

A Week of Meals

from blwideas.com

SHOPPING LIST

MEATS

7 pieces of bacon
1 pound of lump crab meat
about 2 dozen eggs
4 links of sausage (I like Aidell's
Chicken and Apple)
1 pound ground beef
5-pound Boston butt roast (pork
shoulder butt)
1 whole chicken
2 pounds shrimp
ghee or butter
milk (just about 16 ounces)

OTHER

coconut flour (just about 1/2
cup... regular flour would work
too)
1/4 cup mayonnaise
ground cinnamon
6-8 ounces of tomato sauce
coconut oil (for cooking... you
can use whatever oil or fat you
prefer)

VEGETABLES

6 red potatoes
6-10 Brussels sprouts
1/2 pound green beans
6 sweet potatoes
6 zucchini squash
6 carrots
1 red bell pepper
1 spaghetti squash
7 garlic cloves
2 heads of broccoli
3 cups of spinach (1 small bag)
8 ounces of mushrooms
(whatever type you want)
6 Roma tomatoes (or 3-4 large
tomatoes)
1 head of cauliflower
1/2 yellow onion

FRUITS

2 apples (plus more for snacks, if
you want!)
bananas, blueberries, dates,
oranges... for snacking