# **GROCERY LIST**

### MEATS

- 1 package Italian sausage links
- 1 pound Ground Beef
- 4 skinless Cod filets
- 4 large boneless, skinless Chicken breast (about 2 pounds)
- 12 ounces Smoked sausage (or andouille, keilbasa, whatever sausage you prefer \*check sugar content\*)

### PANTRY

- 1 (6-7 ounce) can tomato paste
- 1 (32 ounce) container beef broth
- 1 (10 ounce) can tomatoes with green chiles
- Ranch dressing (or jalapeno ranch if you prefer some spice)
- Almond flour
- 1 small can Chicken, vegetable, or seafood broth

## PRODUCE

- 2 medium Zucchini
- 2 heads Broccoli
- 1 head Cabbage
- 1 green Bell Pepper
- 11/2 pound Green Beans
- 2 heads Garlic
- 2 Lemons
- Fresh Parsley

#### Bonus Sausage Ball Ingredients:

- 1 pound breakfast sausage
- Cream cheese
- Shredded cheddar

### Butter

 1 (8 ounce) package shredded parmesan cheese

COLD

• Eggs

#### **Bonus Cookie Ingredients:**

- Granulated monkfruit sweetener
- Coconut flour
- Baking soda
- Sour cream
- Vanilla extract
- Cinnamon

### MISC ITEMS YOU PROBABLY ALREADY HAVE

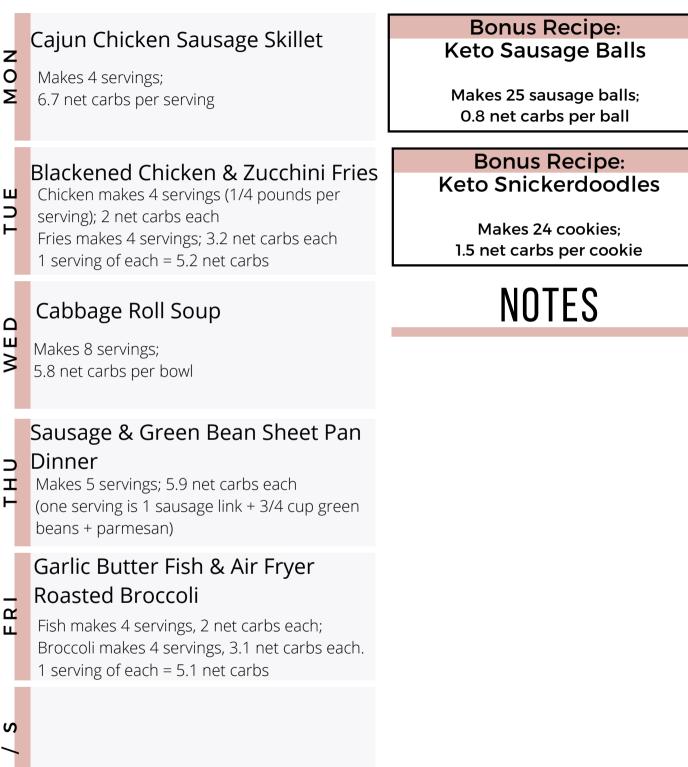
BREAKFAST

**Spices:** Salt, Pepper, Garlic powder, Onion powder, Paprika, Garlic Salt, Italian Seasoning, Cumin, Red pepper flakes, Cajun seasoning (or all purpose), Chili powder, Oregano

Misc: Cooking spray, Olive oil, Baking powder

DESSERT

# WEEKLY MEAL PLAN



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