

## **Grocery List for 1-2 people**

### **Eggs/Dairy**

18 ct eggs  
Almond milk  
Cottage cheese or plain greek yogurt

### **Pantry**

Coconut flour  
Vanilla  
Cinnamon  
Cardamon  
Cinnamon  
Cumin  
Onion powder  
Garlic powder  
Chili powder  
Oregano  
Paprika  
Chicken broth or bone broth  
2 - 14.5 oz can fire roasted tomatoes  
Soy sauce  
Honey  
Fish sauce  
Rosemary  
Thyme  
Red or white cooking wine  
Green olives  
Nut butter of choice  
1 lb raw nuts  
Sesame oil  
Lime juice  
Dark chocolate (70%) 1 bar

**Meat**

1.5 lbs chicken thighs  
1 lb ground beef  
4 chicken breasts  
Rotisserie chicken or chicken for grilling for salads  
Bacon

**Produce**

Blueberries  
Large container of greens  
Bulb of Garlic  
Onions  
Avocado  
Cilantro  
3 Bell pepper  
1 Jalapeno  
2 in Ginger  
1.5 c Fresh basil  
Fresh mint  
2 sweet potatoes  
2 cups brussel sprouts  
Red cabbage  
Fresh cilantro  
Fresh or frozen berries  
Veggies for daily salads  
Fruit for snacking (1-2 pieces per day)  
1 lime  
Green onions  
Red onion  
Bag of carrots  
8 oz mushrooms

## **Meal Plan**

### **Day 1**

Breakfast - 2 eggs, 1 apple and 1 T nut butter

Snack - 1 c veggies

Lunch - 4-6 oz. grilled chicken and 1 c Cabbage Carrot Salad

Snack - 1 c cottage cheese or plain greek yogurt with stevia or honey

Dinner - Chicken Enchilada Soup and tossed salad

Snack - 1 piece of fruit and 1 oz dark chocolate

### **Day 2**

Repeat Day 1

### **Day 3**

Breakfast - Low Carb Skillet Bread

Snack - 1 c veggies

Lunch - tossed salad with ¼ c nuts and grilled chicken

Snack - 1 piece of fruit

Dinner - Thai beef and basil over greens

Snack - 1 oz dark chocolate/glass of red wine

### **Day 4**

Repeat Day 3

### **Day 5**

Breakfast - Egg Bake

Snack - 1 piece of fruit

Lunch - cottage cheese or plain yogurt and ¼ c nuts + 1 c veggies

Snack - 2 hard boiled eggs

Dinner - Chicken Cacciatore and salad

Snack - 1 piece of fruit and 1 T nut butter

### **Day 6**

Repeat Day 5

## **Day 7**

leftovers

### **Recipes**

Chicken Enchilada Soup

<http://realsimplegood.com/crockpot-chicken-enchilada-soup/>

Low carb skillet bread with fruit

<https://www.foodtofeelgood.com/coconut-flour-blueberry-skillet-bread/>

Thai Beef and basil

<https://www.pinterest.com/pin/58476495146845430/>

Chicken Cacciatore

<https://reciperunner.com/easy-skillet-chicken-cacciatore/>

Great with sliced green olives

Red cabbage and Carrot Salad

<http://www.bowlofdelicious.com/2017/06/17/thai-sesame-red-cabbage-and-carrot-salad/>

Egg bake

<http://www.sunnywithachanceofsprinkles.com/2017/12/easy-whole30-egg-bake.html>