

<p><u>Dairy:</u> *1/2 gal. Unsweetened almond milk *16 oz. 2% cottage cheese *(1) dozen eggs *3 c. cheddar cheese *(1) large cont. 0% Plain Greek Yogurt *Parmesan cheese *3 c. mozzarella cheese *heavy cream *2 1/2 c. egg whites *24 oz sour cream *(1) stick of butter *(1) string cheese</p> <p><u>Meat:</u> *4 lbs ground beef *1 lb bacon *7 lbs boneless skinless chicken breasts *1 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of broccoli *(1) bag of okra *(2) 10-12 oz rice cauliflower</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *1 lb carrots *(1) bunch of celery *(4) green bell peppers *(5) onions *garlic *(1) lime *(1) bunch green onions *(1) med zucchini *(1) small red onion *1 lb strawberries *(1) grapefruit *(1) apple *1 lb green beans</p> <p><u>Canned/Jarred:</u> *(1) 15 oz can of corn *(4) 8 oz cans of tomato sauce *(1) quart chicken stock *(1) 4 oz green chilies *salsa *(1) 15 oz can of black beans *(2) 10.5 oz cans of Rotel *(1) 15 oz can of pinto beans *pizza sauce *Frank's Hot Sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *vanilla extract *on-plan sweetener *Ranch dressing *almonds *apple cider vinegar *sparkling water *2 c brown rice *taco seasoning *Sweet & Spicy tea, optional *olive oil *cumin *cayenne pepper *onion powder *garlic powder *season salt *protein powder *chili powder *liquid aminos *cinnamon *oregano *red pepper flakes *Zevia, optional *parsley *low-carb tortilla shells</p>
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