

August Week 1 Shopping List

PRODUCE

- fresh thyme (day 1)
- 2 lemons (day 1, lunch)
- 1 head of garlic (day 1)
- 3 yellow onions (days 1,5,7)
- 1 bunch of carrots (days 1,5)
- 1 fennel bulb (day 1)
- green bell peppers (day 2)
- 2 heads of lettuce (day 3, lunch)
- 2 tomatoes (day 3)
- 4-6 avocados (day 3, 6, breakfast)
- 4-6 cucumbers (lunch)
- sweet potatoes (lunch)
- 1-2 apples (lunch)
- celery (lunch)

PANTRY

- pizza sauce (day 2, lunch)
- 1 can black olives (day 2)
- 1 can white beans (day 5)
- 1 quart chicken broth (day 7)
- brown rice (day 1)
- Ken's ranch dressing (day 3)
- old-fashioned oats (day 5)
- lentils or chana dahl (day 7)
- almond flour (breakfast)
- flax seed meal (breakfast)
- coconut flour (breakfast)
- your favorite nuts (lunch)
- pecans (breakfast)

DAIRY

- 2 doz. Eggs (more for bigger family)
- grated mozzarella (day 2 & lunch)
- blue cheese (day 3)
- butter
- low-fat cottage cheese (large container)
- 16 oz. sour cream (breakfast)
- 1 carton unsweetened almond or cashew milk
- cheddar or monterey jack cheese (breakfast)
- light laughing cow - cheddar flavor
- (if you can't find cheddar, sub swiss)

MEATS

- whole roasted chicken (day 1, leftovers day 3)
- 2-3 lbs ground beef (day 2)
- bacon (day 3, breakfast)
- chicken wings (day 4)
- ham bone or lean ham (day 5)
- steak (day 6)
- 1 pkg turkey pepperoni (optional, day 6)
- natural hot dogs or turkey dogs (lunch)
- deli turkey (lunch)

FROZEN

- strawberries (breakfast)

STAPLES

- sea salt
- pepper
- olive oil
- hot sauce
- cayenne pepper
- white pepper
- bay leaves
- baking powder
- turmeric (day 7)
- onion powder
- garlic powder
- oregano
- balsamic vinegar
- stevia
- ground cinammon
- baking soda
- erythritol
- vanilla extract
- whey protein powder
- Just Like Brown Sugar
- butter or almond extract
- MCT oil or coconut oil
- no-sugar-added peanut butter
- your fave. muffin in a mug ingredients
- cumin (day 6)
- chili powder (day 6)