

<p><u>Dairy:</u> *1/2 gal unsweetened almond milk *heavy cream *1g container 0% Plain Greek Yogurt *(1) dozen eggs *2 c. cheddar cheese *(1) stick of butter *(2) 8oz 1/3 less fat cream cheese *24 oz 2% cottage cheese *sour cream *3 c. mozzarella</p> <p><u>Meat:</u> *3 lb ground beef *1 lb bacon *4 lb boneless skinless chicken breasts *1/2 lb deli ham (no sugar added) *2 lb ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *strawberries *(2) bags of cauliflower</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *(4) bell peppers *(4) onions *garlic *(1) lime *cilantro *1 lb strawberries *celery *(3) apples *(1) cucumber (for fresh veg) *(1) grapefruit *(1) bunch kale *broccoli *(1/2) head of cauliflower</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(3) quarts chicken broth *(4) cans green beans, you can use fresh if preferred *mustard *mayo *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *no sugar added peanut butter *on plan sweetener *protein powder *cocoa powder *vanilla extract *Ranch dressing *1 c. brown rice *taco seasoning *onion powder *garlic powder *cayenne pepper *apple cider vinegar *sparkling water *parsley *red pepper flakes *cinnamon *Zevia *olive oil</p>
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