

Week #1: February 4-10

<p style="text-align: center;"><u>Dairy:</u></p> <p>* (1) stick of butter * heavy cream * 1 c. cheddar cheese * sour cream * 4 c. mozzarella * 4 T. 1/3 less fat cream cheese * (2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 4 ½ lbs boneless skinless chicken breasts * 2 lbs ground sausage * 1 lb bacon * (8) pork chops * 1 lb ground beef * pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* (2) 16 oz cauliflower florets * 2 c. okra * (1) bag of cauliflower rice * (1) bag of peas</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* (7) onions * celery * 1/2 large green cabbage * large bag of kale (2 bunches) * (1) 3 pk Romaine lettuce * 1 lb carrots * garlic * (2) heads of broccoli (could use frozen) * (2) red bell peppers * (1) green bell pepper</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* (3) quarts chicken broth * (1) quart vegetable broth * (2) 15 oz Great Northern beans * salsa * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* soy sauce * ground ginger * onion powder * garlic powder * black pepper * rice vinegar * coconut oil * 3 c. brown rice, not cooked * red pepper flakes * Ranch dressing (for salad) * 1/2 lb quinoa * rosemary * Italian seasoning * red wine vinegar * taco seasoning * Frank's Red Hot * on plan sweetener * almond flour</p>
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Week #2: February 11-17

<p style="text-align: center;"><u>Dairy:</u></p> <p>* (1) stick of butter * heavy cream * 4 1/3 c. mozzarella * 1 ½ c egg whites * 8 oz + 4 T 1/3 less fat cream cheese * (2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* (6) chicken thighs * 2 lbs ground beef * 1 ½ lbs boneless skinless chicken breasts * pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* (3) bags of cauliflower rice * (1) bag of green beans * 1 c. peas</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* (1) 3 pk Romaine lettuce * (4) onions * (3) green bell peppers * garlic * large bag of spinach * 1 lb carrots * (1) zucchini * green onions</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* (2) 15 oz black beans * salsa * (2) 10.5 oz Rotel * (1) 8 oz tomato sauce * (2) quarts vegetable broth * (1) 14 oz diced tomatoes * (2) 15 oz Great Northern beans * spaghetti sauce * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* 3 c. brown rice, not cooked * chili powder * basil * Italian seasoning * bay leaf * red pepper flakes * Ranch dressing (for salad) * sesame oil * soy sauce * taco seasoning * almond flour</p>
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Week #3: February 18-24

<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 * heavy cream * 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"> * 2 ½ lbs boneless skinless chicken breasts * 2 lbs ground beef * 2 lbs ground sausage * pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * (1) bag of seasoning blend * (1) bag of broccoli * (2) 16 oz cauliflower florets * 2 c. okra 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * (5) onions * (5) green bell peppers * 1 lb carrots * (2) 3 pk Romaine lettuce * cucumber (for fresh veg) * garlic * large head of green cabbage * (1) bunch of kale <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (1) quart vegetable stock * (1) 4 oz diced green chiles * salsa * (1) 15 oz black beans * (3) quarts chicken stock * (1) 15 oz kidney beans * (1) 15 oz Great Northern beans * (2) 14 oz diced tomatoes * (1) 8 oz tomato sauce * pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * olive or avocado oil * cumin * cayenne pepper, optional * 2/3 c. brown rice, not cooked * Frank's Red Hot sauce * apple cider vinegar * parsley * oregano * garlic powder * onion powder * Ranch dressing (on top of Buffalo chicken) * chili seasoning * 1/2 lb green or brown lentils * taco seasoning * Italian seasoning * red pepper flakes * almond flour
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Week #4: February 25 – March 2

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * 3 c. egg whites * 3 c. cheddar cheese * (1) dozen + (2) eggs * unsweetened almond milk * 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 ground beef * 1 ½ lbs boneless skinless chicken breasts * 8 oz bacon *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * 2 c. okra * (2) bags of cauliflower rice * 1 c. peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * (3) green bell peppers * (5) onions * garlic * (1) lime (can use bottled juice) * 1 lb carrots * (2) zucchini * small bag of spinach * (1) 3 pk Romaine lettuce * green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (3) 8 oz tomato sauce * (2) 14 oz diced tomatoes * (2) 10.5 oz Rotel * (1) 15 oz pinto beans * (1) quart vegetable broth * (2) 15 oz Great Northern beans * spaghetti sauce * pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * 3 c. brown rice, not cooked * taco seasoning * chili powder * onion powder * garlic powder * Liquid Aminos or soy sauce * olive or avocado oil * Italian seasoning * bay leaf * red pepper flakes * Ranch dressing (for salad) * sesame oil * cayenne pepper, optional * almond flour
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Week #5: March 3-9

<p style="text-align: center;"><u>Dairy:</u></p> <p>*8 oz + 4 T. 1/3 less fat cream cheese *(1) stick of butter *heavy cream *sour cream *1 c. cheddar cheese *4 c. mozzarella cheese *(2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>*4 lbs ground beef *2 ½ lbs chicken tenderloins *2 lbs boneless skinless chicken breasts *pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>*(1) bag of cauliflower rice *(1) bag of green beans *2/3 c. okra *(1) bag of broccoli *(1) bag of peas</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>*(4) onions *(3) green bell peppers *garlic *1/2 large green cabbage *(1) 3 pk Romaine lettuce *(2) heads of broccoli (can use frozen) *(2) red bell peppers</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>*(1) 10.5 oz Rotel *(1) quart vegetable stock *(2) quarts chicken stock *(4) 14 oz diced tomatoes *(1) 8 oz tomato sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *salsa *pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>*olive or avocado oil *(2) taco seasonings *chili powder *garlic powder *onion powder *paprika *cayenne pepper, optional *gluconate or xanthan gum, opt. *coconut oil *Worcestershire sauce *Liquid Aminos or soy sauce *chili seasoning *1/2 lb brown or green lentils *2 c. brown rice, not cooked *Frank's Red Hot Sauce *on plan sweetener *red pepper flakes *almond flour</p>
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