

# - THM 2 Week Shopping List -

## *Dairy*

2 dozen eggs  
low-fat cottage cheese  
1 carton egg whites  
1 lb butter  
1 quart heavy cream  
grated parmesan  
3 pkgs 1/3 less fat cream cheese  
0% plain Greek yogurt  
sour cream  
cheddar cheese  
string cheese or other snack cheese  
unsweetened vanilla almond milk  
cheese for pizza

## *Meat*

1 lb. bacon  
1 lb. Italian sausage  
4 lbs. ground beef  
4-5 lb. chuck roast  
lean deli meat (like turkey)  
on-plan Sausage for dinner (we like  
Trader Joe's chicken sausage)  
chicken breasts (I go through about 5  
pounds in two weeks with this menu)  
rotisserie chicken

## *Produce*

2 spaghetti squash (if not using  
Dreamfields)  
6 onions (I prefer yellow)  
1 head of garlic  
4 cups of kale  
1 head of cauliflower  
cutie tangerines (or other favorite fruit)  
berries  
avocado (optional)  
cucumbers  
lettuce  
vegetable side of choice (for two  
dinners)  
shredded cabbage  
green onions  
8-10 carrots  
optional ingredients for Asian chicken  
salad (check instructions)  
fresh thyme (optional)  
fresh rosemary (optional)

## *Frozen*

frozen berries

# - THM 2 Week Shopping List -

## Pantry

2 boxes Dreamfields pasta (if not using Spaghetti Squash)  
9 15 oz. cans tomato sauce  
2 14 oz. cans diced tomatoes  
2 14 oz. cans mild Rotel  
sprouted bread (optional)  
light sandwich additions (see notes)  
sliced black olives (optional)  
5 14.5 oz. cans beef broth (about 60 oz)  
1 quart chicken broth  
1 can beans for chili  
3 cans beans, OR 3 cups cooked beans  
Ken's ranch dressing (or make your own)  
almonds  
Polaner all-Fiber fruit jelly (optional)  
1 bottle Italian dressing (or make your own)  
1 bottle zesty Italian dressing  
quinoa  
peanut butter  
brown rice  
Joseph's pitas  
sugar-free pizza sauce  
1 can diced green chiles (optional)  
1 oz. packet Ranch dressing mix (check ingredients for carbs) or your own mix  
old fashioned oats

## Staples

ground flax or flax meal  
olive oil  
Celtic sea salt  
pepper  
cinnamon  
baking powder  
coconut oil  
stevia  
vanilla extract  
xanthan gum (you CAN skip this, but it's better if you have it)  
chili powder  
cumin  
cayenne pepper  
garlic powder  
oregano  
paprika  
minced garlic  
protein powder  
MCT oil (optional)  
cocoa powder  
1 cup red wine (or extra beef broth)  
Collagen Peptides (optional, for THM chocolate chews)