

<p><b><u>Dairy:</u></b>                  *(1) dozen eggs                  *heavy cream                  *unsweetened almond milk                  *24 oz 2% cottage cheese                  *1 c. 0% Plain Greek yogurt                  *(1) cheese stick                  *4 c. cheddar cheese                  *sour cream (for on the side)                  *2 c. mozzarella cheese                  *2 ½ c. egg whites                  *(1) stick of butter</p> <p><b><u>Meat:</u></b>                  *sausage links                  *4 lbs boneless skinless chicken breasts                  *1/2 lb of bacon                  *2 lbs ground beef                  *3 lbs boneless chuck roast                  *1 lb Italian sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(3) 16 oz bags of broccoli                  *(4) 10 oz bags of cauli rice                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *(2) apples                  *(4) green bell peppers                  *(2) cucumbers (for fresh veg)                  *(6) onions                  *1 lb carrots                  *(1) lime                  *green onions                  *1” piece of ginger                  *(1) zucchini                  *3 pack Romaine lettuce</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *mustard                  *(1) 4 oz diced green chiles                  *(1) 15 oz tomato sauce                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *(1) 14 oz pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *apple cider vinegar                  *sparkling water                  *on plan sweetener                  *peanuts                  *no sugar added peanut butter                  *caramel extract                  *vanilla extract                  *protein powder, optional                  *cinnamon                  *cocoa powder                  *almonds                  *seasoning salt                  *4 T. taco seasoning                  *red pepper flakes                  *soy sauce                  *rice wine vinegar                  *sesame oil                  *sesame seeds                  *Italian seasoning                  * bay leaf                  *(1) 10 pack low carb tortillas                  *chili powder                  *garlic powder                  *oregano                  *4 c. cooked brown rice                  *Ranch dressing</p>
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