

Week #1: August 27-September 2

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (1) stick of butter * sour cream * 1 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"> * 1 ½ lb smoked sausage * 3 lbs ground beef * 1 lb bacon * 2 lbs ground turkey * 2 lbs boneless skinless chicken breasts * pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * (2) bags of seasoning blend 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * 1 ½ large heads green cabbage * 1/2 small head purple cabbage * (1) cucumber for fresh veg * (2) onions * (2) green bell pepper * garlic * (1) 3 pk Romaine lettuce <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * 4 ½ c. chicken stock * mayo * (1) 15 oz kidney beans * (1) 15 oz Great Northern beans * (3) 14 oz diced tomatoes * (1) 15 oz pinto beans * (1) 14 oz corn * Frank's Red Hot sauce * salsa * pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * onion powder * garlic powder * on plan sweetener * apple cider vinegar * sliced almonds * 1/2 lb brown or green lentils * 2 c. cooked brown rice * chili powder * cumin * cayenne pepper * dried parsley * oregano * taco seasoning * almond flour * chili seasoning
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Week #2: September 3-9

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (2) 8 oz + 4 T. 1/3 less fat cream cheese * 14 oz 1% cottage cheese * 6 c. mozzarella * 1 ½ c. egg whites * (2) eggs <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> * 3 lbs ground beef * 2 ½ lbs boneless skinless chicken breasts * (4) fully cooked chicken sausage links * pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * (1) bag riced cauliflower * (1) bag of peas * (1) bag of seasoning blend 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * (3) onions * 1 lb carrots * (1) large zucchini * garlic * (2) large bags of spinach * (1) 3 pk Romaine lettuce * green onions * (2) green bell peppers * (1) head of broccoli * (1) red bell pepper <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * 6 c. chicken broth * (1) 14 oz diced tomatoes * (2) 15 oz Great Northern beans * 20 oz spaghetti sauce * (2) 14.5 oz fire roasted tomatoes * (1) 6 oz tomato paste * (1) 10.5 oz Rotel * 4 c. beef broth * Sriracha or hot sauce * pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * Italian seasoning * bay leaf * red pepper flakes * oregano * onion powder * garlic powder * cayenne pepper * on plan sweetener * Ranch dressing (for salads) * sesame oil * 6 c. cooked brown rice * soy sauce * 1 lb brown or green lentils * olive oil * taco seasoning * chili powder * almond flour
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Week #3: September 10-16

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<p>*heavy cream *sour cream *1 c. cheddar cheese *1 c. 0% plain Greek yogurt *1 c. Parmesan cheese *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u></p> <p>*2 lbs ground beef *5 lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u></p> <p>*(1) bag broccoli *10 oz chopped spinach</p>	<p>*(1) 3 pk Romaine lettuce *(3) onions *celery *1/2 green cabbage *(1) large zucchini *(2) green bell peppers</p> <p><u>Canned/Jarred:</u></p> <p>*(2) quarts chicken broth *salsa *mayo *spaghetti sauce *(2) 15 oz black beans *(1) 10.5 oz Rotel *pizza sauce</p>	<p>*onion powder *garlic powder *red pepper flakes *gluccie, optional *taco seasoning *dried parsley *oregano *soy sauce *ground ginger *black pepper *rice vinegar *coconut oil *2 c. brown rice, not cooked *Ranch dressing, for salads *chili powder *almond flour</p>

Week #4: September 17-23

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<p>*8 oz + 4 T. 1/3 less fat cream cheese *1 c. 0% plain Greek yogurt *1 1/2 c. egg whites *heavy cream *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u></p> <p>*1 lb ground beef *3 1/2 lbs boneless skinless chicken breasts *2 1/2 lbs stew meat *2 lbs ground turkey *pepperoni</p> <p><u>Frozen:</u></p> <p>*(1) bag of peas *(1) bag cauliflower rice *(2) bags seasoning blend</p>	<p>*(3) onions *(3) green bell peppers *garlic *(1) 3 pk Romaine lettuce *(2) red bell peppers *(1) pint cherry tomatoes *green onions *(3) avocados *(1) lime *(1) bunch of cilantro *1 lb carrots *8 oz mushrooms</p> <p><u>Canned/Jarred:</u></p> <p>*(4) 10.5 oz Rotel *(1) quart beef broth *(1) 15 oz black beans *hot sauce *(2) 14.5 oz fire roasted tomatoes *black olives *(1) 6 oz tomato paste *(1) quart chicken stock *(1) 15 oz kidney beans *(2) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 14 oz corn *pizza sauce</p>	<p>*extra virgin olive oil *taco seasoning *chili powder *sesame oil *6 c. cooked brown rice *soy sauce *red pepper flakes *paprika *onion powder *garlic powder *oregano *rosemary *chili seasoning *1/2 lb lentils *cumin *cayenne pepper *almond flour</p>

Week #5: September 24-30

<p style="text-align: center;"><u>Dairy:</u></p> <p>* (3) 8 oz 1/3 less fat cream cheese * 1 c. 0% plain Greek yogurt * 14 oz 1% cottage cheese * 6 c. mozzarella * sour cream * 1 c. cheddar * (2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 1 lb bacon * 3 1/2 lbs boneless skinless chicken breasts * 3 lbs ground beef pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* (1) bag of peas</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* (3) onions * (2) green bell peppers * (2) 3 pk Romaine lettuce * (1) large bag of spinach * (1) head of broccoli * (1) red bell pepper * garlic * 1 lb carrots * (1) large zucchini</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* (2) 15 oz black beans * salsa * (1) 10.5 oz Rotel * 20 oz spaghetti sauce * 2 1/2 c. chicken broth * Sriracha or Frank's Red Hot sauce * (1) 14 oz diced tomatoes * (2) 15 oz Great Northern beans * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* 2 c. brown rice, not cooked * chili powder * dried parsley * onion powder * garlic powder * on plan sweetener * red pepper flakes * oregano * cayenne pepper * coconut oil * soy sauce * Italian seasoning * bay leaf * taco seasoning * almond flour</p>
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