

**Week 1**

Breakfast	Boys Lunch
Bulletproof Coffee Boys: Blueberry Flax Muffins	O: Yogurt, pecans and raisins, seaweed, coconut roll, hippeas T: Yogurt, pecans and raisins, broccoli, coconut roll, hippeas

Day	Dinner
<b>Mon</b>	Rotisserie chicken, sweet potato wedges, steamed broccoli
<b>Tue</b>	Shredded Beef Tacos
<b>Wed</b>	Beans and Rice with fried eggs and sauteed spinach or kale
<b>Thur</b>	Shrimp stir fry
<b>Fri</b>	Homemade chicken nuggets and fries with veggie of choice
<b>Sat</b>	Choice or Leftovers
<b>Sun</b>	Collard Chowder

**Week 1 Shopping List**

Check your stock:	Produce	Dry Goods	Protein/Dairy
Olive oil Tamari Sesame Oil Fish Sauce Avocado oil TJ Taco Seasoning Butter	5 Sweet potatoes Broccoli Frozen Stir Fry Veg Frozen Riced Cauliflower Spinach or Kale 3 Avocado Veg of choice Collards Blueberries Limes	Siete tortillas FR tomatoes Jasmine Rice Cassava Flour Ground Flax Black Eyed Peas Salsa Black Beans Seaweed TJ Broccoli Pecans Hippeas	Rotisserie chicken Sour Cream Shrimp Beef roast Italian Sausage Chicken Thighs Eggs Yogurt Almond Milk Heavy Cream

Shopping List:

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**Week 2**

Breakfast	Boys Lunch
Bulletproof Coffee Boys: Smoothie	O: Almond butter crackers, pistachios, seaweed, sliced apples T: Almond butter crackers, pistachios, okra, dates

Day	Dinner
<b>Mon</b>	Chicken Cordon Bleu over miracle noodles and Microgreens Salad
<b>Tue</b>	Pulled Pork and Coleslaw
<b>Wed</b>	Rice Paper Shrimp Roll ups
<b>Thur</b>	Italian Sausage Soup
<b>Fri</b>	Pinto bean and Spinach Quesadillas
<b>Sat</b>	Choice or Leftovers
<b>Sun</b>	Lemon Chicken and Green Beans with Roasted Potatoes

**Week 2 Shopping List**

Check your stock:	Produce		Dry Goods	Protein/Dairy
Mustard Lemon Juice Mayonnaise Rice Paper Italian Seasoning Bbq sauce Lemon and Avocado oil dressing Apple cider vinegar Olive oil Butter	Red Potatoes Broccoli Cabbage Frozen Spinach 2 Avocado Carrots Broccoli slaw Frozen Berries Green Beans Microgreens Yellow Onions Celery	Apples	Siete tortillas Pistachios Pinto beans Miracle Noodles Dried Okra Seaweed Flax Crackers	Rotisserie chickens Cream Cheese Shrimp Italian Sausage Pork Shoulder Chicken Breast skin-on Shredded cheese Heavy Cream Almond Milk

Shopping List:

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### Week 3

Breakfast	Boys Lunch
Bulletproof Coffee Boys: Toast	O: Almond butter sandwich, banana, terra chips T: Baked beans and rice, almonds, banana, terra chips

Day	Dinner
<b>Mon</b>	Red Curry
<b>Tue</b>	Chicken Pot Pie
<b>Wed</b>	Sausage / Pork Belly and Brussels Sprouts
<b>Thur</b>	Spaghetti & meatballs with power greens greens salad
<b>Fri</b>	Homemade Pizza with power greens salad
<b>Sat</b>	Choice or Leftovers
<b>Sun</b>	Chili

### Week 3 Shopping List

Check your stock:	Produce		Dry Goods	Protein/Dairy
Red Curry Paste Fish Sauce Lime Juice Coconut Cream Tomato Sauce Bread mix for pizza crust Italian Seasoning Chili Powder Lemon and Avocado oil dressing Olive oil Almond Butter Yeast	Russet Potatoes Broccoli Green Beans Bell Peppers Mushrooms 2 Avocado Carrots Brussels Sprouts Frozen Berries Green Beans Yellow Onions Celery English Peas Power Greens	Bananas	Sweet potato glass noodles Adzuki Beans Gluten free frozen pie crust Arrowroot flour Udi's Bread TJ Green Beans Terra Chips	Rotisserie chicken Ground Bison or Venison Kilobassa or Pork belly Chicken Thighs Mozzarella cheese Heavy Cream Almond Milk

Shopping List:
