

<p><u>Dairy:</u> *1/2 gallon of unsweetened almond milk *32 oz. 2% cottage cheese *(1) dozen eggs *(1) stick of butter *heavy cream *(1) Dannon 000 Vanilla yogurt *1 c. cheddar cheese *(1) cheese stick *3 c. mozzarella cheese *(2) small containers 0% plain Greek yogurt *Parmesan cheese *sour cream</p> <p><u>Meat:</u> *1 lb ground turkey *1.5 lb smoked sausage *5.5 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *strawberries</p>	<p><u>Produce:</u> *(1) banana *(1) peach *(1) cucumber for fresh veggies *1 lb carrots for fresh veggies *(3) onions *(3) green bell peppers *(1) head green cabbage *(1) apple *(4) medium zucchini *(1) orange *3 pk Romaine lettuce *garlic *large bag of spinach *(1) lime *green onions</p> <p><u>Canned/Jarred:</u> *mayo *mustard *(1) 14 oz diced tomato *(1) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *spaghetti sauce *pizza sauce *(1) 15 oz tomato sauce *salsa</p>	<p><u>Dry Grocery:</u> *on-plan sweetener *vanilla extract *protein powder *apple cider vinegar *sparkling water *caramel extract *peanuts *2 c. brown rice, not cooked *chili powder *garlic powder *onion powder *cumin *cayenne pepper *peanut butter *cinnamon *orange extract *Ranch dressing *almonds *Bai Bubbles *red pepper flakes *taco seasoning</p>
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