



2-Week Meal Plan

Week 1 - Grocery List

[Recipes for week 1 can be found here.](#)

Spices and seasonings

- Garlic powder
- Smoked paprika
- Cumin
- Salt
- Black pepper
- Dried chives
- Dried parsley
- Chili powder
- Dried oregano
- Crushed red pepper flakes
- Tex-Mex seasoning
- Italian seasoning
- Ground sage
- Dried thyme
- (Optional garnish) sesame seeds

Dairy

- 1 1/2 cups shredded cheddar cheese
- 4 ounces sliced cheddar cheese
- 1/2 cup crumbled blue cheese
- 1/4 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1/4 cup ricotta cheese
- 1/3 cup milk
- 1 1/2 cup heavy cream
- 2 tablespoon butter
- (Optional garnish) sour cream
- (Optional garnish) shredded cheddar cheese
- (Optional garnish) ricotta cheese
- (Optional garnish) shredded parmesan cheese

Produce

- 1 1/4 pound sweet potato
- 2 medium onion
- 2 small onion
- 1 red onion
- 1 green bell pepper
- 1 1/2 bell peppers
- 7 cloves garlic
- 1 medium avocado
- 1 large avocado
- 1 tomato
- 1 jalapeno
- 7 cups romaine lettuce
- Butter lettuce leaves
- 1 cup grape tomatoes
- 3 cups broccoli
- (Optional garnish) green onion
- (Optional garnish) avocado

Protein

- 1 pound bacon (18-20 slices)
- 1 pound breakfast sausage
- 1 3/4 pound chicken breast
- 2 1/2 pounds ground beef
- 1 pound smoked sausage
- 1 pork tenderloin (3/4 to 1 pound)
- 1/2 pound ground Italian sausage
- (Optional garnish) cooked crumbled bacon

Pantry

- 1/2 cup olive oil
- 4 1/2 tablespoons mayonnaise
- 1 1/2 teaspoon lemon juice
- 3 tablespoons tomato sauce
- 1/2 tablespoon ketchup
- 1/2 tablespoon yellow mustard
- 2 tablespoons pickles
- 1/2 cup crushed tomatoes
- 2 ounces sliced olives
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 3/4 cup almond flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon xanthan gum
- 1/2 cup chicken broth
- 1 1/2 cups beef broth
- 1 cups marinara sauce
- (Optional garnish) black olives
- (Optional garnish) salsa

Eggs

- 10 large eggs
- 4 hard-boiled eggs
- 1/3 cup egg whites

Fresh herbs

- Cilantro
- Parsley
- Basil