

# Meal Plan Shopping Lists

## November Week 3 Days 15-21

### Produce

breakfast, Day 19 Roma tomatoes  
breakfast 2 packages fresh berries (or frozen)  
lunch, Day 20 1-2 heads of lettuce (for 1 lunch salad and 1 dinner side salad)  
lunch favorite salad veggies  
lunch 1 bunch celery  
lunch, Day 19 1 head of garlic  
lunch enough sweet potatoes for the whole family  
snacks apples  
snacks, salads cucumbers  
snacks bell peppers  
Day 15 2 lemons  
Day 16 1 red onion  
Day 16 1 bunch basil  
Day 17, Day 19 7 avocados (2 for Day 17, 3 for Day 19, 2 for Day 21)  
Day 18 1 lb. asparagus  
Day 18 1 small yellow summer squash or zucchini  
Day 18, Day 19 2 bunches green onions  
Day 19 2 jalapenos (optional)  
Day 19 1 bunch cilantro  
Day 19 2 limes

### 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  
breakfast, Day 21 almond flour  
coconut oil  
ground flax  
lunch MCT Oil  
lunch cocoa powder  
Day 15 Italian seasoning  
Day 17, Day 19 cumin  
Day 21 oregano  
Day 21 onion powder  
Day 21 garlic powder  
Day 21 chili garlic salt (can omit)

### Cold Section

breakfast enough eggs for 1 breakfast for the family; plus extra to boil  
breakfast, Day 16, Day 21 3 dozen eggs  
breakfast good cheddar or other favorite cheese  
breakfast 0% Greek yogurt  
breakfast, lunch 2 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 16 8 oz. caciotta cheese (or monterey jack)  
Day 17, Day 19 favorite taco toppings (sour cream, cheese, etc.)

### Frozen

breakfast frozen blueberries  
Day 20 1-2 packages favorite frozen veggies

### Meat

breakfast, Day 18 2 lb bacon (or more if necessary for breakfast)  
breakfast 1 lb turkey sausage (or more if necessary for one breakfast)  
lunch, snacks 1 lb deli meat  
Day 15, Day 17, Day 19 10-12 large boneless skinless chicken breasts  
Day 18 12-16 boneless, skinless chicken thighs  
Day 20 1-2 whole uncooked chickens  
Day 21 2 lbs ground beef  
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 15, 5 quarts chicken broth (we are using quarts instead of cans)  
Day 18, Day 19, Day 21 creamy peanut butter  
lunch, snacks 1-2 cans chicken or tuna (optional)  
lunch 1-2 cans black beans  
lunch 1 jar of salsa  
lunch nuts or seeds  
snacks favorite protein shake ingredients, if not already listed  
snacks 1 lb brown rice  
Day 15 1 jar Gaeta olives (I couldn't find these, so I used small black olives)  
Day 16 one 28 oz. can peeled tomatoes  
Day 17 three 14.5 oz. cans diced tomatoes  
Day 21 1 can chipotle peppers in adobo sauce  
Day 21 30 oz tomato sauce (or two 14.5 oz cans)