

Meal Plan Shopping Lists

November Weeks 4 & 5 Days 22-30

Produce

breakfast Roma tomatoes
 breakfast 2 packages fresh berries (or frozen)
 lunch, Day 23 3-4 heads of lettuce for 1 lunch salad and 1 dinner salad
 lunch, Day 23 favorite salad veggies for 1 lunch salad and 1 dinner salad
 Day 23 favorite veggies for burgers (red onions, lettuce, tomato, etc.)
 lunch, save some for Day 25 1 bunch celery
 lunch, Day 24, Day 27 2 heads of garlic
 lunch, Day 25, Day 29 enough sweet potatoes for the whole family for TWO meals + 4 medium
 snacks apples
 snacks, salads cucumbers
 snacks bell peppers
 Day 22 1 small chunk fresh ginger
 Day 22 1 stalk lemongrass
 Day 22 1/2 lb mushrooms, sliced
 Day 22 1 lime
 Day 22 fresh cilantro
 Day 24, Day 25, Day 27 3 onions
 Day 24, Day 29 3 red bell peppers
 Day 25 1 carrots
 Day 25 1 head of broccoli
 Day 26 additional 2 heads of broccoli, OR frozen (I used frozen)
 Day 27 4 cups fresh kale
 Day 27 2 heads of cauliflower, or buy frozen
 Day 29 1 red onion
 Day 29 1 bunch green onions
 Day 24 8 jalapeno peppers

Staples

salt
 pepper
 breakfast, lunch protein powder
 breakfast baking powder
 breakfast baking soda
 breakfast cinnamon
 sea salt
 breakfast pumpkin pie spice
 breakfast, lunch THM Gentle Sweet and/or Super Sweet Blend
 breakfast vanilla extract
 breakfast pure stevia extract (optional)
 breakfast cinnamon
 coconut oil
 almond flour
 coconut oil
 ground flax
 lunch MCT Oil
 lunch cocoa powder
 Day 22 brown sugar substitute
 Day 24, Day 29 chili powder
 Day 24, Day 29 cumin
 Day 26 garlic powder
 Day 26 minced onion
 Day 26 dill
 Day 26 parsley
 Day 28 liquid stevia
 Day 28 minced garlic paste (or make your own by mincing 2 garlic cloves)
 Day 28 ginger
 Day 28 crushed red pepper
 Day 28 liquid aminos or soy sauce (gluten-free if needed)
 Day 29 taco seasoning (gluten-free if needed, or ingredients to make your own)
 Day 29 olive oil
 Day 29 paprika

Cold Section

breakfast enough eggs for 1 breakfast for the family; plus extra to boil for snacks 1 dozen eggs
 breakfast good cheddar or other favorite cheese
 breakfast 8 oz cheddar
 Day 26 0% Greek yogurt
 breakfast 4 packages cream cheese
 breakfast 1 carton egg whites
 butter
 lunch 1 cup half and half (can sub heavy cream)
 lunch unsweetened vanilla almond milk
 snacks light Laughing Cow cheese
 Day 23 sliced cheese for burgers (optional)
 Day 26 one small container sour cream (optional - I forgot to buy this, so I substituted Greek yogurt and it tasted great!)
 Day 27 12 oz heavy cream
 Day 29 low-fat Mexican cheese blend OR you can use light Laughing Cow cheese
 Day 30 16 oz Monterey or Pepper Jack cheese

Frozen

breakfast frozen blueberries
 Day 24 2 bags frozen cauliflower
 Day 26, Day 28 4 bags frozen broccoli (or you can use fresh) (2 for Day 26, 2 for Day 28)
 Day 27 1.5 lbs frozen cauliflower (or you can buy fresh)
 Day 28 2 bags frozen veggie medley or stir-fry veggies

Meat

breakfast, Day 26, Day 27 3lbs bacon (or more if necessary; one pound breakfast, one for Day 26, one for Day 27)
 breakfast 1lb turkey sausage (or more if necessary for one breakfast)
 lunch, snacks 1lb deli meat
 Day 22 1lb raw, peeled and deveined shrimp
 Day 23 enough burger patties to feed the whole family for 1 dinner
 lunch 6 chicken breasts, or pre-cooked or rotisserie chicken
 Day 26 3 lbs boneless skinless chicken breasts
 Day 27 1lb sausage
 Day 28 3-4 lbs steak strips (the cheaper cuts work great in this recipe)
 Day 30 3 lbs boneless skinless chicken thighs

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 22, Day 24, Day 25, Day 30 4 quarts chicken broth
 lunch, snacks creamy peanut butter
 lunch 1-2 cans chicken or tuna (optional)
 lunch 1-2 cans black beans
 Day 22 1 jar of salsa
 Day 22 red curry paste
 Day 22 fish sauce (gluten-free if needed)
 Day 24 3 cans coconut milk
 Day 24, Day 29 two 14-oz cans diced tomatoes
 Day 24, Day 29, Day 30 2 cans black beans
 Day 25 32+ ounces of salsa
 Day 25 1 lb. brown rice
 Day 26 balsamic dressing (check for hidden carbs!) OR balsamic vinegar
 mayonnaise
 Day 27 chicken bouillon cubes