

Week #1: April 28 – May 4

<p style="text-align: center;"><u>Dairy:</u></p> <p>*sour cream *1 c. cheddar cheese *1 ½ c. egg whites *4 c. mozzarella cheese *(2) eggs *4 T. 1/3 less fat cream cheese</p> <p style="text-align: center;"><u>Meat:</u></p> <p>*3 lbs ground beef *5 lbs chicken drumsticks *1 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>*(2) bags of cauliflower rice *(1) bag of broccoli *1 c. peas</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>*(2) 3 pk Romaine lettuce *(2) green bell peppers *(3) onions *garlic *(1) lime (can use bottled) *1 lb carrots *(1) zucchini *small bag of spinach</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>*spaghetti sauce *(2) 8 oz tomato sauce *2 c. vegetable broth *(1) 14.5 oz diced tomatoes *(2) 15 oz Great Northern beans *salsa *pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>*Ranch dressing, for salads *5 c. brown rice, cooked *(2) taco seasoning *on plan sweetener *garlic powder *paprika *cumin *chili powder *cayenne pepper, optional *avocado or olive oil *Italian seasoning *bay leaf *salt & pepper *red pepper flakes *sesame oil *soy sauce *almond flour</p>
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Week #2: May 5-11

<p style="text-align: center;"><u>Dairy:</u></p> <p>*2 T. butter *4 oz sharp cheddar cheese *1 c. 0% Plain Greek yogurt *3 c. cheddar cheese *1 ½ c. egg whites *4 c. mozzarella cheese *(2) eggs *4 T. 1/3 less fat cream cheese</p> <p style="text-align: center;"><u>Meat:</u></p> <p>*13 to 16 oz smoked sausage *4 lbs ground beef *2 lbs boneless skinless chicken breasts *6 slices of bacon *pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>*2 2/3 c. okra *(2) bags of cauliflower rice *(1) bag of seasoning blend</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>*(2) 3 pk Romaine lettuce *small bag of spinach *(5) onions *garlic *1/2 large green cabbage *(3) green bell peppers *1 lb carrots *cucumber, for fresh veggies *1 lb strawberries</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>*(3) 14 oz diced tomatoes *(2) 8 oz tomato sauce *1 ½ c. vegetable broth *4 oz diced green chiles *3/4 c. salsa *(2) 15 oz black beans *1 c. chicken broth *mayo *(2) 15 oz green beans *(2) 10.5 oz Rotel *(1) 15 oz pinto beans *4 c. cooked pinto beans (can use canned but this if for making refried beans so I prefer to use dry beans) *pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>*olive oil *balsamic vinegar *apple cider vinegar *on plan sweetener *salt & pepper *liquid aminos or soy sauce *peanuts *coconut oil *onion powder *paprika *Worcestershire sauce *cayenne pepper *2/3 c. brown rice, not cooked *cumin *garlic powder *onion flakes *parsley *Ranch dressing, for salad *(1) pack of low carb tortillas *chili powder *almond flour</p>
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Week #3: May 12-18

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<p>*3 T. butter *1 c. cheddar cheese *sour cream *4 c. mozzarella cheese *(2) eggs *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u></p> <p>*(4) chicken sausages *2 lbs ground turkey *1 ½ lbs smoked sausage *1 lb boneless skinless chicken breasts *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u></p> <p>*(4) bags seasoning blend *(1) bag of broccoli *1/2 bag of peas</p>	<p>*garlic *small bag of spinach *(1) large green cabbage *(1) red bell pepper *(1) 3 pk Romaine lettuce *(1) onion *(1) green bell pepper</p> <p><u>Canned/Jarred:</u></p> <p>*(3) quarts chicken broth *(2) 14.5 oz fire roasted tomatoes *(1) 6 oz tomato paste *(4) 14 oz diced tomatoes *(4) 15 oz pinto beans *(1) 15 oz corn *salsa *(1) 10.5 oz Rotel *(3) 15 oz Great Northern beans *pizza sauce</p>	<p>*1 lb lentils *salt & pepper *oregano *cayenne pepper *4 c. cooked brown rice *chili powder *garlic powder *cumin *onion powder *coconut oil *soy sauce *Frank's Red Hot sauce *on plan sweetener *taco seasoning *almond flour</p>

Week #4: May 19-25

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<p>*8 oz cream cheese *5 c. mozzarella cheese *(1) dozen + 2 eggs *unsweetened almond milk *1 c. cheddar cheese *1 T. butter *4 oz sharp cheddar cheese</p> <p><u>Meat:</u></p> <p>*2 lbs boneless skinless chicken breasts *(6) boneless skinless chicken thighs *8 oz bacon *13 to 16 oz smoked sausage *pepperoni</p> <p><u>Frozen:</u></p> <p>*(1) bag of seasoning blend *(1) bag of cauliflower rice</p>	<p>*garlic *(4) onions *(4) green bell peppers *1 lb carrots *(1) zucchini *(2) 3 pk Romaine lettuce *small bag of spinach *(1) cucumber, for fresh veg *1 lb strawberries</p> <p><u>Canned/Jarred:</u></p> <p>*2 quarts chicken broth *(1) 15 oz red beans *(2) 15 oz green beans *(1) 4 oz green chiles *salsa *(2) 15 oz black beans *4 c. pinto beans *pizza sauce</p>	<p>*coconut oil *parsley *Tony Chachere's seasoning *ground sage *1 ½ c. quinoa *avocado or olive oil *salt & pepper *paprika *red pepper flakes *2/3 c. brown rice, not cooked *cumin *cayenne pepper *garlic powder *Ranch dressing, for salads *balsamic vinegar *apple cider vinegar *on plan sweetener *liquid aminos or soy sauce *peanuts *(1) package of low carb tortillas *chili powder *almond flour</p>

Week #5: May 26 – June 1

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *4 T. butter *3 c. cheddar cheese *1/2 c. 0% Plain Greek yogurt *sour cream *1 ½ c. egg whites *(2) eggs *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *3 lbs ground beef *1 ½ lbs smoked sausage *3 lbs boneless skinless chicken breasts *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *(1) bag of broccoli *1 c. peas *(1) bag of cauliflower rice 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *(3) onions *(2) 3 pk Romaine lettuce *(3) tomatoes *(2) green bell peppers *(1) large green cabbage *1 lb carrots *green onions *garlic <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *1/2 c. beef broth *dill pickles *mayo *ketchup *hot sauce *(4) 15 oz black beans *salsa *(1) 10.5 oz Rotel *(1) 14 oz diced tomatoes *5 c. chicken stock *pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *Worcestershire sauce *paprika *salt & pepper *sesame seeds, optional *on plan sweetener *3 c. brown rice, not cooked *chili powder *onion powder *garlic powder *1 c. quinoa *chili seasoning *taco seasoning *sesame oil *soy sauce *red pepper flakes *almond flour
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