

**Week #1: April 2-8**

<p style="text-align: center;"><u>Dairy:</u></p> <p>* (1) stick of butter                  * (1) 8 oz 1/3 less fat cream cheese                  * 5 c. mozzarella cheese                  * (2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 1 ½ lbs smoked sausage                  * (6) boneless skinless chicken thighs                  * 1 lb ground beef                  * 2 lbs ground turkey                  * pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* (1) 16 oz bag of okra                  * (2) bags of broccoli                  * (1) bag of cauliflower rice                  * (1) bag of seasoning blend</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* (4) onions                  * celery                  * garlic                  * (2) heads of green cabbage                  * 1 lb carrots                  * (1) zucchini                  * (1) small bag of spinach                  * (2) green bell peppers</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* (2) 10.5 oz Rotel                  * (1) quart chicken stock                  * (2) 15 oz green beans                  * (3) 14.5 oz diced tomatoes                  * (2) 15 oz Great Northern beans                  * (1) 8 oz tomato sauce                  * (1) 15 oz pinto beans                  * (1) 15 oz corn                  * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* 2 lbs dry black eyed peas                  * (1) beef bouillon cube                  * Tony Chachere's seasoning                  * salt &amp; pepper                  * onion powder                  * garlic powder                  * olive or avocado oil                  * paprika                  * red pepper flakes                  * Italian seasoning                  * bay leaf                  * 2 c. cooked brown rice                  * chili powder                  * cumin                  * cayenne pepper                  * almond flour</p>
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**Week #2: April 9-15**

<p style="text-align: center;"><u>Dairy:</u></p> <p>* 16 oz sour cream                  * 4 c. cheddar cheese                  * heavy cream                  * 4 1/3 c. mozzarella cheese                  * (2) eggs                  * 4 T. 1/3 less fat cream cheese</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 4 lbs ground beef                  * 1 lb boneless skinless chicken breasts                  * (6) boneless skinless chicken thighs                  * pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* (1) bag of broccoli                  * (1) bag of peas                  * (1) bag of cauliflower rice</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* garlic                  * (1) 3 pk Romaine lettuce                  * (2) onions                  * (2) green bell peppers                  * (1) head of green cabbage                  * (1) red bell pepper                  * small bag of spinach</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* mayo                  * (5) 15 oz green beans                  * (1) 8 oz mushrooms                  * 5 c. chicken stock                  * (1) 15 oz kidney beans                  * (1) 15 oz Great Northern beans                  * (4) 14.5 oz diced tomatoes                  * salsa                  * 1 quart beef broth                  * 32 oz tomato juice                  * Frank's Red Hot Sauce                  * (1) 8 oz tomato sauce                  * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* dried onion flakes                  * salt &amp; pepper                  * onion powder                  * garlic powder                  * Ranch dressing, for salad                  * olive or avocado oil                  * chili seasoning                  * 1/2 lb green or brown lentils                  * taco seasoning                  * Worcestershire sauce                  * cayenne pepper, optional                  * paprika                  * oregano                  * basil                  * on plan sweetener                  * 3 c. cooked brown rice                  * soy sauce                  * red pepper flakes                  * almond flour</p>
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**Week #3: April 16-22**

<p><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (1) stick of butter</li> <li>* 4 oz sharp cheddar cheese</li> <li>* 4 c. mozzarella cheese</li> <li>* (2) eggs</li> <li>* 4 T. 1/3 less fat cream cheese</li> </ul> <p><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>* 13-16 oz smoked sausage</li> <li>* 5 lbs chicken drumsticks</li> <li>* 4 lbs ground beef</li> <li>* pepperoni</li> </ul> <p><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>* (2) bags of broccoli</li> <li>* (1) bag of cauliflower rice</li> <li>* 2/3 c. diced okra</li> </ul>	<p><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>* (4) onions</li> <li>* (3) green bell peppers</li> <li>* (3) 3 pk Romaine lettuce</li> <li>* small bag of spinach</li> <li>* garlic</li> <li>* (1) lime (can use bottled)</li> <li>* (1) head of green cabbage</li> </ul> <p><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* (2) 15 oz black beans</li> <li>* (1) 10.5 oz Rotel</li> <li>* (3) 8 oz tomato sauce</li> <li>* spaghetti sauce</li> <li>* 1 c. chicken broth</li> <li>* (2) 14.5 oz diced tomatoes</li> <li>* pizza sauce</li> </ul>	<p><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>* 2 c. brown rice, not cooked</li> <li>* chili powder</li> <li>* salt &amp; pepper</li> <li>* avocado or olive oil</li> <li>* balsamic vinegar</li> <li>* apple cider vinegar</li> <li>* on plan sweetener</li> <li>* peanuts</li> <li>* soy sauce</li> <li>* garlic powder</li> <li>* onion powder</li> <li>* paprika</li> <li>* cumin</li> <li>* chili powder</li> <li>* cayenne pepper, optional</li> <li>* Ranch dressing, for salad</li> <li>* taco seasoning</li> <li>* Worcestershire sauce</li> <li>* almond flour</li> </ul>
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**Week #4: April 23-29**

