

Produce

- 1 cup diced carrots (2)
- ½ cup diced celery (2)
- ½ onion, diced (2)
- 1 diced onion (3)
- 2-3 large potatoes (2)
- 4 garlic cloves
- 1 lemon (4)
- 1 TB minced garlic (5)
- 1 TB chopped parsley(5)
- 1 small-medium head of cabbage (6)
- 4 green onions (6)
- 1 large carrot (6)

Meat/Fish

- 1-2 lb boneless chicken breast (1)
- 1 lb ground beef (2)
- ½ lb ground beef (3)
- 1 (2 lb) Salmon Fillet (4)
- 5 lb chicken drumsticks (5)
- 1 lb protein (chicken, pork or beef) (6)

Canned/ Packaged

- 1 bottle GF BBQ sauce (1)
- GF Buns *optional (1)
- 4 cups chicken broth (2)
- 1 cup velveeta cheese (2)
- 14 oz can petite diced tomatoes (3)
- 1 6 oz can tomato paste (3)
- ¼ cup chicken broth (4)
- 1 cup chicken broth (5)
- 1 TB lemon (5)
- ¼ cup grated parmesan (5)
- 1/3 cup coconut aminos (or soy sauce) (6)
- 1 TB sesame oil (6)

MISC:

Spice/Staples

- 1 tsp dried parsley (2)
- 1 tsp basil (3)
- ½ tsp oregano (3)
- ½ tsp dried tarragon (4)
- 2 tsp garlic powder (5)
- 2 tsp onion powder (5)
- 2 TB olive oil (6)
- 1 TB coconut oil (6)

Freezer

Refrigerator

- 1 cup milk (2)
- 2 TB butter (4)
- ½ cup butter (5)

This week's Meal Plan

1 Crock Pot BBQ Chicken

2 Cheeseburger Soup

3 Spaghetti

4 Baked Salmon

5 Crock Pot Garlic Parmesan Drumsticks

6 Egg Roll in a Bowl