

| | | |
|--|---|---|
| <p><u>Dairy:</u> *1/2 gallon unsweetened almond milk *(2) dozen eggs *24 oz 2% cottage cheese *2 c. cheddar cheese *heavy cream *(2) small 0% Plain Greek Yogurt *(1) cheese stick *sour cream *2 1/2 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *sausage links *pepperoni *3 lbs ground beef *1 1/2 lb boneless skinless chicken breasts *3 lbs ground Italian sausage</p> <p><u>Frozen:</u> *strawberries *peas *(3) 10-12 oz bags of cauli rice *(2) 16 oz bags of cauliflower</p> | <p><u>Produce:</u> *(1) cucumber (for fresh veg) *(5) bell peppers *(1) peach *(1) banana *celery *3 pk Romaine lettuce *(2) apples *(5) onions *garlic *(1) lime *green onions *(2) zucchini *1 lb carrots *small bag of spinach</p> <p><u>Canned/Jarred:</u> *mustard *mayo *15 oz tomato sauce *24 oz spaghetti sauce *(1) quart vegetable broth *14 oz diced tomatoes *(2) 15 oz Great Northern beans *salsa *14 oz pizza sauce *(2) quarts chicken broth</p> | <p><u>Dry Grocery:</u> *no sugar-added peanut butter *protein powder or collagen, opt *caramel extract *vanilla extract *on plan sweetener *cocoa powder *Ranch dressing *cinnamon *apple cider vinegar *sparkling water *almonds *olive oil *7 c. brown rice, cooked *taco seasoning *Italian seasoning *bay leaf *red pepper flakes *sesame oil *soy sauce *garlic powder *oregano *onion powder</p> |
|--|---|---|