> *heavy cream *1 c. 2% cottage cheese *5 c. mozzarella cheese *8 oz 1/3 less fat cream cheese *(2) eggs *1 ½ c. cheddar cheese</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(4) bags of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *(2) green bell peppers *(4) onions *garlic *(1) lime *(1) 3 pk Romaine lettuce *3 c. mushrooms *8 c. Napa (Chinese) cabbage *1 lb carrots *(1) medium zucchini *small bag of spinach</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *(3) 14 z diced tomatoes *(1) 14 oz crushed tomatoes *2 c. vegetable broth *(2) 15 oz Great Northern beans *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *soy sauce *apple cider vinegar *sesame oil *black strap molasses *ground ginger *salt & pepper *on plan sweetener *glucic or xanthan gum *sesame seeds *coconut oil *Baking Blend (or almond flour) *1 c. brown rice, not cooked *taco seasoning *rosemary *Ranch dressing, for salad *Italian seasoning *bay leaf *red pepper flakes *almond flour *chili powder *paprika *cumin *garlic powder</p>
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Week #3: January 15-21

<p><u>Dairy:</u> *heavy cream *(2) eggs *4 c. mozzarella cheese *4 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 lbs ground beef *2 lbs Italian sausage *pepperoni *4 lbs chicken drumsticks *(6) slices of bacon</p> <p><u>Frozen:</u> *(2) bags of cauliflower rice *1 c. cauliflower florets *(2) bags of broccoli *1 ½ c. okra</p>	<p><u>Produce:</u> *(4) onions *garlic *green onions *cilantro *2 c. butternut squash *(1) red bell pepper *small bag of spinach *(1) large green cabbage *(2) green bell peppers *(1) lemon *small head of purple cabbage</p> <p><u>Canned/Jarred:</u> *(2) 15.5 oz mild chili beans *(1) 15 oz black beans *6 c. chicken broth *(3) 8 oz tomato sauce *(2) pizza sauce *mayo</p>	<p><u>Dry Grocery:</u> *sesame oil *soy sauce *ground ginger *salt & pepper *6 c. brown rice, cooked *dry minced onion *apple cider vinegar *chili powder *garlic powder *paprika *liquid smoke *on plan sweetener *olive oil *red pepper flakes *ground sage *Italian seasoning *basil *oregano *cayenne pepper *almond flour *coconut oil *baking powder *ground coriander *citric acid *marjoram *peanuts</p>
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Week #4: January 22-28

<p><u>Dairy:</u> *6 c. mozzarella cheese *(2) eggs *4 oz 1/3 less fat cream cheese *Parmesan cheese</p> <p><u>Meat:</u> *4 ½ lbs boneless skinless chicken breasts *6 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *2 c. cauliflower florets *(2) bags of cauliflower rice *12 oz green beans</p>	<p><u>Produce:</u> *(2) heads of broccoli *(2) red bell peppers *garlic *(2) onions *cilantro *3 large bags of spinach *(2) limes *(1) 3 pk Romaine lettuce *(4) green bell peppers *8 oz mushrooms *(3) medium zucchini</p> <p><u>Canned/Jarred:</u> *1 c. chicken broth *(1) 15 oz fat free refried beans *(1) 10.5 oz Rotel *(1) 15 oz corn *(2) 14 oz diced tomatoes *2 T. tomato paste *spaghetti sauce *(1) 14 oz diced petite tomatoes *(1) 8 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil *2 c. brown rice, not cooked *soy sauce *Frank's Red Hot *on plan sweetener *red pepper flakes *chicken bouillon *garlic powder *chili powder *curry powder *cumin *paprika *lemon pepper *salt & pepper *Ranch dressing, for salad *nutritional yeast, optional *onion powder *bay leaf *almond flour</p>
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Week #5: January 29 – February 4

<p><u>Dairy:</u> *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><u>Meat:</u> *4 lbs ground turkey *1 lb ground beef *4 lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(2) 10 oz spinach *(1) bag of broccoli *(2) 16 oz cauliflower florets *2 c. okra *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(4) onions *garlic *1 lb mushrooms *(1) 3 pk Romaine lettuce *(1) large zucchini *6 c. kale *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *4 quarts chicken broth *(2) 5 oz bamboo shoots *salsa *(3) 14 oz diced tomatoes *(2) 15 oz black beans *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *ground ginger *coconut oil *apple cider vinegar *black strap molasses *soy sauce *gluccie or xanthan gum *salt & pepper *garlic powder *red pepper flakes *sesame oil *on plan sweetener *balsamic vinegar *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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