

HIP2KETO 30 DAY CHALLENGE

Five Nights of Dinners Shopping List - Week #3

MEAT

- 2 lbs chicken breast
- 3 1/2 lbs ground beef (85/15)
- 1/2 lb ground Italian sausage (no added sugar)
- 1 lb ground sausage (or sub ground turkey)

PRODUCE

- 1 jalapeno
- 1 lime
- 4 multi-colored bell peppers
- 1 red bell pepper
- 1 green bell pepper
- 2 large yellow onions
- 1 white onion
- 1 head garlic
- fresh ginger root (2-3 inches long)
- 1 bunch fresh basil (1/2 cup plus garnish)
- small head cabbage
- 8 oz mushrooms
- 1 bunch green onions
- 1 bunch celery
- 2 medium tomatoes

DAIRY & EGGS

- small carton eggs
- 2 lbs shredded mozzarella cheese
- 1 lb 4 oz shredded cheddar cheese
- 4 oz grated/shredded parmesan cheese

DAIRY & EGGS continued...

- 8 oz package block cream cheese
- 15 oz container ricotta cheese

PANTRY

- almond flour (3/4 cup)
- 14.5 oz can chicken broth
- 10 oz can Rotel tomatoes & chiles
- 2 15 oz cans crushed tomatoes
- 13 oz tomato juice
- Worcestershire sauce

SPICES & BAKING

- salt
- black pepper
- taco seasoning (or try Lina's taco seasoning recipe)
- chili powder
- garlic powder
- cumin
- dried oregano
- dried, minced onion
- onion powder
- dried parsley
- dried dill weed
- Italian seasoning
- erythritol

MISC

- desired pizza toppings (sauce, cheese, pepperoni, etc)