

## August Weeks 4-5 Shopping List

### PRODUCE

- 3 large yellow onions (day 24, day 29)
- 2 tomatoes (breakfast and lunch)
- green onions (breakfast, day 29)
- cucumbers (lunch)
- apples (lunch)
- celery (lunch)
- sweet potatoes (lunch)
- 4 large bell peppers (day 29)
- 1 head of garlic (day 29)
- avocados (breakfast, day 29)
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### MEAT

- 4 boneless chicken breasts (day 24)
- bacon (day 25 & breakfast)
- sliced deli meat or turkey (lunch)
- 4-6 large chicken breasts (day 29)
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### PANTRY

- 30 oz tomato sauce (day 29)
- 8 oz can tomato sauce (day 26)
- 2 quarts chicken broth (day 26)
- 2 cans black beans (day 27)
- 2 cans diced tomatoes (day 27)
- 1 small can green chiles (day 27)
- salsa (optional topping, day 29)
- brown rice (day 24, day 27)
- lentils (day 22)
- pecans (breakfast)
- almond flour (coffee cake)
- coconut flour (coffee cake)
- flax meal (coffee cake)
- no-sugar-added peanut butter (breakfast)
- no-sugar-added pizza sauce (lunch)

### DAIRY

- eggs
- butter
- heavy cream (day 26)
- cheddar cheese (breakfast, day 29)
- sour cream (breakfast)
- cottage cheese (breakfast, lunch)
- unsweetened almond milk
- 0% Greek yogurt

### FROZEN

- strawberries (breakfast)

### STAPLES

- olive oil
- ground coriander (day 24)
- paprika (day 24)
- sea salt
- ground cinnamon (breakfast)
- pepper
- [stevia](#)
- your fave. Muffin in a Mug ingredients
- cocoa powder
- [erythritol](#)
- vanilla extract
- cayenne pepper (day 24)
- balsamic vinegar
- baking soda
- [whey protein powder](#)
- almond extract (opt., DashingDish.com shake)
- [Just Like Brown Sugar or other on-plan](#)  
brown sugar substitute
- 1 cinnamon stick (day 24)
- ground cumin (day 24, day 27)
- garlic powder (day 27)
- coriander (day 29)
- cumin (day 29)
- chili powder (day 29)
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