

October Week 1 Shopping List for Days 1-7

PRODUCE

- favorite omelet veggies
- favorite salad ingredients (for 4 salads)
- cucumbers (for salads and snacks)
- brussels sprouts (day 1)
- lettuce and tomatoes (day 2)
- favorite taco toppings (day 3)
- 1 bunch green onions (day 4)
- 1 bunch fresh cilantro (day 4)
- 1 lime (day 4)
- 1 large spaghetti squash (day 5)
- 1 jalapeno pepper (optional garnish, day 6)
- 1 onion (day 7)
- 6 carrots (day 7)
- 1 bunch celery (day 7)
- 2 heads of garlic (day 7)
- fresh parsley (day 7)
- 1 large bunch fresh thyme (day 7)
- 1 lemon (day 7)
- 1 large yellow onion (day 7)
- 1 bulb fennel (day 7)
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MEAT

- no-sugar-added breakfast sausage
- salami or other favorite deli meat (for lunch and snacks)
- 8 chicken breasts (lunch, day 2, day 4)
- smoked salmon (or other favorite protein)
- natural/organic hot dogs
- 14 lbs chicken (thighs & drumsticks) (day 1)
- 4 lbs ground beef (day 3, day 5)
- 4 lbs ground turkey (day 6)
- 1 5-6 lb whole chicken (day 7)
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FROZEN

- 6 cups frozen seasoning blend (day 6)
- 1 bag frozen corn (day 6)
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OTHER

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PANTRY

- no-sugar-added peanut butter
- quinoa
- 48 oz tomato sauce (tomato soup lunch)
- 1 1/2 quarts (6 cups) chicken broth (tomato soup lunch)
- salad dressing
- sliced or slivered almonds, extra for snacks
- 1 1/2 cups salted nuts (for trail mix)
- on-plan chocolate chips (trail mix, choc. Chip cookie)
- olives
- artichoke hearts
- 1/4 cup seeds (trail mix snack)
- 1/4 cup chia or flax (trail mix snack)
- favorite bottled drinks
- 1/4 cup unsweetened shredded or flaked coconut (trail mix)
- caesar salad dressing (low-carb) (day 2)
- 2 cans black beans (day 4)
- 1 bag baked tortilla chips (optional, day 4)
- on-plan spaghetti sauce (day 5)
- 4 cups brown rice (day 6)
- 4 cans diced tomatoes or 6 cans Rotel (day 6)
- 2 cans pinto beans (day 6)
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October Week 1 Shopping List (continued)

REFRIGERATED SECTION

- enough eggs for 3 breakfasts + 1 dozen
- 1 carton unsweetened nut milk
- 1 large carton egg whites
- 1 large container low-fat cottage cheese
- cheddar cheese for omelets + 1 1/2 cups for tomato soup
- cream cheese (optional, for icing on "S" muffins)
- 3/4 cup heavy cream (tomato soup lunch)
- salted butter
- parmesan cheese (day 2)
- sour cream & favorite taco toppings (day 3)
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STAPLES

- old-fashioned oats (1/2 cup per person); + 1 lb
- pure stevia extract powder
- cocoa powder
- aluminum-free baking powder
- THM Super Sweet Blend
- pure vanilla extract
- protein powder
- MCT Oil
- sea salt
- THM Baking Blend
- coconut oil
- ground ginger
- ground cinnamon
- ground nutmeg
- ground cloves
- pepper
- cayenne pepper (optional, tomato soup lunch & day 6)
- THM Gentle Sweet
- baking soda
- Just Like Brown Sugar (for chocolate chip cookie snack)
- on-plan taco seasoning (day 3)
- olive oil
- red wine vinegar (day 4)
- dried basil (day 4)
- garlic powder (day 1, day 6)
- nutritional yeast (day 1)
- hot sauce (day 1)
- liquid smoke (day 1)
- paprika (day 1)
- onion powder (day 1)
- chili powder (day 6)
- cumin (day 6)
- apple cider vinegar (day 7)

*Check out my Resources Page to see where I find these ingredients.