

<p><u>Dairy:</u> *large 0% Plain Greek Yogurt *(1) dozen eggs *(2) cheese sticks *2 c. cheddar cheese *unsweetened almond milk *heavy cream *24 oz. 2% cottage cheese *(1) stick of butter *sour cream *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *4 lbs ground Italian sausage *1 lb boneless skinless chicken breasts *deli ham (I like Never Any! Brand from Aldi or Hormel Naturals) *3 lbs ground beef *(1) package sausage patties *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(2) 16 oz cauliflower *okra *(2) 12 oz cauli rice</p>	<p><u>Produce:</u> *(2) apples *(6) bell peppers (color of your choice, I use green) *(1) 3 pack Romaine lettuce *(1) head of broccoli (can substitute frozen) *(1) red bell pepper (for stir-fry) *garlic *(2) cucumbers (for fresh veg and salads) *(4) onions *(1) bunch of celery *(1) bunch of kale *(1) medium zucchini *(1) medium green cabbage *(1) bunch of green onions</p> <p><u>Canned/Jarred:</u> *mustard *mayo *(2) quarts chicken or veggie broth *Frank's Red Hot Sauce *spaghetti sauce *(2) 8 oz tomato sauce *salsa *pizza sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes</p>	<p><u>Dry Grocery:</u> *on plan sweetener *cinnamon *paprika *ketchup *Worcestershire sauce *garlic powder *Dreamfield's pasta (cut of your choice) *Ranch dressing *no sugar added peanut butter *vanilla extract *protein powder or collagen, opt. *coconut oil *1 c raw brown rice *soy sauce *red pepper flakes *cocoa powder *caramel extract *onion powder *taco seasoning *oregano *Italian seasoning *chili seasoning *1/2 lb green or brown lentils</p>
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