

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *heavy cream *24 oz. 2% cottage cheese *unsweetened almond milk *large container 0% Plain Greek yogurt *(3) 8 oz 1/3 less fat blocks of cream cheese *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *(1) package of sausage links *5 lbs boneless skinless chicken breasts *1 lb ground beef *1 lb ground Italian sausage *pepperoni *3 lbs chicken thighs</p> <p><u>Frozen:</u> *strawberries *peaches (or can use 1 fresh) *(3) 10 oz seasoning blend (or can make your own) *(3) 10 oz cauli rice *broccoli *(1) bag of okra</p>	<p><u>Produce:</u> *(3) bell peppers (for use in recipes and fresh veg) *3 pk Romaine hearts *(4) apples *(1) banana *(1) bunch of celery *garlic *(1) bunch of cilantro *(3) onions *1/2 head of green cabbage</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *2 quarts chicken stock *(2) 15.5 oz mild chili beans *(1) 15 oz black beans *Frank's Red Hot sauce *(2) 10.5 oz Rotel *(1) quart vegetable stock *14 oz pizza sauce *16 oz salsa verde *(1) 15 oz Great Northern Beans</p>	<p><u>Dry Grocery:</u> *Hot Cinnamon Spice tea *garlic powder *onion powder *cayenne pepper, optional for heat *apple cider vinegar *sparkling water *on plan sweetener *no sugar added peanut butter *protein powder, optional *vanilla extract *Ranch dressing (I like Ken's brand) *cinnamon *85% dark chocolate *caramel extract *6 cups cooked brown rice *chili powder *paprika *liquid smoke *dried parsley *oregano *coconut oil *taco seasoning *soy sauce *ground ginger *rice vinegar *red pepper flakes *cumin</p>
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