5 Low Carb Dinners Prepped in an Hour, On a Budget #1

Dairy:
Cheddar Cheese 1 Package- save 1 cup for the cabbage casserole 1.69
Mozzarella 2 Packages- divide between 3 recipes 1.69 ea package
Cream Cheese 2 Packages .79ea
Sour Cream 1 (for taco soup) .99

Produce:
Onions, 1 Bag or 3 small to medium onions 1.49
Green Onions for garnish .49
Broccoli, two crowns (1 package) 1.29
Brussel Sprouts 1 lb 2.19
Zucchini, 2 medium 2.18
Head of Cabbage 1.59
Asparagus 2.49
Salad fixings, 2 Meals: Package or organic lettuce greens 3.49, 1 cucumber .49, 1 package of grape tomatoes 1.69

Canned-Packaged-Bottled:
Diced Tomatoes with Green Chilies 10 oz .45
Diced Tomatoes 14.5 oz 3 .45ea
Black Beans 1 Can .49
Chicken Broth, 1 Quart 1.19
Tomato Sauce 8 oz 1 .25

Meat:
Ground Beef 2 lbs 4.99 ea

Chicken Breasts 1 Family Pack (Mine had 6 breasts) 7.69
Tilapia

Frozen:
Riced Cauliflower 1 bag 1.69