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| <p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *heavy cream *4 c. cheddar cheese *(2) 16 oz. 2% cottage cheese *unsweetened almond milk *sour cream *1 ½ c. egg whites *3 c. mozzarella cheese</p> <p><u>Meat:</u> *2 lbs ground sausage *4 lbs ground beef *4 lbs boneless skinless chicken breasts *pepperoni *1.5 pounds boneless skinless chicken thighs</p> <p><u>Frozen:</u> *(2) 16 oz bags of cauliflower *12 oz strawberries *12 oz seasoning blend *broccoli</p> | <p><u>Produce:</u> *(1) pint blueberries *(4) onions *(1) bunch of kale *(1) large zucchini (if you're using zoodles in your spaghetti) *(1) bunch celery *1 lb carrots *(3) green bell peppers (2 are for fresh veggies) *(1) banana *(1) peach *(1) 3 pack Romaine lettuce *(1) jalapeno pepper *garlic *strawberries</p> <p><u>Canned/Jarred:</u> *(2) quarts chicken broth *(1) 24 oz spaghetti sauce *tomato paste *(1) 8 oz can tomato sauce *(1) 14.5 oz diced tomatoes *(1) 15 oz pinto beans *(2) 10.5 oz Rotel *Frank's Hot Sauce *(1) 14 oz pizza sauce *(1) 4.5 oz diced green chilies</p> | <p><u>Dry Grocery:</u> *onion powder *garlic powder *red pepper flakes *apple cider vinegar *sparkling water *on-plan sweetener *True Lime Black Cherry Limeade packets, optional *popcorn *Dreamfield's pasta (if you are NOT using zoodles for your spaghetti) *protein powder *almonds OR peanuts *chili powder *cumin *cayenne pepper *1 c. old fashioned oats *cinnamon *vanilla extract *no sugar added peanut butter *liquid aminos, optional *dried parsley *oregano *cocoa powder *Ranch dressing *coconut oil</p> |
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