

**Week#1: May 28 – June 3**

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>*heavy cream</li> <li>*1 c. cheddar cheese</li> <li>*8 oz. + 4 T. 1/3 less fat cream cheese</li> <li>*(1) 14 oz 1% cottage cheese</li> <li>*5 c. mozzarella</li> <li>*1 ½ c. egg whites</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>*2 lbs ground turkey</li> <li>*2 lbs smoked sausage</li> <li>*2 ½ lbs boneless skinless chicken breasts</li> <li>*3 lbs ground beef</li> <li>*6 slices of bacon *pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>*(1) bag of seasoning blend</li> <li>*(1) bag of peas</li> <li>*(1) bag of cauli rice</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>*(2) onions</li> <li>*(1) 3 pk Romaine lettuce</li> <li>*(1) head of broccoli</li> <li>*(1) red bell pepper</li> <li>*garlic</li> <li>*16 oz baby spinach</li> <li>*1 lb carrots</li> <li>*(1) bunch of green onions</li> <li>*1 lb green beans</li> <li>*(1) medium green cabbage</li> <li>*(1) small red cabbage</li> <li>*(1) green bell pepper</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>*(3) 10.5 oz Rotel</li> <li>*(1) 15 oz pinto beans</li> <li>*(1) 14 oz corn</li> <li>*1/2 c. sun dried tomatoes</li> <li>*5 c. chicken broth</li> <li>*Sriracha</li> <li>*spaghetti sauce</li> <li>*mayo</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>*7 c. cooked brown rice</li> <li>*chili powder</li> <li>*garlic powder</li> <li>*cumin</li> <li>*cayenne pepper</li> <li>*13.25 oz box of Dreamfields pasta</li> <li>*onion powder</li> <li>*red pepper flakes</li> <li>*dried dill weed</li> <li>*coconut oil</li> <li>*xanthan gum, optional</li> <li>*soy sauce</li> <li>*on plan sweetener</li> <li>*oregano</li> <li>*sesame oil</li> <li>*apple cider vinegar</li> <li>*1/2 c. sliced almonds</li> <li>*almond flour</li> </ul>
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**Week #2: June 4-10**

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>*1 c. cheddar cheese</li> <li>*sour cream</li> <li>*(1) stick of butter</li> <li>*8 oz + 4 T. 1/3 less fat cream cheese</li> <li>*14 oz 1% cottage cheese</li> <li>*5 c. mozzarella cheese</li> <li>*(2) eggs</li> <li>*1 ½ c 0% Plain Greek yogurt</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>*2 lbs ground turkey</li> <li>*2 lbs ground beef</li> <li>*1 lb polish kielbasa</li> <li>*1 lb boneless skinless chicken breasts</li> <li>*pepperoni</li> <li>*4 lbs chicken drumsticks</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>*(2) bags of cauliflower rice</li> <li>*(1) bag of broccoli</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>*(4) onions</li> <li>*garlic</li> <li>*green onions</li> <li>*(1) 3 pk Romaine lettuce</li> <li>*(1) green cabbage</li> <li>*16 oz spinach</li> <li>*(3) small zucchini</li> <li>*(2) green bell peppers</li> <li>*(1) red bell pepper</li> <li>*(2) cucumbers</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>*salsa</li> <li>*1/3 c. chicken stock</li> <li>*20 oz spaghetti sauce</li> <li>*(1) 15 oz kidney beans</li> <li>*(1) 15 oz chickpeas</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>*sesame oil</li> <li>*soy sauce</li> <li>*ground ginger</li> <li>*salt &amp; pepper</li> <li>*red pepper flakes</li> <li>*1 c. brown rice, not cooked</li> <li>*taco seasoning</li> <li>*Ranch dressing, for salads</li> <li>*oregano</li> <li>*onion powder</li> <li>*garlic powder</li> <li>*cayenne pepper</li> <li>*on plan sweetener</li> <li>*white vinegar</li> <li>*almond flour</li> <li>*paprika</li> <li>*cumin</li> <li>*chili powder</li> <li>*dried dill</li> <li>*lemon juice</li> </ul>
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# Trim Healthy Mama Shopping List – June 2023

