

Produce

- 1 garlic clove (1)
- 3 garlic cloves (3)
- 2 green onions (3)
- 1 cup sliced mushrooms (6)

Canned/ Packaged

- 1 jar pizza sauce (1)
- pizza toppings (1)
- 2 slices Gluten Free bread per person (2)
- 2 cups apple juice (3)
- 1 cup ketchup (3)
- 2 cups almond flour (4)
- 1 can full fat coconut milk (4)
- 2 TB apple cider vinegar (4)
- 1.5 qt coconut oil (4)
- Gluten Free Crackers (5)
- ½ tsp Worcestershire sauce (6)
- 2 TB almond flour (6)
- ¼ cup ketchup (6)
- 2/3 c. chicken broth (6)
- 1 TB EVOO (6)

MISC:

Meat/Fish

- 1 lb sausage (1)
- 1 lb hamburger (1)
- ½ lb sausage (2)
- 3-4 lb pork loin (3)
- 3 lb chicken drumsticks (4)
- Deli Meat (5)
- 1 lb ground beef (6)

Spice/Staples

- 2 TB Italian Seasoning (1)
- 2 TB cornstarch (2)
- 2 TB Montreal Steak Seasoning (3)
- 1 TB kosher salt (3)
- 1 TB chili powder (3)
- 1 TB garlic powder (3)
- 1 tsp cayenne red pepper (3)
- ½ cup sugar (3)
- ½ tsp cloves (3)
- ½ tsp ginger (3)
- 2 TB garlic salt (4)
- 2 TB chili powder (4)
- 2 TB cornstarch (6)
- 1 TB parsley (6)
- 1 tsp onion powder (6)
- ½ tsp nutmeg (6)

Freezer

- 1 package frozen hashbrowns (2)

Refrigerator

- 2 cups shredded mozzarella cheese (1)
- 8 eggs (2)
- 2 cups whole milk (2)
- 1 cup shredded cheddar (2)
- 1-2 TB butter (2)
- 1 egg (4)
- Blocks of Cheese (5)
- Chive and Onion Cream Cheese (5)
- 1 cup half and half (5)
- 1 egg (6)

This week's Meal Plan

1 Meatzza

2 Breakfast Horseshoe

3 Perfect Pork Tenderloin

4 GF Fried Chicken

5 Homemade Lunchables

6 Salisbury Steak