

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *2 c. cheddar cheese *large container 0% Plain Greek yogurt *24 oz. 2% cottage cheese *almond milk *(1) 8 oz 1/3 less fat cream cheese *heavy cream *sour cream *2 c. mozzarella cheese *8 wedges of Light Laughing Cow cheese *Parmesan cheese</p> <p><u>Meat:</u> *(1) pack of sausage links *3 lbs ground beef *3 lbs boneless beef chuck roast *3 lbs boneless skinless chicken breasts *3 lbs ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(2) bags of broccoli *strawberries *peas *(3) bags of rice cauliflower *10 oz box of spinach</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *(4) onions *(1) tomato *(3) green bell peppers *garlic *ginger *green onions *(1) peach *(1) banana *(3) apples *head of broccoli</p> <p><u>Jarred/Canned:</u> *mayo *(2) cans of Rotel *(1) quart of vegetable stock *(3) quarts of chicken stock *Frank's Red Hot sauce *(1) 8 oz tomato sauce *(1) can of pumpkin puree *salsa *pizza sauce *(2) 15 oz cans of black beans *(1) can of corn *(1) 14 oz diced tomatoes</p>	<p><u>Dry Grocery:</u> *Worcestershire sauce *paprika *dill pickles *ketchup *hot sauce *dill relish *on plan sweetener *red pepper flakes *soy sauce *rice wine vinegar *sesame seeds *apple cider vinegar *sparkling water *vanilla extract *peanut butter *cocoa powder *caramel extract *protein powder *taco seasoning *cinnamon * 2 c. brown rice, NOT cooked *cayenne pepper *garlic powder *onion powder *pumpkin pie spice *85% dark chocolate *peanuts *oregano *chili powder *cumin</p>
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