

<p><u>Dairy:</u> *(2) dozen eggs *(1) stick of butter *large container of Plain 0% Greek Yogurt *(2) cheese sticks *unsweetened almond milk *heavy cream *24 oz. 2% cottage cheese *1 c. cheddar cheese *(3) 8 oz 1/3 less fat cream cheese *14 oz. 1% cottage cheese *5 c. mozzarella cheese *1 c. egg whites</p> <p><u>Meat:</u> *sausage links *4 lbs ground beef *5 lbs boneless skinless chicken breasts *3 lbs bacon *1lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *strawberries *(3) 16 oz broccoli *(2) 10 oz riced cauliflower *(1) 10 oz seasoning blend (2) 16 oz cauliflower</p>	<p><u>Produce:</u> *(1) bunch of celery *(3) apples *(4) bell peppers *(1) cucumber for fresh veggies *(4) onions *garlic *(1) lime *16 oz bag of spinach *1/2 head of green cabbage *Romaine lettuce (for salads)</p> <p><u>Canned/Jarred:</u> *mayo *mustard *(3) 8 oz cans of tomato sauce *(1) quart chicken broth *24 oz spaghetti sauce *(1) 10.5 oz Rotel *(1) quart vegetable stock *pizza sauce</p>	<p><u>Dry Grocery:</u> *Cinnamon Spice tea *peanut butter *apple cider vinegar *sparkling water *on plan sweetener *cinnamon *paprika *cashews *vanilla extract *protein powder or collagen, opt *cayenne pepper *onion powder *garlic powder *mint extract *85% dark chocolate *Ranch dressing *1 c. brown rice, not cooked *taco seasoning *oregano *soy sauce *rice vinegar *coconut oil *chili powder *seasoning salt *sugar-free BBQ sauce, optional for dipping</p>
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