

Grocery List for Breakfast, Lunch, Dinner & Snack THM Menu

(Family of 3 adult eaters, 2 middle school eaters, 2 toddlers, & 1 baby eater)

Eggs-	4 - 5 dozen
Sour Cream-	1 container
Cottage Cheese-	1 extra large container (from Sam's or Costco) 1 medium container
Greek Yogurt-	2 large containers (Sam's or Costco)
Egg Whites-	6 cups
Cream Cheese-	2 packages
Butter-	6 sticks of butter
Cheddar Cheese-	6 cups or more
Mozzarella Cheese-	1 package
Parmesan Cheese-	1 small green container
Almond milk-	2 half gallon container
Half & half-	1 small container for coffee on E days
Heavy Whip-	1 small container for coffee on S days
Oatmeal-	10 cups
Low Carb Tortillas-	3 packages
Baked Blue Corn Chips-	1 container (for tortilla soup)
Brown Rice-	1 bag
Lentils-	1 or 2 bags will work (two if you are not doing many veggies)
Dreamfields Pasta-	1 package (if you are not doing the spaghetti squash)
Almond flour-	1 small package for cookies or brownie in a bowl
Coconut flour-	1 cup (for muffins)
Shredded Coconut-	1 bag
Nuts-	For cookies, granola, toppings for Berry Whip, brownie in a bowl
Chicken Breasts-	10 chicken breasts
Hamburger Meat-	6 lbs of lean hamburger meat
Bacon or Sausage-	1 package (Quiche)
Fish-	6 to 8 pieces of fish
Canned Chicken-	4 big cans
Canned Salmon or Tuna-	2 big cans
Chicken Broth Fat Free-	12 cups
Strawberries-	2 big bags frozen (or 2- 2lbs containers of fresh to freeze)
Lettuce-	1 big contain (Sam's or Costco)
Zucchini-	8
Yellow Squash-	2
Spaghetti Squash-	1 (if not using Dreamfield's Pasta for spaghetti)
Sweet Potato-	1 large
Onions-	2 large
Tomatoes-	4
Cilantro-	1 bunch
Celery-	1 big bunch
Avocados-	4
Bell Peppers-	2
Lime-	1

Cauliflower-

1

Spices-

Cumin

Chili Powder

Garlic Powder

Onion Powder

Turmeric

Curry

Salt & Pepper

Extracts-

Vanilla

Maple

Sweeteners-

THM Sweet Blend

Liquid Stevia

Truvia