

<p><u>Dairy:</u> *(2) dozen eggs *(1) stick of butter *24 oz 2% cottage cheese *unsweetened almond milk *2 c. cheddar cheese *(2) cheese sticks *large 0% Plain Greek Yogurt *1 c. egg whites *heavy cream *sour cream *2 c. mozzarella cheese *(2) 8 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links *5 lbs boneless skinless chicken breasts *3 lbs Italian sausage *2 lbs ground beef *2 lbs ground turkey *pepperoni *1 lb bacon</p> <p><u>Frozen:</u> *(2) 10 oz cauli rice *(2) 16 oz cauliflower *2 c. okra</p>	<p><u>Produce:</u> *(5) bell peppers *(3) onions *3 pk Romaine lettuce *(3) apples *celery *1 lb carrots *garlic *(1) zucchini *cilantro *(1) bunch of kale</p> <p><u>Canned/Jarred:</u> *24 oz spaghetti sauce *8 oz salsa verde *(2) quarts chicken broth *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *16 oz salsa *14 oz pizza sauce</p>	<p><u>Dry Grocery:</u> *no sugar added peanut butter *protein powder, opt *caramel extract *vanilla extract *apple cider vinegar *sparkling water *cocoa powder *Ranch dressing *on plan sweetener *cinnamon *peppermint tea *Hot Cinnamon Spice tea *Zevia cola *peppermint extract *xanthan gum, opt *2 c. cooked brown rice *cumin *garlic powder *onion powder *chili powder *cayenne pepper *taco seasoning *oregano *parsley *red pepper flakes</p>
---	---	---