

**Week #1: December 31, 2023 – January 6, 2024**

<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 ½ c. egg whites</li> <li>*8 oz + 4 T 1/3 less fat cream cheese</li> <li>*4 c. mozzarella</li> <li>* (2) eggs</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>*5 lbs boneless skinless chicken breasts</li> <li>*3 lbs ground beef</li> <li>*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 c. peas</li> <li>* (2) bags of cauli rice</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>* (1) 3 pk Romaine lettuce</li> <li>* (3) onions</li> <li>* (1) red bell pepper</li> <li>* garlic</li> <li>* 1 lb carrots</li> <li>* (1) zucchini</li> <li>* green onions</li> <li>* (2) green bell peppers</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* (4) 15 oz Great Northern beans</li> <li>* (3) quarts chicken broth</li> <li>* (3) 10.5 oz Rotel</li> <li>* (1) 14 oz diced tomatoes</li> <li>* (1) 15 oz corn</li> <li>* salsa</li> <li>* (1) quart vegetable broth</li> <li>* spaghetti sauce</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>* cumin</li> <li>* chili powder</li> <li>* onion powder</li> <li>* garlic powder</li> <li>* (2) taco seasonings</li> <li>* 1 lb green or brown lentils</li> <li>* olive or avocado oil</li> <li>* curry powder</li> <li>* turmeric powder</li> <li>* red pepper flakes</li> <li>* sesame oil</li> <li>* 4 c. brown rice, cooked</li> <li>* soy sauce</li> <li>* Ranch dressing (for salad)</li> <li>* almond flour</li> </ul>
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**Week #2: January 7-13**

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>*sour cream</li> <li>* (1) stick of butter</li> <li>* (2) eggs</li> <li>* 4 c. mozzarella</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>*5 lbs boneless skinless chicken breasts</li> <li>* 3 lb pork shoulder</li> <li>* 1 ½ lb smoked sausage</li> <li>* 1 lb ground beef</li> <li>* 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> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>* (5) onions</li> <li>* celery</li> <li>* 1 ½ large green cabbage</li> <li>* (1) jalapeno</li> <li>* garlic</li> <li>* zest of 1 orange</li> <li>* (1) 3 pk Romaine lettuce</li> <li>* (4) green bell peppers</li> <li>* (1) cucumber (for fresh veg)</li> <li>* (1) lime</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) quart of chicken stock</li> <li>* (1) 15 oz kidney beans</li> <li>* (1) 15 oz Great Northern beans</li> <li>* (2) 14 oz diced tomatoes</li> <li>* Frank's Red Hot Sauce</li> <li>* (2) 8 oz tomato sauce</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>* soy sauce</li> <li>* ground ginger</li> <li>* onion powder</li> <li>* garlic powder</li> <li>* black pepper</li> <li>* rice vinegar</li> <li>* coconut oil</li> <li>* 2 c. brown rice, not cooked</li> <li>* oregano</li> <li>* paprika</li> <li>* cumin</li> <li>* chili seasoning</li> <li>* 1/2 lb dry lentils</li> <li>* apple cider vinegar</li> <li>* parsley</li> <li>* taco seasoning</li> <li>* almond flour</li> </ul>
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**Week #3: January 14-20**

