

Week #1: April 30 – May 6

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *1 c. 0% Plain Greek yogurt *1 stick of butter *3 c. cheddar cheese *2 eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *3 lbs ground beef *3 lbs boneless skinless chicken breasts *1 ½ lbs smoked sausage *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *(1) bag of broccoli *1 c. peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *(2) 3 pk Romaine hearts *(1) pint cherry tomatoes *(1) large green cabbage *(3) onions *(2) green bell peppers *(3) tomatoes *1 lb carrots *(1) small red onion <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *(2) 15 oz pinto beans *(3) 15 oz black beans *(1) 15 oz corn *1/2 c. chicken broth *(1) 10.5 oz Rotel *salsa *dill relish *mayo *no sugar added ketchup *hot sauce *Dijon mustard *pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *chili powder *cumin *paprika *garlic powder *onion powder *dried parsley *2 c. brown rice, not cooked *Worcestershire sauce *sesame seeds *on plan sweetener *1 c. brown or green lentils *lemon juice *thyme *almond flour
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Week #2: May 7-13

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *(1) stick of butter *1 c. shredded Parmesan cheese *2 c. cheddar cheese *sour cream *heavy cream *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *4 lbs chicken wings *2 lbs ground beef *2 lbs ground turkey *2 lbs smoked sausage *1 lb boneless skinless chicken breasts *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *(1) bag of seasoning blend *(1) bag of peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *(2) 3 pk Romaine lettuce *1 lb green beans *garlic *(1) bunch green onions *(1) large zucchini *(2) onions *(1) head of broccoli *(1) red bell pepper *(1) green bell pepper <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *spaghetti sauce *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *salsa *sun dried tomatoes *5 c. chicken broth *Sriracha *pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *Ranch dressing, for salad *3 c. brown rice, cooked *chili powder *garlic powder *cumin *cayenne pepper *taco seasoning *13.25 oz box of Dreamfield's pasta *red pepper flakes *dill weed *coconut oil *xanthan gum, optional *soy sauce *on plan sweetener *almond flour
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Week #3: May 14-20

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
*1/2 stick of butter *sour cream *1/2 c. 0% Plain Greek yogurt *1 ½ c. egg whites *4 c. mozzarella *(2) eggs *4 T. 1/3 less fat cream cheese	*2 lbs green beans *(2) medium green cabbage *(1) small red cabbage *1 lb carrots *(1) red onion *(1) lemon *(1) 3 pk Romaine lettuce *(1) pint cherry tomatoes *(2) onions *(2) green bell peppers *(1) bunch green onions *garlic	*on plan sweetener *apple cider vinegar *1/2 c. sliced almonds *1 c. green or brown lentils *thyme *dried parsley *extra virgin olive oil *oregano *garlic powder *onion powder *chili powder *cumin *paprika *Italian seasoning *sesame oil *4 c. cooked brown rice *soy sauce *red pepper flakes *almond flour
<p style="text-align: center;"><u>Meat:</u></p> *4 lbs ground beef *6 slices bacon *5 lbs boneless skinless chicken breasts *pepperoni	<p style="text-align: center;"><u>Canned/Jarred:</u></p> *mayo *Dijon mustard *Frank's Red Hot sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 14 oz corn *(1) 8 oz tomato sauce *pizza sauce	
<p style="text-align: center;"><u>Frozen:</u></p> *(1) bag of peas *(1) bag of seasoning blend *(1) bag of cauli rice		

Week #4: May 21-27

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
*2 ½ c .cheddar cheese *(1) stick + 1 T. of butter *(1) small container 0% Plain Greek yogurt *1 c. shredded Parmesan cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese *(2) eggs	*(5) onions *(1) red bell pepper *(4) tomatoes *(1) bunch of celery *(1) medium green cabbage *(1) large zucchini *(2) 3 pk Romaine lettuce *(2) green bell peppers *1 lb green beans *garlic *(1) bunch of green onions	*taco seasoning *soy sauce *ground ginger *onion powder *garlic powder *black pepper *rice vinegar *coconut oil *2 c. brown rice, not cooked *Worcestershire sauce *paprika *sesame seeds *on plan sweetener *chili powder *Ranch dressing *almond flour
<p style="text-align: center;"><u>Meat:</u></p> *4 lbs ground beef *2 ½ lbs boneless skinless chicken breasts *4 lbs chicken wings *pepperoni	<p style="text-align: center;"><u>Canned/Jarred:</u></p> *1/2 c. chicken broth *spaghetti sauce *1/2 c. beef broth *dill pickles or relish *mayo *no sugar added ketchup *hot sauce *salsa *(2) 14 oz black beans *(1) 10.5 oz Rotel *pizza sauce	
<p style="text-align: center;"><u>Frozen:</u></p> *(1) bag of cauli rice		

Week #5: May 28 – June 3

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<ul style="list-style-type: none"> *heavy cream *1 c. cheddar cheese *8 oz. + 4 T. 1/3 less fat cream cheese *(1) 14 oz 1% cottage cheese *5 c. mozzarella *1 ½ c. egg whites 	<ul style="list-style-type: none"> *(2) onions *(1) 3 pk Romaine lettuce *(1) head of broccoli *(1) red bell pepper *garlic *16 oz baby spinach *1 lb carrots *(1) bunch of green onions *1 lb green beans *(1) medium green cabbage *(1) small red cabbage *(1) green bell pepper 	<ul style="list-style-type: none"> *7 c. cooked brown rice *chili powder *garlic powder *cumin *cayenne pepper *13.25 oz box of Dreamfields pasta *onion powder *red pepper flakes *dried dill weed *coconut oil *xanthan gum, optional *soy sauce *on plan sweetener *oregano *sesame oil *apple cider vinegar *1/2 c. sliced almonds *almond flour
<p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *2 lbs ground turkey *2 lbs smoked sausage *2 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *6 slices of bacon *pepperoni 	<p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *1/2 c. sun dried tomatoes *5 c. chicken broth *Sriracha *spaghetti sauce *mayo *pizza sauce 	
<p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *(1) bag of seasoning blend *(1) bag of peas *(1) bag of cauli rice 		