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## Week #3: June 11-17

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
*(1) stick of butter *heavy cream *0% Plain Greek yogurt *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *(2) eggs	*small bag of kale *(3) colored peppers of your choice *(1) red onion *(2) 3 pk Romaine lettuce *(1) pint cherry tomatoes *(1) onion *(2) green bell peppers *(1) cucumber	*salt & pepper *onion powder *garlic powder *red pepper flakes *chili powder *paprika *cayenne pepper *olive oil *1 c. brown rice, not cooked *1 c. quinoa *chili seasoning *Ranch dressing, for salad *cumin *dried parsley *almond flour
<p style="text-align: center;"><u>Meat:</u></p> *2 lbs ground sausage *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 lbs ground turkey *pepperoni	<p style="text-align: center;"><u>Canned/Jarred:</u></p> *2 ½ quarts chicken broth *(3) 15 oz black beans *(1) 14 oz diced tomatoes *spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz corn *pizza sauce	
<p style="text-align: center;"><u>Frozen:</u></p> *(1) bag of seasoning blend *(2) bags of cauliflower florets *2 c. okra *(1) bag of cauliflower rice *(1) bag of broccoli		

## Week #4: June 18-24

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
*(1) stick of butter *sour cream *3 c. cheddar cheese *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *heavy cream	*(2) green cabbage *1 lb green beans *(4) onions *(3) green bell peppers *1 lb carrots *(1) jalapeno pepper *garlic *(1) red onion *zest of an orange *guacamole *(2) 3pk Romaine lettuce *(3) tomatoes *(1) head of cauliflower	*cooking spray *salt & pepper *onion powder *garlic powder *2/3 c. brown rice, not cooked *cumin *cayenne pepper *oregano *paprika *(1) 10 pack low carb tortilla shells *Italian seasoning *Worcestershire sauce *sesame seeds *hot sauce *on plan sweetener *almond flour
<p style="text-align: center;"><u>Meat:</u></p> *1 ½ lb smoked sausage *2 lbs boneless skinless chicken breasts *3 lb pork shoulder *3 lbs ground beef *pepperoni	<p style="text-align: center;"><u>Canned/Jarred:</u></p> *2 c. chicken broth *4 oz diced green chilies *salsa *(1) 15 oz black beans *(1) 8 oz tomato sauce *dill pickles *mayo *ketchup *pizza sauce	
<p style="text-align: center;"><u>Frozen:</u></p> *(1) bag of broccoli		

Week #5: June 25 – July 1

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <p>*3 c. cheddar cheese          *Ricotta cheese          *(2) eggs          *4 c. mozzarella cheese          *4 T. 1/3 less fat cream cheese          *3/4 c. 0% Plain Greek yogurt</p> <p style="text-align: center;"><b><u>Meat:</u></b></p> <p>*4 lbs ground beef          *2 lbs boneless skinless chicken breasts          *pepperoni          *2 lbs ground turkey          *1/2 lb bacon</p> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <p>*(1) bag of broccoli          *(1) bag of cauliflower rice</p>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <p>*1 ½ lbs small bell peppers          *(2) onions          *green onions          *cilantro          *(1) 2-3 lb spaghetti squash          *garlic          *(1) 3 pk Romaine lettuce          *(3) tomatoes          *(1) red onion          *(1) green bell pepper          *(2) heads of broccoli</p> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <p>*(2) 15 oz mild chili beans          *spaghetti sauce          *(1) 15 oz black beans          *(1) 15 oz pinto beans          *(1) 15 oz corn          *pizza sauce          *mayo</p>	<p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <p>*nutritional yeast, optional          *minced onion          *garlic powder          *paprika          *red pepper flakes          *salt &amp; pepper          *turmeric, optional          *on plan sweetener          *6 c. brown rice, cooked          *apple cider vinegar          *chili powder          *liquid smoked          *dried parsley          *taco seasoning          *baked blue tortilla chips          *olive oil          *white vinegar          *oregano          *lemon pepper seasoning          *almond flour          *sunflower seeds, optional</p>
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