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (1) stick of butter</li> <li>* heavy cream</li> <li>* Parmesan cheese</li> <li>* 8 oz 1/3 less fat cream cheese</li> <li>* 5 c. Mozzarella</li> <li>* 1 c. cheddar cheese</li> <li>* sour cream</li> <li>* (2) eggs</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>* 2 ½ lbs chicken tenders</li> <li>* 2 lbs ground beef</li> <li>* (6) boneless skinless chicken thighs</li> <li>* 2 ½ lbs boneless skinless chicken breasts</li> <li>* pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>* (1) bag of broccoli</li> <li>* (2) bags of cauli rice</li> <li>* (1) bag of green beans</li> <li>* (1) bag of seasoning blend</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>* large bag of spinach</li> <li>* (2) onions</li> <li>* 1 lb carrots</li> <li>* (1) zucchini</li> <li>* garlic</li> <li>* (1) 3 pk Romaine lettuce</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>* (1) quart chicken broth</li> <li>* 7oz sun-dried tomatoes</li> <li>* 2 c. vegetable broth</li> <li>* (1) 14 oz diced tomatoes</li> <li>* (6) 15 oz Great Northern beans</li> <li>* spaghetti sauce</li> <li>* salsa</li> <li>* (2) 10.5 oz Rotel</li> <li>* (1) 15 oz corn</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>* garlic powder</li> <li>* Italian seasoning</li> <li>* oregano</li> <li>* glucie or xanthan gum, optional</li> <li>* olive or avocado oil</li> <li>* bay leaf</li> <li>* red pepper flakes</li> <li>* paprika</li> <li>* taco seasoning</li> <li>* cumin</li> <li>* chili powder</li> <li>* onion powder</li> <li>* almond flour</li> </ul>
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**Week #4: January 21-27**

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (1) stick of butter</li> <li>* (2) 8 oz 1/3 less fat cream cheese</li> <li>* heavy cream</li> <li>* Parmesan cheese</li> <li>* 6 c. mozzarella</li> <li>* 1 ½ c. egg whites</li> <li>* (2) eggs</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>* 4 ½ lbs boneless skinless chicken breasts</li> <li>* 1 lb ground sausage</li> <li>* (2) packs of pepperoni</li> <li>* 1 ½ lbs smoked sausage</li> <li>* 1 lb ground beef</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>* 1 c. okra</li> <li>* (1) bag of seasoning blend</li> <li>* 1 c. 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) spaghetti squash</li> <li>* garlic</li> <li>* 16 oz spinach</li> <li>* (1) 3 pk Romaine hearts</li> <li>* (3) onions</li> <li>* (3) green bell peppers</li> <li>* 1 lb carrots</li> <li>* green onions</li> <li>* (1) large green cabbage</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* (2) pizza sauce</li> <li>* (2) 8 oz tomato sauce</li> <li>* (2) quarts chicken broth</li> <li>* (1) 4 oz diced green chiles</li> <li>* salsa</li> <li>* (2) 15 oz black beans</li> <li>* (1) 10.5 oz Rotel</li> <li>* (1) quart vegetable broth</li> </ul>	<p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>* red pepper flakes</li> <li>* Ranch dressing (for salad)</li> <li>* basil</li> <li>* oregano</li> <li>* garlic powder</li> <li>* cayenne pepper</li> <li>* 2 2/3 c. brown rice, not cooked</li> <li>* olive or avocado oil</li> <li>* cumin</li> <li>* onion powder</li> <li>* sesame oil</li> <li>* soy sauce</li> <li>* taco seasoning</li> <li>* chili powder</li> </ul>
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Week #5: January 28 – February 3

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (8) eggs</li> <li>* half &amp; half</li> <li>* 1 c. cheddar cheese</li> <li>* 4 c. mozzarella</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>* 4 lbs ground beef</li> <li>* 6-8 oz Canadian bacon</li> <li>* pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <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>* (6) onions</li> <li>* garlic</li> <li>* (1) large green cabbage</li> <li>* green onions</li> <li>* (4) green bell peppers</li> <li>* (1) lime</li> <li>* (1) red bell pepper</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>* (2) 8 oz tomato sauce</li> <li>* (1) quart chicken broth</li> <li>* (1) 15 oz kidney beans</li> <li>* (3) 15 oz Great Northern beans</li> <li>* (3) 14 oz diced tomatoes</li> <li>* spaghetti sauce</li> <li>* 2 c. vegetable broth</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>* ground ginger</li> <li>* soy sauce</li> <li>* red pepper flakes</li> <li>* 1 c. brown rice, not cooked</li> <li>* taco seasoning</li> <li>* olive or avocado oil</li> <li>* chili seasoning</li> <li>* 1 lb dried lentils</li> <li>* Italian seasoning</li> <li>* bay leaf</li> <li>* almond flour</li> </ul>
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