<p><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (1) stick of butter</li> <li>* heavy cream</li> <li>* 4 1/3 c. mozzarella cheese</li> <li>* (2) eggs</li> <li>* 4 T. 1/3 less fat cream cheese</li> </ul> <p><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>* 1 lb ground beef</li> <li>* 2 lbs ground turkey</li> <li>* 1 1/2 lb smoked sausage</li> <li>* (6) boneless skinless chicken thighs</li> <li>* 1 lb boneless skinless chicken breasts</li> <li>* pepperoni</li> </ul> <p><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>* (1) bag of seasoning blend</li> <li>* (2) bags of broccoli</li> <li>* (1) bag of cauliflower rice</li> <li>* 1/2 bag of peas</li> </ul>	<p><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>* (2) heads of green cabbage</li> <li>* garlic</li> <li>* (2) onions</li> <li>* (2) green bell peppers</li> <li>* small bag of spinach</li> <li>* (1) red bell pepper</li> </ul> <p><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* 1 quart beef broth</li> <li>* 32 oz tomato juice</li> <li>* (5) 14.5 oz diced tomatoes</li> <li>* (1) 15 oz pinto beans</li> <li>* (1) 15 oz corn</li> <li>* 5 c. chicken broth</li> <li>* (1) 15 oz kidney beans</li> <li>* (1) 15 oz Great Northern beans</li> <li>* (1) 8 oz tomato sauce</li> <li>* (2) 15 oz green beans</li> <li>* pizza sauce</li> </ul>	<p><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>* Worcestershire sauce</li> <li>* salt &amp; pepper</li> <li>* cayenne pepper, optional</li> <li>* paprika</li> <li>* oregano</li> <li>* basil</li> <li>* on plan sweetener</li> <li>* 5 c. brown rice, cooked</li> <li>* chili powder</li> <li>* garlic powder</li> <li>* cumin</li> <li>* onion powder</li> <li>* olive or avocado oil</li> <li>* chili seasoning</li> <li>* 1/2 lb green or brown lentils</li> <li>* soy sauce</li> <li>* Frank's Red Hot sauce</li> <li>* red pepper flakes</li> <li>* almond flour</li> </ul>
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Week #5: April 30 – May 6

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>*sour cream</li> <li>*1 c. cheddar cheese</li> <li>*1 ½ c. egg whites</li> <li>*4 c. mozzarella cheese</li> <li>*2) eggs</li> <li>*4 T. 1/3 less fat cream cheese</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>*3 lbs ground beef</li> <li>*5 lbs chicken drumsticks</li> <li>*1 ½ lbs boneless skinless chicken beasts</li> <li>*pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>*2) bag of cauliflower rice</li> <li>*1) bag of broccoli</li> <li>*1 c. peas</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>*2) 3 pk Romaine lettuce</li> <li>*2) green bell peppers</li> <li>*3) onions</li> <li>*garlic</li> <li>*1) lime (can use bottled)</li> <li>*1 lb carrots</li> <li>*1) zucchini</li> <li>*small bag of spinach</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>*spaghetti sauce</li> <li>*2) 8 oz tomato sauce</li> <li>*2 c. vegetable broth</li> <li>*1) 14.5 oz diced tomatoes</li> <li>*2) 15 oz Great Northern beans</li> <li>*salsa</li> <li>*pizza sauce</li> </ul>	<p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>*Ranch dressing, for salad</li> <li>*5 c. brown rice, cooked</li> <li>*2) taco seasoning</li> <li>*on plan sweetener</li> <li>*garlic powder</li> <li>*paprika</li> <li>*cumin</li> <li>*chili powder</li> <li>*cayenne pepper, optional</li> <li>*avocado or olive oil</li> <li>*Italian seasoning</li> <li>*bay leaf</li> <li>*salt &amp; pepper</li> <li>*red pepper flakes</li> <li>*sesame oil</li> <li>*soy sauce</li> <li>*almond flour</li> </ul>
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