

HIP2KETO 30 DAY CHALLENGE

Five Nights of Dinners Shopping List - Week #1

MEAT

- 1 1/2 pounds ground Italian sausage
- package of 8 hot dogs
- 1 ready-cooked rotisserie chicken
- package of pepperoni slices (20 slices)
- 1 pound prepared taco meat OR
- 1 pound ground beef (to make your own taco meat)

PRODUCE

- 1 medium spaghetti squash (3 to 3 1/2 lbs whole)
- 2 small/medium yellow onions
- 1 orange or red bell pepper
- 1 head of garlic
- 1 bunch celery
- 1 bunch green onions
- package fresh basil

DAIRY & EGGS

- dozen eggs
- 5 oz. container parmesan cheese, shredded/grated
- 2 16 oz. bags shredded mozzarella cheese
- 16 oz. bag shredded cheddar cheese
- 8 oz. bag shredded Mexican blend cheese
- 2 8 oz. packages cream cheese
- 1 lb. package butter
- 8 oz. container sour cream
- 1 pint heavy cream

DAIRY & EGGS continued...

- 1/2 pint half & half
- 5 oz. container blue cheese *optional

PANTRY

- 2 24 oz. jars no sugar added pasta sauce
- canned chicken broth (6 cups)
- 10 oz. can enchilada sauce
- bottle of hot sauce (2/3 cups)
- package ranch dressing mix (2 Tbsp)
- blanched almond flour (3/4 cup)
- whey protein isolate, plain (1 cup)

SPICES & BAKING

- baking powder
- onion powder
- garlic powder
- black pepper
- salt
- Italian seasoning
- cream of tartar
- sesame seeds or poppy seeds *optional
- taco seasoning *only if you're preparing your own taco meat (TIP: try Lina's Hip2Keto taco seasoning recipe)