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| <p><u>Dairy:</u> *(1) large container 0% plain Greek yogurt *heavy cream *(1) stick of butter *(1) 8 oz cream cheese *4 c. cheddar cheese *(1) dozen eggs *24 oz 2% cottage cheese *1/2 gal unsweetened almond milk *sour cream *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *2 lbs boneless skinless chicken thighs *1 lb bacon *(1) package sausage links *2 lbs boneless skinless chicken breasts *3 lbs ground Italian sausage *2 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(2) bags of broccoli *peas *okra *(2) 12 oz bags of cauliflower *blueberries or raspberries *(2) 10 oz bags of cauli rice</p> | <p><u>Produce:</u> *(4) apples *(1) bunch of celery *(4) onions *garlic *(5) green bell peppers *(1) red bell pepper *large bag of kale *(1) lemon *3 pk Romaine lettuce *(2) zucchini *carrots</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *(1) quart chicken broth *jarred jalapenos *Frank's Red Hot sauce OR sriracha *16 oz salsa *24 oz spaghetti sauce *pizza sauce *2 c. vegetable broth *(1) 4 oz diced green chiles *(1) 15 oz black beans</p> | <p><u>Dried Grocery:</u> *on plan sweetener *cinnamon *apple cider vinegar *sparkling water *onion powder *garlic powder *cayenne pepper *no sugar added peanut butter *chili powder *cumin *coconut oil *cocoa powder *1 2/3 c. brown rice, not cooked *soy sauce *red pepper flakes *protein powder *vanilla extract *Ranch dressing *taco seasoning *nutritional yeast, optional *low carb tortillas *gluccie or xanthan gum, opt. *chia seeds *old fashioned oats *balsamic vinegar *extra virgin olive oil *sprouted grain bread (like Ezekiel or Silver Hills brand) *caramel extract</p> |
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