

# Meal Plan Shopping Lists

## November Week 2 Days 8-14

### Produce

- breakfast Roma tomatoes
- breakfast 2 packages fresh berries (or frozen)
- lunch, Day 9 3-4 heads of lettuce
- lunch, Day 9 favorite salad veggies (enough for 1 lunch plus one dinner salad)
  - lunch 1 bunch celery
- lunch, Day 13 2 heads of garlic
  - lunch enough sweet potatoes for the whole family
- snacks apples
- snacks, salads cucumbers
- snacks, Day 8, Day 12 4 bell peppers
- Day 8, Day 10, Day 12, Day 14 4 onions
- Day 8, Day 10 3 medium carrots
- Day 10 2 heads of cabbage OR 2 bags of pre-shredded cabbage
- Day 12 1 medium zucchini
- Day 13 1 bunch fresh thyme

### Staples

- salt
- pepper
- protein powder
- baking powder
- baking soda
- cinnamon
- sea salt
- pumpkin pie spice
- THM Gentle Sweet
- vanilla extract
- pure stevia extract (optional)
- cinnamon
- coconut oil
- almond flour
- coconut oil
- ground flax
- MCT Oil
- cocoa powder
- Day 13 coarse salt
- Day 8 cumin
- Day 8 cayenne pepper (optional, buy if making your own Cajun)
- Day 9 Cajun seasoning or make your own
- Day 9 paprika (if making your own Cajun seasoning)
- Day 9, Day 12, Day 14 garlic powder
- Day 9 onion powder (if making your own Cajun seasoning)
- Day 9 oregano (if making your own Cajun seasoning)
- Day 9 thyme (if making your own Cajun seasoning)
- Day 11 dried minced garlic
- THM Baking Blend
- low-carb chocolate chips\*\*
- olive oil

### Cold Section

- breakfast enough eggs for 1 breakfast for the family; plus extra for snacks
- breakfast, Day 12 2 dozen eggs
- breakfast, Day 12 8 oz. cheddar plus extra for breakfast
- breakfast 0% Greek yogurt
- breakfast, lunch, Day 11 three 8 oz. packages cream cheese
- breakfast 1 carton egg whites
  - butter
- lunch 1 cup half and half (can sub heavy cream)
- lunch unsweetened vanilla almond milk
- Day 12 unsweetened plain almond, coconut, or other nut milk
- snacks light Laughing Cow cheese
- Day 8, Day 14 1 lb. part-skim or light mozzarella cheese
- Day 14 light or fat-free sour cream; can sub 0% Greek yogurt

### Frozen

- breakfast frozen blueberries
- Day 13 1-2 packages favorite frozen veggies
- Day 14 1 package frozen corn

### Meat

- breakfast, Day 12 2 lbs bacon
- breakfast 1 lb turkey sausage (or more if necessary for one breakfast)
- lunch, snacks 1 lb deli meat
  - Day 8 1 whole rotisserie chicken or 3 boneless skinless breasts
  - Day 10 2 lbs ground beef
- Day 9, Day 11, Day 14 9 lbs. boneless, skinless chicken tenders
- Day 13 1 or 2 whole uncooked chickens
- lunch 6 chicken breasts, or pre-cooked or rotisserie chicken

### Pantry

- breakfast oat flour, or old-fashioned rolled oats to grind into flour
- breakfast 1 can of pumpkin puree
- breakfast 1 jar of unsweetened applesauce
- breakfast low-carb or unsweetened syrup (optional)
- breakfast 1 lb quinoa
- lunch salad dressing
- lunch Frank's Red Hot Sauce
- lunch blue cheese dressing (look for under 2g carbs)
- lunch, Day 8, Day 14 3 quarts chicken broth
- lunch, snacks creamy peanut butter
- lunch 1-2 cans chicken or tuna (optional)
- lunch 1-2 cans black beans
- lunch, Day 8 2 jars of salsa
- snacks nuts or seeds
- snacks favorite protein shake ingredients, if not already listed
- Day 8 1 lb. brown rice
- Day 8, Day 14 two 4 oz. cans diced green chiles
- Day 11 1 or 2 jars no-sugar-added marinara or spaghetti sauce
- Day 14 one 14.5 oz can diced tomatoes
- Day 14 2 cans white beans
- Day 9 mayonnaise
- Day 8 two 15 oz. cans black beans