

## August Week 2 Shopping List

### PRODUCE

- 1 lime (day 9)
- 2-3 avocados (day 9 & breakfast)
- 2 bell peppers (day 10)
- 2 onions (day 10, day 11)
- 2 onions (day 11)
- 1 head of lettuce (day 11)
- roma tomatoes (day 11 & breakfast & lunch)
- 3 cups broccoli florets (day 14)
- 1 red onion (day 14)
- cucumbers (lunch)
- green onions (lunch)
- 2 apples (lunch)
- sweet potatoes (lunch)
- spaghetti squash (day 8)

### PANTRY

- Chipotles in adobe sauce (day 9)
- no-sugar added pizza sauce (lunch)
- 30 oz tomato sauce (day 9)
- Dreamfields pasta (day 8, omit if GF)
- almond flour (day 9 & breakfast)
- coconut flour (breakfast)
- flax seed meal (breakfast)
- mayonnaise (day 11)
- no-sugar-added ketchup (day 11)
- yellow mustard (day 11)
- dill pickle relish or pickle juice (day 11)
- 28 oz green chile sauce (day 12)
- 1 bottle low-carb zesty Italian dressing (day 13)
- quinoa (day 14)
- favorite nuts (Waldorf Salad lunch, snacks)

### DAIRY

- 2 doz. Eggs (more for bigger family)
- 1 cup heavy whipping cream (day 8)
- 1 block cheddar cheese (days 10, 11)
- butter
- 24 oz. sour cream (day 10 & breakfast)
- Mexican cheese or Monterey Jack (day 12)
- 1 container cottage cheese
- cheddar or monterey jack cheese (breakfast)

### DAIRY (CONTINUED)

- 1 carton egg whites (Perfect Pizza lunch)
- monterey jack or Italin cheese (Perfect Pizza)

### MEAT

- 9 lbs boneless skinless chicken breasts (days 10, 12, 14)
- ground beef or burger patties (1-2 per person) (day 11)
- 2 lbs ground beef (day 9)
- bacon (breakfast)

### FROZEN

- strawberries (breakfast)

### STAPLES

- chili garlic salt (optional, day 9)
- pepper
- olive oil
- dried chives (day 13)
- dried parsley (day 13)
- garlic powder (day 13)
- onion powder (day 13)
- sea salt
- crushed red pepper flakes (day 14)
- balsamic vinegar
- ground cinnamon (breakfast)
- stevia
- baking soda
- vanilla extract
- erythritol
- baking powder
- whey protein powder
- Just Like Brown Sugar
- MCT oil or coconut oil
- cocoa powder
- no-sugar-added peanut butter
- your fave. muffin in a mug ingredients
- THM Baking Blend
- canned parmesan cheese (Perfect Pizza lunch)
- Italian seasoning (Perfect Pizza lunch)