

## October Weeks 4-5 Shopping List for Days 23-31

### PRODUCE

- favorite omelet veggies
- favorite salad ingredients (3)
- cucumbers (for salads and snacks)
- spaghetti squash (optional, day 23)
- 3 heads Romaine (day 24)
- favorite Caesar salad veggies (day 24)
- 1 bell pepper (optional, day 26)
- 2 onions (day 26, day 28)
- jalapeno pepper (optional, day 27)
- 1 lemon (day 28)
- 1 head of garlic (day 28)
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### OTHER

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### MEAT

- no-sugar-added breakfast sausage
- salami or other favorite deli meat (for lunch and snacks)
- 14 chicken breasts (lunch, day 23, day 24, day 28, day 30)
- smoked salmon (or other favorite protein)
- natural/organic hot dogs
- 1-2 cut-up chickens OR 2-3 lbs. chicken drumettes, wings, or drumsticks (day 25)
- 2 lbs ground beef (day 26)
- 2 lbs ground turkey (day 27)

### PANTRY

- no-sugar-added peanut butter
- quinoa
- 48 oz tomato sauce (tomato soup lunch)
- 4 quarts chicken broth (lunch, day 28)
- salad dressing
- sliced or slivered almonds, extra for snacks
- 1 1/2 cups salted nuts (for trail mix)
- on-plan chocolate chips
- 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 flaked coconut (trail mix)
- 12 oz no-sugar-added pizza sauce (day 26)
- 1 small can of sliced olives (optional, day 26)
- 1 lb brown rice (day 27)
- two 14.5 oz cans diced tomatoes (day 27)
- 15 oz pinto beans
- 14.5 oz can corn
- mayonnaise (day 28)

## October Weeks 4-5 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
- 2 lbs cheddar cheese (breakfast, lunch, day 28)
- cream cheese (optional, for icing on "S" muffins)
- 3/4 cup heavy cream (tomato soup lunch)
- salted butter
- 16 oz. heavy cream (day 23, day 28)
- 1.5 lbs. fresh parmesan (day 23, day 24)
- Caesar salad dressing (day 24)
- 4 cups mozzarella cheese (day 26)
- turkey pepperoni (day 26)
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### FROZEN

- 1 lb frozen celery, onions, peppers (day 27)
- 10 oz. frozen broccoli florets (day 28)

### 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 (lunch, day 27)
- THM Gentle Sweet
- baking soda
- Just Like Brown Sugar
- paprika
- rubbed sage
- nutritional yeast (optional)
- chili powder (day 27)
- garlic powder (day 27)
- cumin (day 27)
- crushed red pepper flakes (optional, day 27)
- onion powder (day 28)
- dried parsley (day 28)