

# Shopping List: 7/4-7/10/16

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## Refrigerated:

- \*1 dozen eggs
- \*24 oz. container 1 % cottage cheese
- \*2 c. Mozzarella cheese
- \*0% Plain Greek Yogurt (lrg. container)
- \*heavy cream
- \*butter
- \*1 c. cheddar cheese
- \*parmesan cheese
- \*1/2 gallon unsweetened almond milk
- \*sour cream
- \*half and half
- \*Feta cheese
- \*(2) 8oz. packages of 1/3 less fat cream cheese

## Meat:

- \*1# chicken breasts
- \*turkey pepperoni
- \*6# ground beef
- \*1# sausage
- \*1# turkey bacon
- \*hot dogs (nitrate free)

## Frozen:

- \*(1) bag of strawberries
- \*(1) bag of cauliflower

## Produce:

- \*2# carrots
- \*celery
- \*(3) green bell peppers
- \*(4) medium onions
- \*Romaine lettuce
- \*head of garlic
- \*1# strawberries
- \*2 pints blueberries
- \*(3) medium zucchini
- \*(1) lemon
- \*(2) apples
- \*head of green cabbage
- \*head of purple cabbage
- \*green beans
- \*head of cauliflower
- \*(2) cucumbers
- \*(1) tomato

## Canned/Jarred:

- \*(3) 8 oz. cans of tomato sauce
- \*2 c. chicken broth
- \*on-plan mayo
- \*on-plan spaghetti sauce
- \*on-plan pizza sauce

## Dry Grocery:

- \*all-natural no sugar added peanut butter
- \*THM Sweet Blend, stevia, Truvia or xylitol
- \*protein powder
- \*olive oil
- \*Bragg's apple cider vinegar
- \*sparkling water
- \*(2) Bai5 Bubbles Drinks
- \*Good Earth Sweet & Spicy Tea
- \*vanilla extract
- \*almonds
- \*garlic powder
- \*onion powder
- \*glucomannan or xanthan gum, optional
- \*oregano
- \*distilled white vinegar
- \*red pepper flakes
- \*cumin
- \*chili powder
- \*dried parsley
- \*Worcestershire sauce
- \*peppermint extract
- \*85% dark chocolate bar
- \*cinnamon
- \*cayenne pepper
- \*dried dill weed
- \*4 oz. unflavored gelatin (such as Knox brand)