

Sunday	Tuesday	Thursday
<ul style="list-style-type: none"> <li>• <a href="#">Low-Carb Meatloaf</a></li> <li>• <a href="#">“Better Than Potatoes” Cheesy Cauliflower Puree</a></li> </ul>	<ul style="list-style-type: none"> <li>• Personal Portabella Pizzas (recipe will be published this week!)</li> <li>• <a href="#">Bibb Wedge Salad with Buttermilk Dressing</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Bacon Apple Crockpot Chicken</a></li> <li>• <a href="#">Cheesy Broccoli Casserole</a></li> </ul>

Meat / Dairy	Produce	Condiments / Dry Goods / Frozen	Canned Foods / Other
2 lbs. ground beef 4 boneless, skinless chicken breasts 2 eggs 1 package uncured, gluten-free pepperoni 12 slices of bacon 2 eggs 1 cup finely grated Parmesan ½ cup finely grated Romano cheese 2 T. heavy cream 1 T. butter 6 oz. sharp cheddar cheese grated ½ cup buttermilk 1 package shredded mozzarella ½ cup greek full fat yogurt 4 oz. cream cheese	6 garlic cloves 1 head of cauliflower 6 portabella mushrooms 2 small red onions 7 green onions 3 small heads of Boston or Bibb Lettuce 6 small tomatoes ½ cup fresh chopped basil leaves 1 lemon 2 small green apples	1 cup good Mayo 3-4 T. tamari sauce 1 T. onion powder 1 T. dried parsley 14-16 oz. package frozen broccoli florets 1 ½ T. Dijon mustard 1 T. olive oil	1 8 oz can tomato sauce 1 jar low-carb spaghetti or pizza sauce 10 pitted kalamatta olives 1 bottle of low-carb bbq sauce kosher salt and black pepper