

<p><u>Dairy:</u> *1/2 gal unsweetened almond milk *heavy cream *24 oz 2% cottage cheese *large cont. 0% Plain Greek yogurt *(1) dozen eggs *(1) cheese stick *sour cream *1 c. cheddar cheese *1 c. egg whites *2 c. mozzarella cheese *(1) stick of butter</p> <p><u>Meat:</u> *(1) pack of sausage links *5 lbs ground beef *1 lb ground Italian sausage *pepperoni *2.5 pounds of chicken thighs</p> <p><u>Frozen:</u> *strawberries *(2) bags of riced cauliflower *(2) bags of broccoli *(1) bag of green beans</p>	<p><u>Produce:</u> *(5) bell peppers *(3) apples *lettuce *celery *carrots *(5) onions *garlic * large head of green cabbage *(1) bunch of green onions *(1) lime *(1) large zucchini</p> <p><u>Canned/Jarred:</u> *salsa *(2) 8 oz tomato sauce *(1) quart of chicken stock *(1) can of kidney beans *(1) can of Great Northern beans *(2) 14 oz cans of diced tomatoes *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder, opt. *on plan sweetener *vanilla extract *cinnamon *Ranch dressing *almonds *apple cider vinegar *sparkling water *cocoa powder *85% dark chocolate *taco seasoning *sesame oil *ground ginger *soy sauce or liquid aminos *red pepper flakes *1 c. brown rice, not cooked *olive oil *chili seasoning *1/2 lb green or brown lentils *garlic powder *baking powder *Buffalo sauce like Frank's Red Hot</p>
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