

Week #1: October 29 – November 4

<p><u>Dairy:</u></p> <ul style="list-style-type: none"> *4 T. butter *sour cream *heavy cream *1 ½ c. egg whites *10 oz sliced Swiss cheese *(2) eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella <p><u>Meat:</u></p> <ul style="list-style-type: none"> *5 lbs boneless skinless chicken breasts *1 lb Italian ground sausage *pepperoni *(2) 12 oz sliced roast beef (deli) *1 lb ground beef <p><u>Frozen:</u></p> <ul style="list-style-type: none"> *(2) bags seasoning blend *2 c. okra *(1) bag of peas *(1) bag of cauli rice *(1) bag of corn *(1) bag of broccoli 	<p><u>Produce:</u></p> <ul style="list-style-type: none"> *3 pk Romaine lettuce *1 lb carrots *green onions *garlic *(5) onions *(5) green bell peppers *8oz mushrooms *(1) lime *(1) bunch of cilantro *cucumber (for fresh veg) <p><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *Frank's Red Hot sauce *(2) pizza sauce *(4) 8 oz tomato sauce *(3) quarts chicken broth *(2) 15 oz black beans *(1) 10.5 oz Rotel *(1) 14.5 oz fire roasted tomatoes 	<p><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *apple cider vinegar *dried parsley *oregano *onion powder *garlic powder *basil *cayenne pepper *sesame oil *6 c. brown rice, cooked *soy sauce *red pepper flakes *coconut oil *Italian seasoning *taco seasoning *paprika *cumin *almond flour
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Week #2: November 5-11

<p><u>Dairy:</u></p> <ul style="list-style-type: none"> *(1) dozen + 2 eggs *unsweetened almond milk *4 c. cheddar cheese *1/2 stick of butter *1 c. Parmesan cheese *16 oz. 2% cottage cheese *7 c. mozzarella *8 oz 1/3 less fat cream cheese <p><u>Meat:</u></p> <ul style="list-style-type: none"> *8 oz bacon *1 lb ground beef *6 ½ lbs boneless skinless chicken breasts *pepperoni <p><u>Frozen:</u></p> <ul style="list-style-type: none"> *(1) bag of peas *(1) bag of seasoning blend 	<p><u>Produce:</u></p> <ul style="list-style-type: none"> *(5) onions *(3) green bell peppers *(3) zucchini *1 lb carrots *garlic *large bag of spinach *(1) head of broccoli *(1) red bell pepper <p><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *2 c. vegetable broth *(2) 14 oz diced tomatoes *(6) 15 oz Great Northern beans *(1) 4 oz diced green chiles *(1) 16 oz tomato sauce *2 ½ c. chicken broth *Frank's Red Hot *(2) 10.5 oz Rotel *(1) 14 oz corn *pizza sauce 	<p><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *garlic powder *cayenne pepper *olive oil *Italian seasoning *bay leaf *red pepper flakes *taco seasoning *low carb tortilla shells *chili powder *onion powder *cumin *on plan sweetener *oregano *1 c. brown rice, not cooked *soy sauce *rosemary *thyme *almond flour
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Week #3: November 12-18

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *1 c. cheddar cheese *sour cream *1 ½ c. egg whites *8 oz + 4 T. 1/3 less fat cream cheese *4 c. mozzarella *(2) eggs <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *5 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *(1) bag of okra *(1) bag of peas *(1) bag of cauli rice 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *(4) onions *garlic *1/2 large green cabbage *3 pk Romaine lettuce *(3) green bell peppers *(1) zucchini *1 lb carrots *green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *4 2/3 c. chicken broth *(4) 14 oz diced tomatoes *(1) 8 oz tomato sauce *salsa *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *spaghetti sauce *(1) 10.5 oz Rotel *4 c. beef stock *pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *coconut oil *onion powder *paprika *Worcestershire sauce *cayenne pepper *Bragg's Liquid Aminos/soy sauce *(2) taco seasoning *chili seasoning *1/2 lb green or brown lentils *Ranch dressing (for salad) *sesame oil *4 c. brown rice, cooked *red pepper flakes *almond flour *chili powder
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Week #4: November 19-25

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *8 oz + 4 T. 1/3 less fat cream cheese *3 c. cheddar cheese *4 c. mozzarella *(2) eggs <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *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"> *(1) head of broccoli *(1) red bell pepper *garlic *(1) zucchini *3 pk Romaine lettuce *(3) onions *(3) green bell peppers <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *(4) 15 oz Great Northern beans *2 ½ c. chicken broth *(3) 10.5 oz Rotel *(1) 14 oz diced tomatoes *(1) 14 oz corn *Frank's Red Hot sauce *spaghetti sauce *1 quart vegetable broth *(1) 4 oz diced green chiles *(1) 15 oz tomato sauce *pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *cumin *chili powder *onion powder *garlic powder *coconut oil *1 c. brown rice, not cooked *soy sauce *on plan sweetener *red pepper flakes *(2) taco seasoning *10 pk low carb tortilla shells *oregano *Ranch dressing (for salad) *almond flour
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Week #5: November 26 – December 2

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (1) dozen + (2) eggs * unsweetened almond milk * 1 c. cheddar * (1) stick of butter * heavy cream * 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) chicken sausage links * 8 oz bacon * 2 lbs ground beef * 2 ½ lbs chicken tenderloins * 2 lbs ground sausage * 2 ½ 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 * (1) bag of cauli rice * (1) bag of green beans * (2) bags of cauliflower florets * 2 c. okra 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * garlic * large bag of spinach * (4) onions * (3) green bell peppers * (1) zucchini * (1) lime * celery * 1/2 large green cabbage <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (4) quarts chicken stock * (2) 14.5 oz fire roasted tomatoes * (1) 6 oz tomato paste * (1) 15 oz tomato sauce * pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * 1 lb brown or green lentils * oregano * cayenne pepper * garlic powder * 2 c. brown rice, not cooked * taco seasoning * chili powder * onion powder * paprika * gluccie, optional * red pepper flakes * soy sauce * ginger * black pepper * rice vinegar * coconut oil * almond flour
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