



Weekly Menu No. 1

MON

TUES

WED

THUR

FRI

SAT

SUN



Boiled Eggs
CBINB Toast
Coffee & Cream

Oatmeal
Blueberries
Sunshine in a Jar

Scrambled Eggs
Sausage
Sunshine in a Jar

Creamy
Collagen Coffee

CafeLatte
Protein
Shake

Oatmeal
Blueberries
Sunshine in a Jar

Cinn-Raisin CBINB
Sunshine in a Jar



Bone Broth

Chicken Salad

Cottage Cheese
Blueberries

Baked
Sweet Potato
with
Olive Oil

Greek Yogurt
&
Berries

Bone Broth

Almond Thins
&
Cheese



Protein Shake

6 Pecans
Sunshine in a Jar

Cry-No More
Brownie

6 Almonds
Sunshine in a Jar

Protein Bar

String Cheese
Sunshine in a Jar

Latte Smoothie



White
Chicken Chili
Green Salad
Garlic Toast

Turkey Burgers
Pimento Cheese
Steamed Spinach

Spaghetti
Noodles
Garlic Toast
Cucumbers

Black Beans
Brown Rice
Green Salad
Cheese & Salsa

Spicy Okra
Gumbo
Brown Rice
Slaw

Enchiladas
Green Rice
Chips & Salsa

Mississippi Roast
Oven Potatoes
Green Beans

PRODUCE

MEAT & EGGS

DAIRY

FROZEN

JARS & CANS

DRY GOODS

MISC & SEASONINGS

Celery
Sweet Potatoes
Salad Lettuces
Spinach | Zucchini
Cucumbers
Cabbage | Cilantro
Potatoes
Onions | Green Onions
Avocado
Spaghetti Squash

Sausage
Boneless Chicken
Ground Turkey
Ground Venison
Whole Chicken
Rotisserie Chicken
Roast
Eggs
Liquid Egg Whites

Heavy Cream
Sour Cream
Raw Milk
Cottage Cheese
Greek Yogurt
Cheddar Cheese
String Cheese
Butter

Blueberries
Sliced Okra
White Corn
Green Beans
Butter Beans

Instant Coffee
Mayonnaise
Olive Oil
Tomato Sauce
Pickles | Pimentos
Prego Marinara Sauce
Tomato Juice
Salsa | Mustard
Pepprocini Peppers
Green Chilies

Oatmeal
Au Jus Spice Pkt.
Ranch Spice Pkt.
Brown Rice
Tortilla Chips
THM Baking Blend
Almond Meal
Baking Powder
Cocoa Powder
Pasta

Integral Collagen
Acacia Fiber
Lilys Choc Chips
THM Gentle Sweet
Shakeology
Raisins
Just-Like Br Sugar
True LEMON
Celery Seed
Flour Tortillas

Chili Powder | Cinnamon
White Chili Season Pkts.
Celtic Salt | Seas. Salt
Wild Orange EO
MCT Oil
Almond Thins
Nuts
Vitamin C Powder
Cider Vinegar
Oregano | Cumin