

Week #1: September 29 – October 5

<p style="text-align: center;"><u>Dairy:</u></p> <p>* (2) 8 oz 1/3 less fat cream cheese * 5 c. mozzarella cheese * (2) eggs * 1 1/2 c. egg whites</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 4.5 lbs boneless skinless chicken breasts * (6) boneless skinless chicken thighs * 1 lb ground beef * pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* 2 c. peas * (3) bags of cauliflower rice * 1/2 c. okra</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* 1 lb carrots * (1) red onion * (3) green bell peppers * (1) 3 pk Romaine lettuce * garlic * celery * 1 1/2 c. mushrooms * green onions</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* (2) 15 oz black beans * (2) 10.5 oz Rotel * salsa * (2) 15 oz green beans * 1/2 c. chicken broth * (1) 6 oz tomato paste * 4 c. vegetable broth * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* 1 c. lentils * lemon juice * thyme * parsley * Dijon mustard * salt & pepper * on plan sweetener * olive or avocado oil * 3 c. brown rice, not cooked * chili powder * paprika * red pepper flakes * creole seasoning * bay leaf * basil * oregano * coconut oil * ranch dressing, for salad * taco seasoning * almond flour * sesame oil * soy sauce or liquid aminos</p>
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Week #2: October 6-12

<p style="text-align: center;"><u>Dairy:</u></p> <p>* (2) 8 oz 1/3 less fat cream cheese * 4 c. mozzarella cheese * (2) eggs * 1/2 stick of butter</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 6 lbs boneless skinless chicken breasts * 2 lbs ground beef * pepperoni * 1 1/2 lb smoked sausage</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* (1) bag of cauliflower rice * (1) bag of seasoning blend * 1 1/2 c. okra * (1) bag of broccoli</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* (1) head of Iceberg lettuce * (3) zucchini * (1) red onion * green onions * garlic * cilantro * (3) green bell peppers * (4) onions * (1) lime * (2) heads of green cabbage * 1 lb carrots * small bag of spinach</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* (3) 8 oz tomato sauce * 16 oz salsa verde * (3) 15 oz Great Northern beans * (1) 10.5 oz Rotel * (1) 14 oz diced tomatoes * 5 1/2 c. chicken broth * pizza sauce * (2) 15 oz green beans</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* olive oil * garlic powder * onion powder * lemon pepper * red pepper flakes * ground ginger * white vinegar * peanut butter * liquid aminos or soy sauce * hot sauce * on plan sweetener * salt & pepper * 1 c. brown rice, not cooked * taco seasoning * cumin * chili powder * Italian seasoning * bay leaf * almond flour</p>
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Week #3: October 13-19

<p style="text-align: center;"><u>Dairy:</u></p> <p>* (1) stick of butter * Heavy cream * 4 T. 1/3 less fat cream cheese * 4 c. mozzarella cheese * (2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 5 ½ lbs boneless skinless chicken breasts * 3 lbs ground beef * 2 lbs ground sausage * pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* 1 c. peas * (2) bags of seasoning blend * (3) bags of cauliflower rice * (2) 16 oz cauliflower florets * 2 c. okra</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* (2) heads of broccoli * (2) red bell peppers * garlic * (4) onions * (2) green bell peppers * 1 lb carrots * (1) 3 pk Romaine lettuce * 6 c. kale * green onions</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* 2 qts + 2 c. chicken broth * (1) 4 oz diced green chilies * ¾ c. salsa * (1) 15 oz black beans * spaghetti sauce * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* coconut oil * 2 2/3 c. brown rice, not cooked * liquid aminos or soy sauce * Frank's red hot sauce * on plan sweetener * red pepper flakes * cumin * salt & pepper * cayenne pepper * ranch dressing, for salad * apple cider vinegar * parsley * oregano * garlic powder * onion powder * almond flour * sesame oil * ground ginger</p>
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Week #4: October 20-26

<p style="text-align: center;"><u>Dairy:</u></p> <p>* 1 ½ c. egg whites * sour cream * 1 c. cheddar cheese * (1) stick of butter * 1 c. Parmesan cheese (green can ok) * 4 T. 1/3 less fat cream cheese * 4 c. mozzarella cheese * (2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>* 4 lbs boneless skinless chicken breasts * 1 lb ground beef * 1 lb kielbasa * pepperoni * 3 lb boneless chuck roast</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>* 1 c. peas * (2) bags of cauliflower rice * (2) 10 oz spinach * (3) bags of broccoli</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>* 1 lb carrots * green onions * garlic * (1) 3 pk Romaine lettuce * (1) head of green cabbage * (5) onions * (1) large zucchini * (2) green bell peppers * 1" piece of ginger</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>* salsa * 7 c. chicken broth * (1) 15 oz kidney beans * (1) 15 oz Great Northern beans * (2) 14 oz diced tomatoes * pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>* coconut oil spray * salt & pepper * sesame oil * 4 c. brown rice, cooked * soy sauce * red pepper flakes * taco seasoning * ranch dressing, for salad * onion powder * garlic powder * cayenne pepper * olive oil * chili seasoning * 1/2 lb lentils * almond flour * rice vinegar * on plan sweetener * sesame seeds</p>
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Week #5: October 27 – November 2

<p style="text-align: center;"><u>Dairy :</u></p> <ul style="list-style-type: none"> *sour cream *3 c. cheddar cheese *8 oz + 4 T 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese * (2) eggs <p style="text-align: center;"><u>Meat :</u></p> <ul style="list-style-type: none"> *4 lbs boneless skinless chicken breasts *4 lbs ground beef *pepperoni *2 lbs ground turkey <p style="text-align: center;"><u>Frozen :</u></p> <ul style="list-style-type: none"> * (1) bag of cauliflower rice * (1) bag of seasoning blend 	<p style="text-align: center;"><u>Produce :</u></p> <ul style="list-style-type: none"> * (4) onions * (1) bunch of celery * (1) head of green cabbage * (1) 3 pk Romaine lettuce * (3) green bell peppers * green onions * 16 oz spinach <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (1) 4 oz diced green chilies * (2) 8 oz tomato sauce * (2) 15 oz black beans * (3) 14 oz diced tomatoes * 5 c. chicken broth * 20 oz spaghetti sauce * (1) 10.5 oz Rotel * 4 c. vegetable broth * pizza sauce * (1) 15 oz pinto beans * (1) 15 oz corn 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *soy sauce *ground ginger *onion powder *garlic powder *salt & pepper *rice vinegar *coconut oil * (2) taco seasonings * (1) 10 pack low carb tortillas *chili powder *cumin *oregano *red pepper flakes * 1 c. quinoa, not cooked *chili seasonings *cayenne pepper *on plan sweetener *ranch dressing, for salad *almond flour * 2 c. brown rice, not cooked
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